

FOOD-BASED MEAL PATTERN – LUNCH TEMPLATE – FIVE DAYS – SY 2014-2015 REQUIREMENTS

Contact Name _____

Grade Grouping **9-12**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 5 cups Fruits/wk; 5 cups Vegetables/wk (from the subgroups); minimum of 10 oz. eq. Whole Grains/Whole Grain - Rich per five-day week; minimum of 10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 750-850 calories; Sodium ≤ 1,420 mg; < 10% of total calories from saturated fat; 0 grams trans fat.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or Fat Free	Fat Free	Fat Free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Meat/Meat Alternate* (Minimum of 2 oz. per day & 10 oz. per week)	Item	Grilled Chicken Sandwich (CN)	Corn Dog (CN)	Spaghetti w/Meat Sauce	Turkey	WG Cheese Pizza (CN)
	Portion size or oz.	3.29 oz.	4 oz.	8oz	2 slices = 1.6 oz M/MA OR 1.5oz pulled=1.5ozM/MA	4.6 oz.
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA		2 M/MA
2nd Meat/Meat Alternate* (If planned)	Item				Cheese MA	
	Portion size or oz.				1oz	
	Contribution in oz.*				2.5oz M/MA	
Whole Grains/Whole Grain - Rich¹ (Minimum of 2 oz. eq. per day & 10 oz. eq. per week)	Item	Whole Grain Hamburger Bun	WG Breading Corn Dog	Whole Grain Pasta	WG hoagie Bun	WG Crust
	Portion in oz.¹ (Cooked pasta & rice in cup measures)	1.68g = 1.5 gr eq	2 oz. eq.	2 oz. = 2 oz. eq.	90g. = 3.2 gr eq	2 oz. eq.
2nd Whole Grains/Whole Grain - Rich¹ (If planned)	Item	Chicken Patty Breading				
	Portion in oz.¹ (Cooked pasta & rice in cup measures)	1 oz. eq.				
Fruits (1 c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Applesauce	Mandarin Orange	Chilled Fruit Cocktail
	Portion in cups	1 Cup	1 Cup	1 Cup	1 Cup	1 Cup
2nd Fruits (If planned)	Item					
	Portion in cups					

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Vegetables: (Dark Green ½ c/wk)	Item			Mixed Greens Salad Romaine & Spinach	Broccoli florets	Mixed Greens Salad Romaine & Spinach
	Portion in cups			1 ½ Cup (credits for ¾ cup)	1/3 Cup	1 1/2 Cup (credits for ¾ cup)
Vegetables: (Red/Orange 1 ¼ c/wk)	Item	Sweet Potato Fries	Diced Tomatoes	Tomato Sauce	Baby Carrots	Pizza Sauce
	Portion in cups	½ Cup	¼ Cup	½ Cup	1/3 Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Black Beans			
	Portion in cups		½ Cup			
Vegetables: (Starchy ½ c/wk)	Item		Corn			
	Portion in cups		½ Cup			
Vegetables: (Other ¾ c/wk)	Item	Green Beans			Celery	
	Portion in cups	½ Cup			1/3 Cup	
Vegetables: (Additional 1 ½ c/wk)	Item				Romaine, Spinach, Pickles	
	Portion in cups				½ Cup / 1/4 Cup	
Other Foods	Item					Crutons
	Portion in cups					0.50 oz
Condiments	Item	Light Mayo/Ketchup	Light Ranch Dressing Ketchup Mustard	Light Salad Dressing	Light Ranch Dressing/ mayomust	Light Italian Dressing
	Portion size	1 packet each	2 packets/1 packet each	1 packet	1 packet each	1 packets

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef (that is not more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA.

Note: ½ cup portion of fruit, vegetable or 100% juice is required with meals served under the Offer versus Serve Provision and can be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount.

¹ Please use specific product weights in comparison with the USDA Whole-Grain Rich Ounce Equivalency (oz. eq.) Requirements Chart. One hundred percent of grains offered must be whole grain or whole grain-rich.

Note: FBMP = Food-Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA = meat/meat alternate, oz. eq. = grains.

FDACS, FBMP, Lunch, Five Days, 9-12, Rev. 3/2014 (SY 2014-2015 requirements) Form valid for use through June 30, 2015

