

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

Contact Name : **Grade Grouping k-8**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); minimum of 8 oz. eq. Whole Grains/Whole Grain - Rich per five-day week; minimum of 9 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 600-700 calories; Sodium ≤ 1,360 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 skim	FF	FF	
		Portion in fl. oz.	8oz	8oz	8oz	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Meat/Meat Alternate* (Minimum of 1 oz. per day & 9 oz. per week)	Item	Chicken Patty Sandwich (CN Tyson#)	Corn Dog (CN)	Spaghetti w/Meat Sauce	Turkey Salad & Cheese Sub	WG Cheese Pizza (Cici's PF)
	Portion size or oz.	3.29 oz.	4 oz.	8oz	1 oz. diced turkey 1 oz. Swiss Cheese	4.6 oz.
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
2nd Meat/Meat Alternate* (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Whole Grains/Whole Grain - Rich¹ (Minimum of 1 oz. eq. per day & 8 oz. eq. per week)	Item	Whole Grain Hamburger Bun	WG Breading Corn Dog	Whole Grain Pasta	WG Sandwich Bun	WG Crust
	Portion in oz.¹ (Cooked pasta & rice in cup measures)	53g =1.90 g eq	2 oz. eq	½ cup= 1oz eq	1.5oz = 1.5 g eq	2 oz. g 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				
Fruits (½ c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Applesauce	Fresh Orange	Chilled Fruit Cocktail
	Portion in cups	½ Cup	1 Cup	½ Cup	½ Cup (1 whole)	½ 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 Romaine	Mixed Greens Salad Romaine & Spinach
	Portion in cups			1 Cup (credits ½ Cup)	½ Cup 1/4c	1 Cup (credits ½ Cup)
Vegetables: (Red/Orange ¾ c/wk)	Item			(Tomato) Meat Sauce	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups			3/8 Cup	1/2 Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Baked Beans (USDA I-06)			
	Portion in cups		2/3 Cup (credits ½ Cup)			
Vegetables: (Starchy ½ c/wk)	Item	Butter Corn				
	Portion in cups	½ Cup				
Vegetables: (Other ½ c/wk)	Item	Green Beans	Fresh Cucumber Coins	Black olives	Celery	
	Portion in cups	¼ Cup	¼ Cup	1/8 c	¼ Cup	
Vegetables: (Additional 1c/wk)	Item					
	Portion in cups					
Other Foods	Item					
	Portion in cups					
Condiments	Item	Light Mayo/Ketchup	Ketchup Mustard	Light Salad Dressing	Light Ranch Dressing/ Mustard	Light Salad Dressing
	Portion size	1 packet each	2 packets/1 packet each	1 packet	1 packet each	1 packet

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, 6-8, Rev. 3/2014 (SY 2014-2015 requirements) Form valid for use through June 30, 2015