

**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)
<b>Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored</b>		<b>Fat content(s)</b>	1% or Skim	Fat Free	Fat Free	
		<b>Portion in fl. oz.</b>	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Meat/Meat Alternate* (Minimum of 2 oz. per day &amp; 10 oz. per week)</b>	<b>Item</b>	Grilled Hamburger (CN)	Turkey Tetrazini	Chicken Salad Wrap	BBQ Chicken Sandwich	Roasted Hot Dog
	<b>Portion size or oz.</b>	3.0 oz.	1 oz Turkey Breast 1oz Mozzarella	1 oz. Diced Chicken 1 oz. Cheese	2 oz	2 oz.
	<b>Contribution in oz.*</b>	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
<b>2<sup>nd</sup> Meat/Meat Alternate* (If planned)</b>	<b>Item</b>					
	<b>Portion size or oz.</b>					
	<b>Contribution in oz.*</b>					
<b>Whole Grains/Whole Grain - Rich<sup>1</sup> (Minimum of 2 oz. eq. per day &amp; 10 oz. eq. per week)</b>	<b>Item</b>	Whole Wheat Hamburger Bun	WG Pasta	WG Flour Tortilla	Whole Wheat Hamburger Bun	Whole Wheat Bun
	<b>Portion in oz.<sup>1</sup> (Cooked pasta &amp; rice in cup measures)</b>	2 oz. = 2 oz. eq.	1 Cup = 2 oz. eq.	68g = 2.4 oz. eq.	2 oz. = 2 oz. eq.	1 oz. = 1 oz. eq.
<b>2<sup>nd</sup> Whole Grains/Whole Grain - Rich<sup>1</sup> (If planned)</b>	<b>Item</b>		WG bun			
	<b>Portion in oz.<sup>1</sup> (Cooked pasta &amp; rice in cup measures)</b>		1 oz. eq.			
<b>Fruits (1 c/day minimum)</b>	<b>Item</b>	Chilled Diced Peaches	Chilled Mandarin Oranges	Tropical Fruit Salad	Watermelon	Applesauce
	<b>Portion in cups</b>	1 Cup	1 Cup	1 Cup	1 Cup	1 Cup
<b>2<sup>nd</sup> Fruits (If planned)</b>	<b>Item</b>					
	<b>Portion in cups</b>					

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Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Vegetables: (Dark Green ½ c/wk)</b>	<b>Item</b>	Romaine, Spinach	Broccoli Florets	Romaine, Spinach ,kale		
	<b>Portion in cups</b>	1/2 Cup = ¼ Cup	½ Cup	1 Cup		
<b>Vegetables: (Red/Orange 1 ¼ c/wk)</b>	<b>Item</b>	Tomato	Julienne Carrots	Sweet potato		
	<b>Portion in cups</b>	¼ Cup	½ Cup	½ Cup		
<b>Vegetables: (Beans, Peas or Legumes ½ c/wk)</b>	<b>Item</b>				Baked Beans	
	<b>Portion in cups</b>				2/3c = 1/2c	
<b>Vegetables: (Starchy ½ c/wk)</b>	<b>Item</b>	Baked Potato Wedges				
	<b>Portion in cups</b>	1/2 Cup				
<b>Vegetables: (Other ¾ c/wk)</b>	<b>Item</b>			Diced celery	Cucumber	Boiled Cabbage
	<b>Portion in cups</b>			¼ c	½ Cup	1 Cup
<b>Vegetables: (Additional 1 ½ c/wk)</b>	<b>Item</b>					
	<b>Portion in cups</b>					
<b>Other Foods</b>	<b>Item</b>					
	<b>Portion in cups</b>					
<b>Condiments</b>	<b>Item</b>	Light Mayo/Ketchup		Light Salad Dressing, Mayo	BBQ Sauce	Relish, Ketchup, mustard
	<b>Portion size</b>	1 packet each		1 packet	1 packet each	1 pkt each

**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.**

**<sup>1</sup> 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.**