

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		OFFERED DAILY	White	Chocolate	Strawberry	Other (specify)
Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored		M-F	Skim or 1%	FF	FF	
		8oz	8oz	8oz	8oz	
Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Meat/Meat Alternate* (Minimum of 1 oz. per day & 9 oz. per week)	Item	Grilled Hamburger (CN)	Turkey Tetrazini	SW Chicken Wrap	BBQ Chicken Sandwich	Roasted Hot Dog ALL Beef or Turkey
	Portion size or oz.	3.0 oz.	1oz Roasted Pulled Turkey 1oz Cheese	1oz. Diced Chicken Breast 1 oz. American Cheese	2oz Pulled Chicken Breast	4 oz.
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
2 nd Meat/Meat Alternate* (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Whole Grains/Whole Grain - Rich ¹ (Minimum of 1 oz. eq. per day & 8 oz. eq. per week)	Item	Whole Wheat Hamburger Bun	WG Pasta	WG Flour Tortilla	Whole Wheat Hamburger Bun	Whole Wheat Hot Dog Bun
	Portion in oz. ¹ (Cooked pasta & rice in cup measures)	2 oz. = 2 oz. eq.	1 Cup = 2 oz. eq.	1.8 oz. = 1.75 oz. eq.	2 oz. = 2 oz. eq.	2 oz = 2 oz. eq.
2 nd Whole Grains/Whole Grain - Rich ¹ (If planned)	Item					
	Portion in oz. ¹ (Cooked pasta & rice in cup measures)					
Fruits (½ c/day minimum)	Item	Chilled Diced Peaches	Chilled Mandarin Oranges	Fresh Fruit Cup	Watermelon	Fresh Green Apple (138 Count)
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

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

Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables: (Dark Green ½ c/wk)	Item	Romaine lettuce	Steamed Broccoli Florets	Romaine/Spinach/kale		
	Portion in cups	1/2 Cup (credits 1/4 Cup)	½ Cup	1 Cup (credits ½ Cup)		
Vegetables: (Red/Orange ¾ c/wk)	Item		Julienne Carrots	Tomatoes	Carrots	
	Portion in cups		¼ Cup	¼ Cup	1/4 C	
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item			Black bean	Kidney Beans/Garbanzo	
	Portion in cups			¼ Cup	¼ Cup each	
Vegetables: (Starchy ½ c/wk)	Item	Baked Potato Wedges		Corn		
	Portion in cups	½ Cup		¼ Cup		
Vegetables: (Other ½ c/wk)	Item				Green Beans	Cabbage
	Portion in cups				¼ Cup	¾ Cup
Vegetables: (Additional 1c/wk)	Item					
	Portion in cups					
Other Foods	Item					Relish, Sour Kraut
	Portion in cups					2 Tbsp each
Condiments	Item	Light Mayo/Ketchup		Light Salad Dressing Salsa	Light Italian Dressing/ BBQ Sauce	Ketchup, mustard
	Portion size	1 packet each		1 packet 1 packet	1 packet each	1 packet 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.

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.