SCHOOL NUTRITION ASSOCIATION

We Can Do This: Advice and Resources for

Meeting the NSLP New Meal Pattern

as of October 2012

Purpose:

School Nutrition Professionals are in the process of implementing the new USDA Meal Pattern and have asked for SNA to provide easy-to-find answers to their Meal Pattern questions as well as sample menus and tools from States and local school districts that will help others not have to "reinvent the wheel." For the entire "We Can Do This: Advice and Resources for Meeting NSLP New Meal Pattern," visit www.schoolnutrition.org/mealpattern.

Contents:

This Resource Guide will be updated as new guidance and additional examples become available. USDA Frequently Asked Questions (FAQ's) are incorporated in the appropriate chapter(s). This Guide covers Lunch Programs only.

Ad Hoc Committee:

Colleen Fillmore, SNS
Director of Child Nutrition
Idaho Department of Education
Boise, ID

Wanda Grant, SNS
Child Nutrition Director
Palm Springs Unified School District
Palm Springs, CA

Catherine Digilio Grimes, SNS
State Director, School Nutrition Programs
Virginia Department of Education
Richmond, VA

Lynn Harvey
Section Chief, Child Nutrition Services
North Carolina Public Schools
Raleigh, NC

Penny McConnell, SNS
Director, Food & Nutrition Services
Fairfax County Public Schools
Vienna, VA

Pat McCoy, SNS
Vice President, Field Sales
Schwan's Food Service, Inc.
Marshall, MN

Katie Millett
Director
MA Department of Elementary and Secondary Education
Abington, MA

Jean Ronnei, SNS
Director, Nutrition & Custodial Services
St. Paul Public Schools
Saint Paul, MN

Robin Safley
Director of Food, Nutrition & Wellness
Florida Department of Agriculture
Tallahassee, FL

Ken Yant
Director of School Nutrition
Gwinnett County School District
Suwanee, GA

U.S. Department of Agriculture
Washington, DC/Alexandria, VA

Project Consultant:
George Sneller *(retired)*
Jacksonville, FL
Former Child Nutrition Director
Office of Superintendent of Public Instruction
Washington State

SNA Staff:
Cathy Schuchart
Danny Seymour
Sarah Murphy
Bryce Drapeaux *(intern)*

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Table of Contents

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Chapter I: Meal Pattern—What is it and When Does It Need to be in Place? 2

Summary of New Meal Pattern & Timelines 2
Resources 2

Chapter II: Digging Deep into Each Category 3

Grains 3
Meat/Meat Alternate 4
Milk.....4
Fruits.....5
Vegetables.....5
Sodium 6
Calories 7
Fats.....7

Chapter III: Offer vs. Serve (OVS)—Must Take a Fruit or Vegetable..... 8

What Has to be Posted Before the Serving Line 9
Resources 9
Meal Pattern Samples 10
Beginning of Serving Line Signage Sample 11

Chapter IV: Extra Reimbursement—What You Need to Do to Get It 12

Summary of Requirement & Timelines.....12
Resources 12
Timeline.....13

Chapter V: Menu Planning Tools 14

Meal Pattern Sample.....14
What to do if Grades Overlap.....15
Sample Menus K-5 16-26
Sample Menus 6-8.....27, 28
Sample Menus 9-12.....29, 30
Sample Menus K-8 .....31, 32
USDA Worksheets K-5..... 33-36
Resources 37
USDA Links.....38
USDA Tools 39

Chapter VI: Educating Parents..... 40

Sample Letter 40
Template Press Release.....41
Talking Points and more.....42

Appendices & Resources 43

Appendix A - Approved Beans 43
Appendix B - Approved Vegetables 44
Appendix C - Approved Grains 45-47

Additional Information..... 48

(NOTE: Content subject to change.)

Chapter I: Meal Pattern—What is it and When Does It Need to be in Place?

Summary of New Meal Patterns & Timelines

USDA Memo SP 10-2012—Revised April 27, 2012 "Nutrition Standards in the National School Lunch and School Breakfast Programs"
http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP10-2012osr2.pdf

The new meal patterns for the National School Lunch and Breakfast programs were announced by USDA in the Spring of 2012. The new requirements will go into effect on July 1, 2012. There are many changes that must be understood and put in place by the beginning of school year 2012-13. Some of the changes will be phased in over the next several years. This guide is presented as a resource for school districts and state agencies to assist in bridging the gaps between what has been in the past and what is to be in school year 2012-13.

When one describes the new meal pattern as "food based" that is not entirely the case. Granted, menus must be developed around key food groups to include vegetable variety and specific foods ranging from grain products considered "whole grain-rich" to unflavored low-fat milk. Nutrient analyses must be conducted to ensure that not only are the prescribed foods offered in the serving sizes required but that calories, sodium and saturated fat are held within prescribed limits.

The new meal pattern is food based and requires minimum and maximum calories averaged over a typical school week. There are maximum levels of saturated fat. Trans fat has been eliminated altogether. Each menu must be age-appropriate for the grade groups K-5, 6-8 and 9-12. K-5 and 6-8 can be combined due to an overlap on minimum/maximum average calories for the week. These are some of the major changes this guide presents to enable our members to be successful in meeting the requirements and continuing to serve meals that are acceptable to students.

Materials presented in this guide have been collected from the National Food Service Management Institute, USDA and various state agencies. **Please refer to USDA memos for the most up-to-date information.**

Resources

USDA Best Practices Sharing Center
This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations.
http://healthymeals.nal.usda.gov/best-practices

USDA Food and Nutrition Service School Meals Policy Memos
http://www.fns.usda.gov/cnd/Governance/policy.htm

- **Child Nutrition Reauthorization 2010: Questions and Answers Related to the Certification of Compliance with Meal Requirements for the National School Lunch Program**
  http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP31-2012ros.pdf
- **Grain Requirements for the National School Lunch Program and School Breakfast Program**
  http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP30-2012os.pdf
- **Formulated Grain Fruit Products**
  http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP26-2012os.pdf
- **Crediting Tofu and Soy Yogurt Products**
  http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP16-2012os.pdf

USDA Food and Nutrition Service
Nutrition Standards for School Meals
http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

Chapter II: Digging Deep into Each Category

All menu offerings must be broken down into the three age/grade groups: K-5, 6-8, and 9-12

GRAINS

Grades K-5: 8 to 9 oz. eq./week
Grades 6-8: 8 to 10 oz. eq./week
Grades 9-12: 10 to 12 oz. eq./week
1 oz. eq./day minimum for K-5 & 6-8
2 oz. eq./day minimum for 9-12

- In the first year of implementation, one half of the grains offered must be whole grain rich.
- There will be weekly grains ranges plus daily minimum requirement.
- The 50% guideline for whole grain-rich requires that if the food item is a grain-based product, it must contain 50% or more whole grains by weight or have a whole grain listed as the first ingredient on the ingredient label. If the food item is a mixed dish product (lasagna, stir fry, etc.), a whole grain must be the primary grain ingredient by weight.
- The grain ranges are the minimum and maximum schools may offer per week. They are intended to help schools offer age-appropriate meals within the required calorie ranges.
- Schools do not have to offer whole grain rich products daily as long as the weekly offerings equal at least 50% whole grains.
  - In SY 2012-13, battered and/or breaded products offered <u>will not</u> be counted toward maximum weekly grain requirements.
- Every school meal must offer the daily minimum requirements for all components. Therefore, if a pizza contains adequate grains to meet the minimum daily requirement, but a sandwich roll does not, the sandwich meal must contain another grain in order to meet the minimum.
- There is a daily minimum grain requirement but not a daily maximum. One must keep in mind, however, that there is a weekly maximum.
- There is a limit of up to two ounce equivalents of grain-based desserts per week (total of 2 ounce equivalents).
- Fully cooked grain and pasta items whose nutrition label has water as the first ingredient, followed by a whole grain is considered whole grain-rich.
- All grains offered in amounts of 0.25 oz. equivalent or greater must be counted toward daily and weekly grain offerings regardless of whether or not they are whole grain-rich.

MEAT/MEAT ALTERNATE (M/MA)

Grades K-5: 8 to 10 oz. eq./week
Grades 6-8: 9 to 10 oz. eq./week
Grades 9-12: 10 to 12 oz. eq./week
1 oz. eq./day minimum for K-5 & 6-8
2 oz. eq./day minimum for 9-12

- This component must be served in a main dish or in a main dish and only one other food item.
- Schools without daily choices in this component may not serve the same meat/meat alternate more than 3 times/week.
- May supplement with other M/MA to meet full requirement
- One ounce cooked, skinless, unbreaded portion of beef, fish, poultry, equals one ounce of the Meat/Meat Alternate requirement. NOTE: Check Food Buying Guide as reference.
- Four ounces (weight) or ½ cup (volume) of soy yogurt or dairy yogurt equals one ounce of the Meat/Meat Alternate requirement.
- Two tablespoons of nut butter, almond butter, cashew nut butter, peanut butter, reduced fat peanut butter, sesame seed butter, soy nut butter, or sunflower seed butter equals one ounce of the Meat/Meat Alternate requirement.
- Nuts or seeds such as sunflower seeds, almonds, and hazelnuts may be used to meet no more than one-half of the Meat/Meat Alternate component with another Meat/Meat Alternate to meet the full requirement.
- Commercially prepared tofu must be 2.2 ounces (¼ cup) by weight with 5 or more grams of protein to equal one ounce of the Meat/Meat Alternate requirement.
- Other meat alternates, such as cheese and eggs, may be used to meet all or part of the Meat/Meat Alternates component in accordance with FNS guidance.
- A ¼ cup of drained beans/peas/legumes equals one ounce of the Meat/Meat Alternate requirement.
- Regardless of the protein foods offered, schools must plan all meals with the goal to meet the dietary specifications for sodium, saturated fat, trans fat, and calories.

MILK

Grades K-12: 1 cup/day

- Allowable milk options:
  - Fat-free (unflavored or flavored)
  - Low-fat 1% (unflavored only)
  - Fat-free or low-fat lactose-reduced or lactose-free
- Must offer at least two choices daily.
- Does not alter nutrition standards for non-dairy milk substitutes (e.g., soy beverages).
- Milk provisions also apply to children ages 3-4.

FRUITS

Grades K-5: ½ cup/day
Grades 6-8: ½ cup/day
Grades 9-12: 1 cup/day

- No more than half the fruit offerings may be in the form of (only) 100 % juice (over the week).
- May select from fresh, frozen, canned in juice/light syrup, or dried fruit options.
- For SYs 2012-14, frozen fruit with added sugar is allowable in the NSLP. (*USDA Memo: SP-20 2012-REVISED, dated Sept. 11, 2012)*
- ¼ cup dried fruit = ½ cup fruit.

VEGETABLE (see Appendix B)

Grades K-5: ¾ cup/day
Grades 6-8: ¾ cup/day
Grades 9-12: 1 cup/day

- A daily serving at lunch must be offered: K-5=¾ cup, 6-8=¾ cup, 9-12=1 cup.
- Daily serving that reflects variety over the week.
- Vegetable subgroup weekly requirements for:
  - Dark Green (e.g., broccoli, collard greens, spinach)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (legumes) (e.g., kidney beans, lentils) (see Appendix A)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers)
  - Additional vegetables to meet the total required for the week
- Changes in crediting of uncooked leafy greens; leafy greens will credit as half of volume as served. Therefore, one cup of romaine lettuce is creditable as one half of a cup of vegetables.
- Foods from the beans/peas (legumes) subgroup may be credited as either a meat alternate or as a legume vegetable but not as both simultaneously.

SODIUM

- Sodium limits and timelines for implementation will begin in School Year 2014-15

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" (1/26/12)

Sodium Reduction: Timeline & Amount				
Age/Grade Group	**Baseline:** Average Current Sodium Levels as Offered[1] (mg)	**Target 1:** July 1, 2014 SY 2014-2015 (mg)	**Target 2:** July 1, 2017 SY 2017-2018 (mg)	**Final Target:** July 1, 2022 SY 2022-2023 (mg)
School Breakfast Program				
K-5	**573** (elementary)	**≤540**	**≤485**	**≤430**
6-8	**629** (middle)	**≤600**	**≤535**	**≤470**
9-12	**686** (high)	**≤640**	**≤570**	**≤500**
National School Lunch Program				
K-5	**1,377** (elementary)	**≤1,230**	**≤935**	**≤640**
6-8	**1,520** (middle)	**≤1,360**	**≤1,035**	**≤710**
9-12	**1,588** (high)	**≤1,420**	**≤1,080**	**≤740**

1 SNDA-III

CALORIES

(All calorie determinations are based on a weighted average.)
Grades K-5: 550-650/weekly average
Grades 6-8: 600-700/weekly average
Grades 9-12: 750-850/weekly average

- Averaged over a week:
- Specific calorie levels are required for a lunch meal to be considered a healthy school meal depending on the age/grade groups. These calorie levels are weekly averages.
- Since there is no overlap in calorie requirements for K-5 and 6-8, a school could offer age/grade groups K-8 a single menu that falls within a range of 600-650 average calories per week to meet the requirement for each grade group.

FATS

- Calories from saturated fats must average less than 10% weekly.
- Trans fat must be zero.
- Naturally occurring trans fats found in products such as beef, lamb and dairy products made with whole milk are excluded from the trans fat requirement.
- When using a commercially prepared product, schools must refer to the nutrition facts panel to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat and added/synthetic trans fat the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring.

Chapter III: Offer vs. Serve (OVS)— Must Take a Fruit or Vegetable

Point of Sale—What Do We Do?

- In schools with multiple serving lines (multiple offerings), daily minimum requirements must be met on all offerings. Example: In grades 9-12 the minimum daily grain requirement is 2 oz. equivalents. If a school offers a choice between a pizza with 2 oz. equivalents of grain OR a stir fry with a 1 oz. equivalent of grains, only one of the offerings meet the two oz. minimum. The school must offer an additional one oz. equivalent of grains with the stir fry, such as a side item, in order to meet daily grains minimum.
- Each independent serving line must meet the daily and weekly requirements (including subgroups) in order to ensure that a child is able to take a reimbursable meal in any line they choose.
- In the NSLP, schools must offer five food components (milk, fruits, vegetables, grains, meat/meat alternates). Students are allowed to decline 2 of the 5 required food components under Offer vs. Serve (OVS) at lunch. If a student takes a ½ cup of vegetable and also chooses a fruit, then the fruit must be the full component which would be ½ cup or 1 cup depending on the grade group. Students must select the other food components in the quantities planned.
- Students can meet the ½ cup of a fruit or vegetable by selecting different fruits or vegetables. ½ cup allowance for fruit or vegetables may be used only once for either the fruits or vegetables component in a meal, so the other food components selected by the student under OVS must be full components.
- Students can meet the OVS ½ cup requirement by selecting ¼ cup of fruits AND ¼ cup of vegetables.
- The number of components that can be declined when OVS is in place is the same in all age/grade groups.

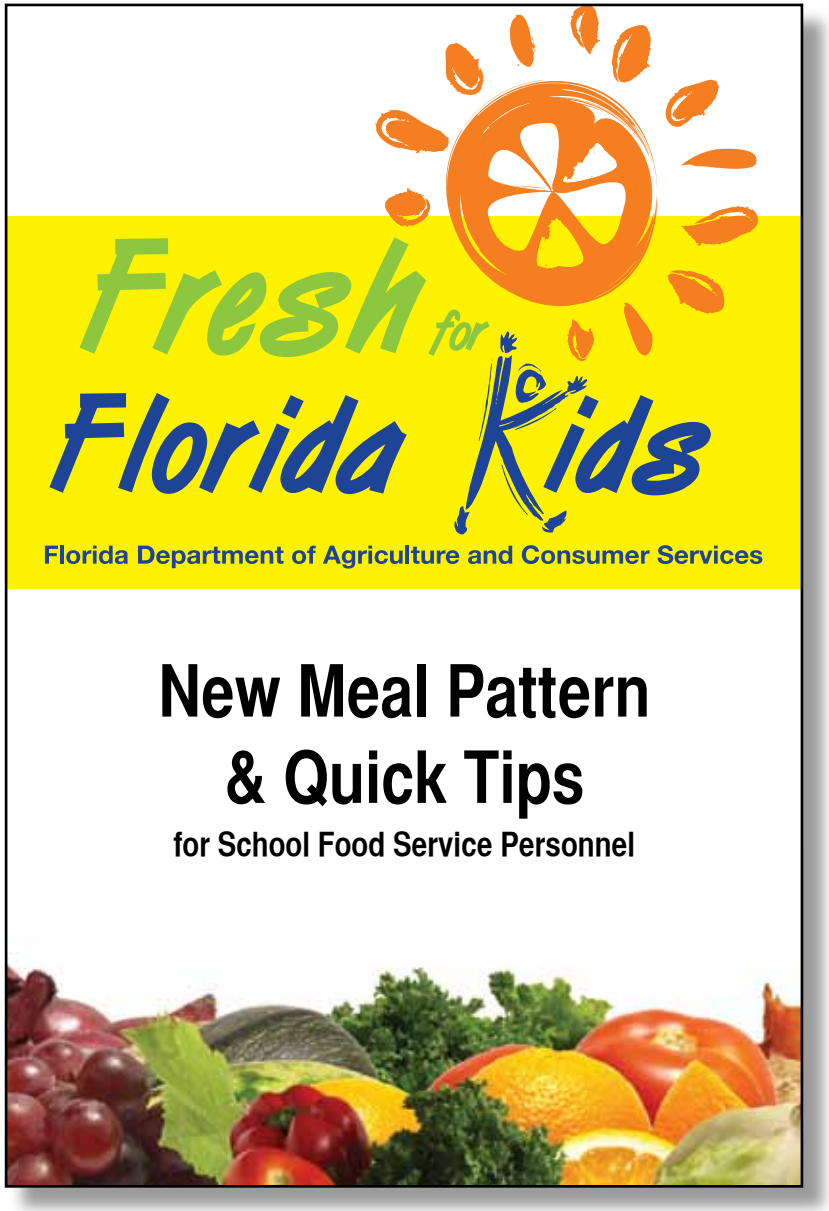
What Has to be Posted Before the Serving Line?

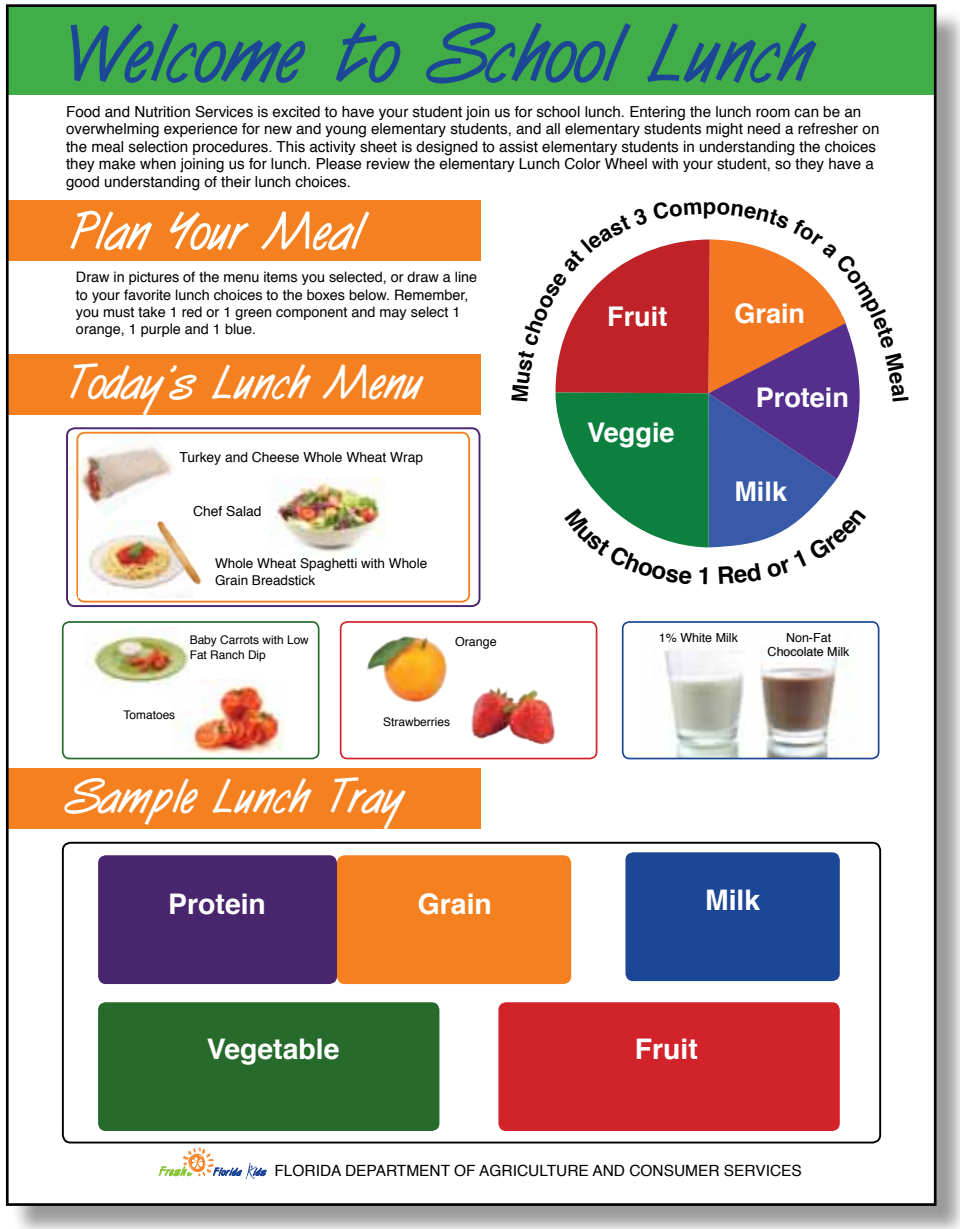
- The foods or food components (depending on the situation) that are part of a meal must be labeled, listed or otherwise identified near/at the beginning of the serving line and prior to the point of service so students can easily choose a reimbursable meal.
- When food components/food items are located in an approved location beyond the POS, they must be labeled, listed on the menu, or otherwise identified so the students can easily identify all the components for a reimbursable meal and select the correct quantities. There must be a system in place to ensure that each reimbursable meal selected by the student (within their respective age group) under OVS includes at least a ½ cup serving of fruits or vegetable.

Resources

USDA: Offer Versus Serve Teaching Tool for Students
Provides mini posters and color-coded serving line signs to help students choose the right foods for Offer Versus Serve. Available for either Nutrient Standard Menu Planning or Food Based Systems.
http://healthymeals.nal.usda.gov/state-resources/offer-versus-serve-teaching-tool-students

Florida Meal Pattern Samples (booklet & flyer)

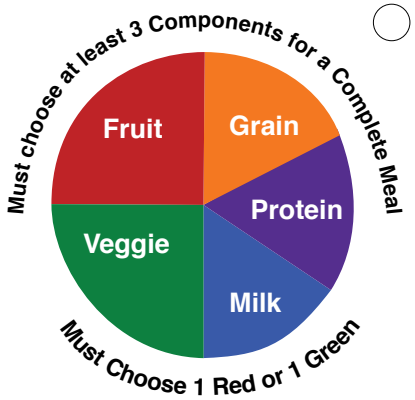




Check here for the final publications: http://www.freshfromflorida.com/

Beginning of the Serving Line Signage

Today's Menu



Protein

Grain

Milk

Vegetable

Fruit

Fresh Florida Kids FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES

Check here for the final publications: http://www.freshfromflorida.com/

Chapter IV: Extra Reimbursement— What You Need to Do to Get It

Summary of Requirement & Timelines

- Beginning **October 1, 2012** School Food Authorities (SFA) certified as meeting the new meal pattern requirements will be entitled to an additional $0.06 per qualifying lunch served.
- In order to receive the additional funding the SFA must submit to the state agency (SA) one week's worth of menus, detailed menu worksheet for each type of menu offered in all schools during a typical school week, and some form of nutrient assessment.
- The SA has 60 days from receipt of SFA documentation to certify eligibility for the additional funding. SAs will have 60 days from October 1 to act on menus received prior to October 1.

There are three options for certification. These options were designed to use, to the maximum extent practicable, existing processes and information.

- **Option 1** allows SFAs to submit one week of menus, detailed menu worksheets showing food components and quantities for reimbursable meals for these menus, and a nutrient analysis of calories and saturated fats. This option acknowledges that a large number of SFAs already use nutrient analysis software to monitor the nutrient levels in their meals.
- **Option 2** allows SFAs to submit one week of menus, detailed menu worksheets showing food components and quantities for reimbursable meals for these menus, and a simplified nutrient assessment of calories and saturated fats. This option acknowledges that not all SFAs use nutrient analysis software. A simplified nutrient assessment is intended to be a proxy for the nutrient analysis.
- **Option 3** allows State agencies to certify an SFA during a review. If the State agency offers this option, the SFA would need to have one week of menus, detailed menu worksheets for these menus, and all information needed for the State agency to conduct a nutrient analysis.

USDA Memo SP 31-2012-Revised June 11, 2012
See http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012assessment_directions.pdf for SIMPLIFIED NUTRIENT ASSESSMENT

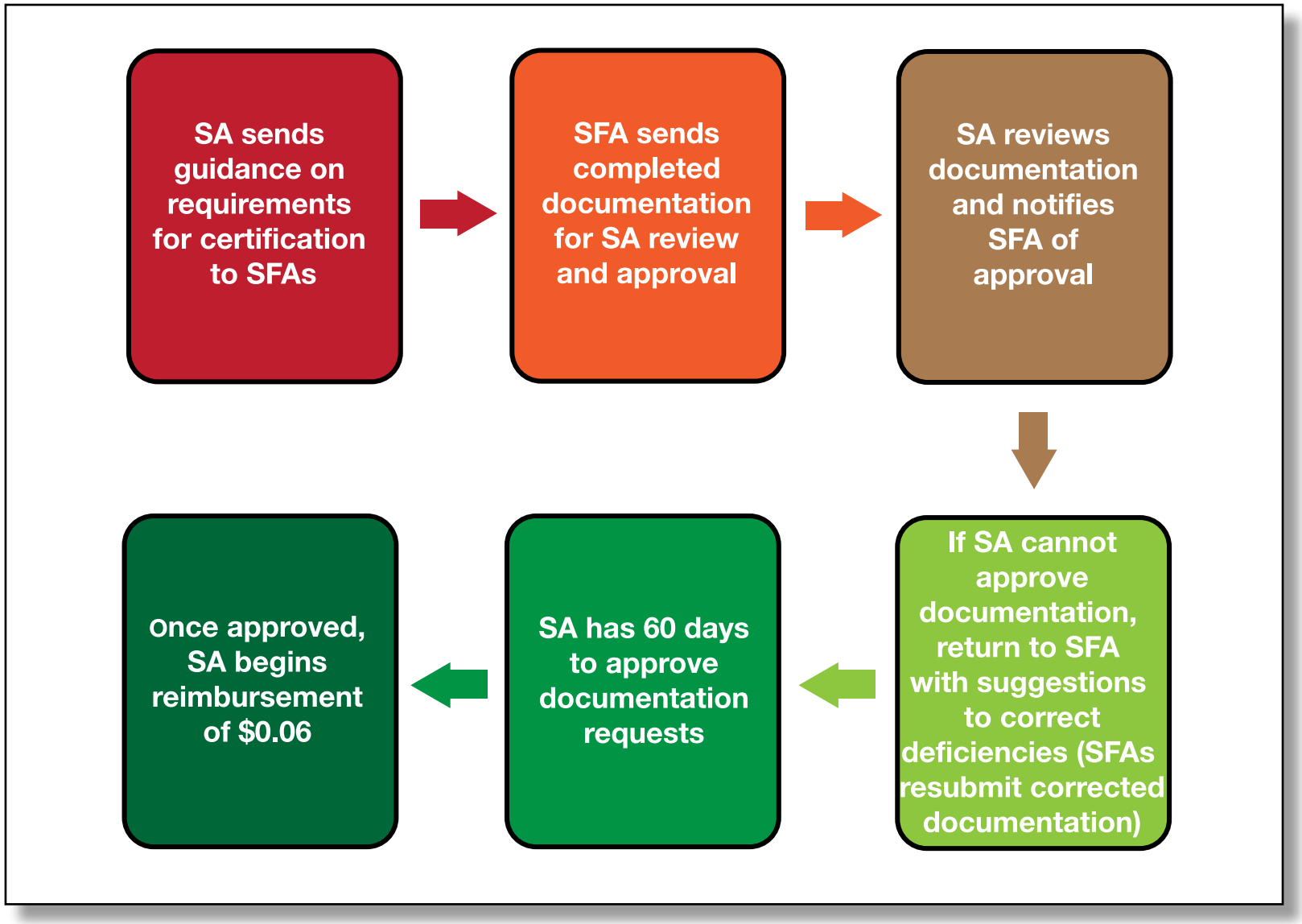
- SFAs must demonstrate compliance with both breakfast and lunch if SFA offers breakfast.
- Menus certified as eligible by SAs after October 1 will have retroactive addition of the $0.06/lunch back to meals served beginning October 1 or the beginning of the month of SFA submitted documentation, whichever is later.

USDA Memo SP 34-2012 May 31, 2012 - Certification Tools
http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP34-2012os.pdf
http://sz0067.ev.mail.comcast.net/service/home/~/SP31-2012ros%2006112012.pdf?auth=co&loc=en_US&id=343728&part=2

Resources

School Nutrition Foundation Webinar
Certification and Compliance of the New Meal Pattern: What You Need to Know to Receive Your 6 Cents.
An archive of the webinar hosted on Wednesday May 16, 2012; http://schoolnutrition.org/Content.aspx?id=17075

Timeline for Certification of Menus: How to Get Your $0.06



Florida "New Meal Pattern: Basics at a Glance" Sample

New Meal Pattern: BASICS AT A GLANCE

FOOD BASED MENU PLANNING
BREAKFAST MEAL PATTERN

Meal Pattern	Grades K-5[a]	Grades 6-8[a]	Grades 9-12[a]
	Amount of Food Per Week[b] (Minimum Per Day)		
Fruits (cups)[c,d]	5 (1)[e]	5 (1)[e]	5 (1)[e]
Vegetables (cups)[c,d]	0	0	0
Dark green[f]	0	0	0
Red/Orange[f]	0	0	0
Beans/Peas (Legumes)[f]	0	0	0
Starchy[f]	0	0	0
Other[f,g]	0	0	0
Additional Vegetables to Reach Total[h]	0	0	0
Grains (oz eq)[i]	7-10 (1)[j]	8-10 (1)[j]	9-10 (1)[j]
Meats/Meat Alternates (oz eq)	0[k]	0[k]	0[k]
Fluid milk (cups)[l]	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal)[m,n]	350-500	400-550	450-600
Saturated fat (% of total calories)[n,o]	<10	<10	<10
Sodium (mg)[n,p]	≤430	≤470	≤500
Trans fat[n,o]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

[a] In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2012-2014). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see §220.23).
[b] Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
[c] One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
[d] For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(ii).
[e] The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
[f] Larger amounts of these vegetables may be served.
[g] This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
[h] Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[i] At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-2015).
[j] There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
[k] Fluid milk must be low-fat (1 percent milk fat or less, unflavored or flavored).
[l] The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
[m] Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater and 1 percent milk fat are not allowed.
[n] In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
[o] Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in §210.10(f)(3) for lunches and §220.8(f)(3) for breakfast.

FOOD BASED MENU PLANNING
LUNCH MEAL PATTERN

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week[b] (Minimum Per Day)		
Fruits (cups)[c,d]	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups)[c,d]	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Dark green[f]	½	½	½
Red/Orange[f]	¾	¾	1 ¼
Beans/Peas (Legumes)[f]	½	½	½
Starchy[f]	½	½	½
Other[f,g]	½	½	¾
Additional Vegetables to reach total[h]	1	1	1 ½
Grains (oz eq)[i]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)[l]	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal)[m,n]	550-650	600-700	750-850
Saturated fat (% of total calories)[n,o]	<10	<10	<10
Sodium (mg)[n,p]	≤640	≤710	≤740
Trans fat[n,o]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

[a] In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-2014). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see §220.23).
[b] Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
[c] One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
[d] For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other veg-etables" subgroups as defined in §210.10(c)(2)(ii).
[e] The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
[f] Larger amounts of these vegetables may be served.
[g] This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
[h] Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[i] At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-2015).
[j] There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the min-imum daily grains requirement is met.
[k] Fluid milk must be low-fat (1 percent milk fat or less, unflavored or flavored).
[l] The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
[m] Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater and 1 percent milk fat are not allowed.
[n] In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
[o] Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifica-tions in §210.10(f)(3) for lunches and §210.8(f)(3) for breakfast.

USDA VEGETABLE SUBGROUPS

Dark Green Vegetables	Red & Orange, Vegetables	Other Vegetables
• Bok Choy • Broccoli • Collard Greens • Dark Green Leafy Lettuce • Escarole Lettuce • Kale • Mesclun • Mustard Greens • Romaine Lettuce • Spinach • Turnip Greens • Watercress	• Acorn Squash • Butternut Squash • Carrots • Hubbard Squash • Pumpkin • Red Peppers • Sweet Potatoes • Tomatoes • Tomato Juice	• Artichokes • Asparagus • Avocado • Bean Sprouts • Beets • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans • Green Peppers • Iceberg (Head) Lettuce • Mushrooms • Okra • Onions • Parsnips • Radish • Snap Beans • Turnips • Wax Beans • Zucchini
Beans & Peas (Legumes)	**Starchy Vegetables**	
• Black Beans • Black-Eyed Peas (Mature, Dry) • Garbanzo Beans (Chickpeas) • Kidney Beans • Lentils • Navy Beans • Pinto Beans • Soy Beans • Split Peas • White Beans	• Cassava • Corn • Green Bananas • Green Peas • Green Lima Beans • Plantains • Potatoes • Taro • Water chestnuts • Fresh Cowpeas, Field Peas, or Black-Eyed Peas (Not Dry)	

Fresh for Florida Kids
Florida Department of Agriculture and Consumer Services

Jan. 2012

Implementation Timeline for Final Rule
"Nutrition Standards in the National School Lunch and School Breakfast Programs"

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets o Target 1 o Target 2 o Final target			L, B			L, B	L, B
• Zero grams of trans fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Check here for the final publications: http://www.freshfromflorida.com/

What To Do If Grades Overlap

- When serving K-12 students in a single school, one way to ease menu planning for these two grade groups is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group. For grades 9-12, the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the grades 6-8, schools must make available to the older children: ½ cup more fruit daily, ¼ cup more vegetables daily and across the week ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) vegetables.
- In schools serving Pre-K students menu planners must provide the existing meal pattern for Pre-K students.

Sample Cycle Menu Grades K-5

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
MEAT/MA	Turkey Corndog [W]	Sweet & Sour Chicken[R]	Turkey Sausage	Apple Cider Stew[R]	Turkey Sloppy Joe[R,W]
GRAIN		Brown Rice[W]	French Toast Sticks[W,2 ea]	Dinner Roll[W]	
VEG	Corn on the Cob[L]	Broccoli	Roasted Squash[R,L]	Romaine Salad$_{1c}$	Sweet Potato Fries
VEG	Marinated Black Bean Salad	Carrots	Sliced Cucumbers[L]		Celery Sticks
FRUIT	Watermelon Wedges[L]	Fresh Apple Slices[L]	Orange Juice	Orange Smiles	Juicy Pears
CONDIMENTS	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Ketchup, Hummus
	MON 2	**TUES 2**	**WED 2**	**THURS 2**	**FRI 2**
MEAT/MA	Cheese Pizza [W]	Hamburger on Bun[W]	Vegetarian Chili[R]	Crunchy Chicken Wrap[R,W]	Fish Sandwich[W]
GRAIN			Cornbread		
VEG	Romaine Salad	Lettuce & Tomato		Potato Wedges	Carrot & Celery Sticks
VEG	Beets 'n' Sweets [R,L]	Fiesta Beans & Rice[R,W]	Fresh Broccoli		Creamy Coleslaw[L]
FRUIT	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Fresh Kiwi
CONDIMENTS	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	**TUES 3**	**WED 3**	**THURS 3**	**FRI 3**
MEAT/MA	Chicken Sandwich[W]	Chicken Gravy	Meatballs	Chicken Salad on Roll[W]	Cheese Quesadilla[W]
GRAIN		Dinner Roll[W]	Spaghetti & Breadstick[W]		
VEG	Leafy Spinach$_{1/2 c}$	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
VEG	Corn Edamame Salad[R]	Spring Salad Mix[R]	Green Beans	Roasted Chickpeas$_{1/4 c}$	Broccoli
FRUIT	Fresh Strawberries	Crazy Mixed-Up Fruit	Golden Peaches	Fresh Pears	Fresh Banana
CONDIMENTS	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.
All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in subscript.
All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.
R = Recipe available at www.health.state.mn.us/schools/greattrays under "Menu Planning"
L = Local food available in many regions of Minnesota
W = Whole grain-rich

Dark Green	Red/Orange	Legumes	Starchy

GREAT TRAYS

Minnesota Department of Education

For entire Sample Cycle Menu, go to: http://www.health.state.mn.us/schools/greattrays/pdfs/SampleCycleMenu.pdf

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 1 Grade Group K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl oz.	
Component Requirements	**Menu Item Name & Info**	**Day 1**	**Day 2**	**Day 3**	**Day 4**	**Day 5**
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	*Toasted Cheese (USDA F-07)	Baked Chicken w/Roll	Beef &Cheese Tacos (USDA D-13)	Yogurt and Peanut Butter Plate	Pepperoni or Cheese Pizza (reduced fat)
	Portion size or oz.	1 sandwich	1 breast-half or 1 thigh or 1 drumstick	2 each	4 oz. yogurt & 2 T. peanut butter	1 Slice (4.6 oz.)
	Contribution in oz.*	1 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. CN label
2nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week	Item	Whole Wheat Bread	WG Dinner Roll	2 Taco Shells (hard)	Blueberry Muffin	WG Pizza Crust
	Portion in oz. Cooked pasta/rice in cups	2 slices (2 oz. eq.)	2 oz. (2 oz. eq.)	1 oz. (1 oz. eq.)	1.8 oz. (1 oz. eq.)	2 oz. eq. CN label
2nd Grains/Whole Grains (If planned)	Item					
	Portion in oz. Cooked pasta/rice in cups					
Fruits (1/2 cup a day minimum)	Item	Fresh Red Apple (138 count)	Strawberry Cup	Chilled Pears	Raisins	Fresh Orange
	Portion in cups	½ Cup	½ Cup	½ Cup	¼ Cup (credits ½ Cup)	½ Cup
2nd Fruits (If planned)	Item					
	Portion in cups					

(NOTE: The Florida Department of Agriculture and Consumer Services' menus have NOT been evaluated by USDA.)

Lunch Vended/Non-OVS: Sample Menus & Nutritional Analysis (Week 1, K-5) - (pg. 2 of 2)

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 1 Grade Group K-5

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green 1/2 cup a week)	Item		Collard Greens			Romaine Garden Salad
	Portion in cups		¼ Cup			½ Cup (credits ¼ Cup)
Vegetables: (Red/Orange 3/4 cup a week)	Item			Lettuce and Tomato	Carrot & Celery Sticks	
	Portion in cups			¼ Cup (tomato)	½ Cup (carrot)	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item			Refried Beans		
	Portion in cups			½ Cup		
Vegetables: (Starchy 1/2 cup a week)	Item	Potato Wedges				
	Portion in cups	½ Cup				
Vegetables: (Other 1/2 cup a week)	Item	Green Beans		Lettuce and Tomato		
	Portion size	¼ Cup		½ Cup (credits ¼ Cup)		
Vegetables: (Additional 1 cup a week)	Item		Whipped Potatoes		Carrot & Celery Sticks	Sweet Corn
	Portion in cups		½ Cup		¼ Cup (celery)	½ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup		Salsa/Light Sour Cream	Light Ranch Dressing	Light Salad Dressing
	Portion size	1 packet/2 packet		2 Tbsp each	1 packet	2 – 12 gm packets

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef (no more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed.

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

***Reduced meat alternate portion in Toasted Cheese Sandwich USDA F-07 from 2 oz (12-1/2 pounds per 100 servings to 6-1/4 pounds per 100 servings).**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 627; Sodium - 948 mg; Saturated Fat - 6.95g (9.97%).

Food Based Menu Planning Lunch 5 Day Rev. 5/12

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 2 Grade Groups K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl oz.	
Component Requirements	**Menu Item Name & Info**	**Day 6**	**Day 7**	**Day 8**	**Day 9**	**Day 10**
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Hot Dog (turkey)	Sweet & Sour Pork (USDA D-36)	*Spaghetti & Meat Sauce (USDA D-35)	Breaded Chicken Patty	Macaroni and Cheese (USDA D-26)
	Portion size or oz.	1.6 oz (10/1)	¾ cup	1 cup	3 oz (CN)	2/3 cup
	Contribution in oz.*	1.5 oz. M/MA	2 oz. meat	1.5 oz. meat	2 oz. meat	2 oz. cheese
2nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week	Item	Hot Dog Bun	WG Brown Rice	WG Garlic Toast	WG Hamburger Bun	WG Dinner Roll
	Portion in oz. Cooked pasta/rice in cups	1.5 oz. (1.5 oz. eq.)	½ cup (1 oz. eq.)	1 oz. (1 oz. eq.)	1.8 oz. (2 oz. eq.)	1 oz. (1 oz. eq.)
2nd Grains/Whole Grains (If planned)	Item			**Whole Wheat Pasta		Macaroni
	Portion in oz. Cooked pasta/rice in cups			½ Cup (1 oz. eq.)		½ cup (1 oz. eq.)
Fruits (1/2 cup a day minimum)	Item	Fruit Cocktail	Chilled Pineapple Tidbits	Fresh Orange	Fresh Red Apple (138 count)	Red/Green Grapes
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2nd Fruits (If planned)	Item					
	Portion in cups					

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 2 Grade Groups K-5

Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables: (Dark Green 1/2 cup a week)	Item		Broccoli Cuts	Romaine Salad		
	Portion in cups		½ Cup	1 Cup (credits ½ Cup)		
Vegetables: (Red/Orange 3/4 cup a week)	Item			Meatsauce Vegetables	Whipped Sweet Potatoes	
	Portion in cups			3/8 Cup	½ Cup	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item	Baked Beans (USDA I-06)				
	Portion in cups	2/3 Cup (credits ½ Cup)				
Vegetables: (Starchy 1/2 cup a week)	Item	Tater Tots				
	Portion in cups	1/2 Cup (8 each)				
Vegetables: (Other 1/2 cup a week)	Item					Spinach & Tomato Salad
	Portion size					½ Cup (credits ¼ Cup) / ¼ Cup
Vegetables: (Additional 1 cup a week)	Item		Chinese Style Vegetables (USDA D-09)	Sweet Corn	Seasoned Green Peas	Carrot & Celery Sticks
	Portion in cups		¼ Cup	¼ Cup	¼ Cup	¼ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup	Light Salad Dressing		BBQ Sauce	Light Salad Dressing
	Portion size	1 packet/2 packet	2 – 12 gm packets		1 packet	2 – 12 gm packets

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed.

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

***Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
**** Substitute whole wheat spaghetti for enriched spaghetti.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 617; Sodium - 1167 mg; Saturated Fat - 5.14 g (7.50%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 1 Grade Group K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal average per day; <10% of total calories from saturated fat per day; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl oz.	
Component Requirements	**Menu Item Name & Info**	**Day 1**	**Day 2**	**Day 3**	**Day 4**	**Day 5**
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	*Toasted Cheese (USDA F-07)	Baked Chicken w/Roll	Beef &Cheese Tacos (USDA D-13)	Yogurt and Peanut Butter Plate	Pepperoni Pizza (reduced fat)
	Portion size or oz.	1 sandwich	1 breast-half or 1 thigh or 1 drumstick	2 each	4 oz. yogurt & 2 T. peanut butter	1 Slice (4.6 oz.)
	Contribution in oz.*	1 oz. M/MA	1.5-2 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. M/MA CN label
2nd Meat/Meat Alternate (If planned)	Item	PBJ Sandwich	**Ham & Cheese Entrée Salad w/Roll	Beans & Rice	**Turkey Entrée Salad w/Crackers	Cheese Pizza (reduced fat)
	Portion size or oz.	4.8 oz. sandwich	1.22 oz. Deli Ham (credits 1 oz.) / 1/2 oz. cheese	½ cup each	2.4 oz. Deli Turkey	1 Slice (4.6 oz.)
	Contribution in oz.*	2 oz. M/MA CN label	1.5 oz. M/MA	2 oz. M/MA	1.5 oz. M/MA	2 oz. M/MA CN label
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week	Item	Whole Wheat Bread	WG Dinner Roll	2 Taco Shells (hard)	Blueberry Muffin	WG Pizza Crust
	Portion in oz. Cooked pasta/rice in cups	2 slices (2 oz. eq.)	2 oz. (2 oz. eq.)	1 oz. (1 oz. eq.)	1.8 oz. (1 oz. eq.)	2 oz. eq. CN label
2nd Grains/Whole Grains (If planned)	Item	WG PBJ Sandwich	WG Dinner Roll	WG Rice	WG Crackers	WG Pizza Crust
	Portion in oz. Cooked pasta/rice in cups	2 oz. eq.	2 oz. (2 oz. eq.)	½ Cup (1 oz. eq.)	.7 oz. (1 oz. eq.)	2 oz. eq. CN label
Fruits (1/2 cup a day minimum)	Item	Fresh Red Apple (138 count)	Strawberry Cup	Chilled Pears	Raisins	Fresh Orange
	Portion in cups	½ Cup	½ Cup	½ Cup	¼ Cup (credits ½ Cup)	½ Cup
2nd Fruits (If planned)	Item	Fresh Orange	Apple Juice	Pineapple Cup	Orange Juice	Fresh Grapes
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup

Lunch Multiple Choices: Sample Menus & Nutritional Analysis (Week 1, K-5) - (pg. 2 of 2)

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 1 Grade Group K-5

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green 1/2 cup a week)	Item		Collard Greens			Romaine Garden Salad
	Portion in cups		½ Cup			1 Cup (credits ½ Cup)
Vegetables: (Red/Orange 3/4 cup a week)	Item	Tomato Soup (manufacturer statement)		Lettuce/Tomato/Salsa	Carrot & Celery Sticks	
	Portion in cups	½ Cup (½ Cup vegetable)		¼ Cup (tomato)	½ Cup (carrot)	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item			Refried Beans		
	Portion in cups			½ Cup		
Vegetables: (Starchy 1/2 cup a week)	Item		Whipped Potatoes			
	Portion in cups		½ Cup			
Vegetables: (Other 1/2 cup a week)	Item	Green Beans				
	Portion size	½ Cup				
Vegetables: (Additional 1 cup a week)	Item			Lettuce/Tomato/Salsa	Carrot & Celery Sticks	Sweet Corn
	Portion in cups			¼ Cup (credits ⅛ Cup) / ⅛ Cup	¼ Cup (celery)	½ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item		Light Salad Dressing	Taco Sauce/Light Sour Cream	Light Ranch Dressing	Light Salad Dressing
	Portion size		1 oz. packet	2 Tbsp each	1 packet	2 – 12 gm packets

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

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

***Reduced meat alternate portion in Toasted Cheese Sandwich USDA F-07 from 2 oz (12-1/2 pounds per 100 servings to 6-1/4 pounds per 100 servings).**
****Entrée salad made with 2 cups romaine/spinach/dark leafy salad greens for 1 cup credit in Dark Green Vegetable sub-group and 3/8 cup baby carrots and 3/8 grape tomatoes for ¾ cup credit of Red/Orange Vegetable sub-group.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 620; Sodium - 1154 mg; Saturated Fat - 6.28g (9.11%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 2 Grade Groups K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl oz.	
Component Requirements	**Menu Item Name & Info**	**Day 6**	**Day 7**	**Day 8**	**Day 9**	**Day 10**
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Hot Dog (turkey)	Sweet & Sour Pork (USDA D-36)	*Spaghetti & Meat Sauce (USDA D-35)	Breaded Chicken Patty on Bun	Macaroni and Cheese (USDA D-26)
	Portion size or oz.	1.6 oz (10/1)	¾ cup	1 cup	3 oz (CN)	2/3 cup
	Contribution in oz.*	1.5 oz. M/MA	2 oz. meat	1.5 oz. meat	2 oz. meat	2 oz. cheese
2nd Meat/Meat Alternate (If planned)	Item	PBJ Sandwich	**Chicken Fajita Entrée Salad w/Chips	PBJ Sandwich	Beef Dippers w/Roll	Turkey Ham & Cheese Sandwich
	Portion size or oz.	4.8 oz. sandwich	1.8 oz. chicken/ 1/2 oz. cheese	4.8 oz. sandwich	2.7 oz (CN label)	1.4 oz. Deli Turkey Ham (1oz. credit)/ 1/2 oz. cheese
	Contribution in oz.*	2 oz. M/MA CN label	1.5 oz. M/MA	2 oz. M/MA CN label	2 oz M/MA	1.5 oz. M/MA
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week	Item	Hot Dog Bun	WG Brown Rice	WG Pasta & WG Garlic Toast	WG Hamburger Bun	WG Pasta & WG Dinner Roll
	Portion in oz. Cooked pasta/rice in cups	1.5 oz. (1.5 oz. eq.)	½ Cup (1 oz. eq.)	½ Cup/1 oz. (2 oz. eq.)	1.8 oz. (2 oz. eq.)	½ Cup/1 oz. (2 oz. eq.)
2nd Grains/Whole Grains (If planned)	Item	WG PBJ Sandwich	Tortilla Chips	WG PBJ Sandwich	WG Dinner Roll	WG Sandwich Bread
	Portion in oz. Cooked pasta/rice in cups	2 oz. eq.	.9 oz. (1 oz. eq.)	2 oz. eq.	1 oz. (1 oz. eq.)	2 oz. eq.
Fruits (1/2 cup a day minimum)	Item	Fresh Pear (150 count)	Chilled Pineapple Tidbits	Chilled Fruit Cocktail	Fresh Red Apple (138 count)	Red/Green Grape Fruit Cup
	Portion in cups	1 each – ½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2nd Fruits (If planned)	Item	Grape Juice	Fresh Orange	Fresh Plums (45/50 size-Purple/Red/Black)	Strawberry-Mango Fruit Cup	Pineapple-Orange Juice
	Portion in cups	½ Cup	1 each – ½ Cup	1 each – ½ Cup	½ Cup	½ Cup

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 2 Grade Groups K-5

Components Week 1	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables: (Dark Green 1/2 cup a week)	Item		Broccoli Cuts	Romaine Salad		
	Portion in cups		½ Cup	1 Cup (credits ½ Cup)		
Vegetables: (Red/Orange 3/4 cup a week)	Item				Whipped Sweet Potatoes	Carrot & Celery Sticks (¼ Cup each)
	Portion in cups				½ Cup	½ Cup
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item	Baked Beans (USDA I-06)				
	Portion in cups	2/3 cup (credits ½ Cup)				
Vegetables: (Starchy 1/2 cup a week)	Item	Tater Tots				
	Portion in cups	½ Cup (8 each)				
Vegetables: (Other 1/2 cup a week)	Item					Seasoned Zucchini
	Portion size					½ Cup
Vegetables: (Additional 1 cup a week)	Item		Chinese Style Vegetables (USDA D-09)	Seasoned Corn	Seasoned Green Peas	
	Portion in cups		½ Cup	½ Cup	½ Cup	
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup	Light Salad Dressing		BBQ Sauce or Light Mayo Packet	Mustard or Light Mayo/Light Ranch
	Portion size	1 packet/2 packet	2 – 12 gm packets		1 packet	1 packet/1 packet

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

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA = meat/meat alternate, oz. eq. = ounce equivalent.
***Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
****Entrée salad made with 2 cups romaine/spinach/dark leafy salad greens for 1 cup credit in Dark Green Vegetable sub-group and 3/8 cup baby carrots and 3/8 grape tomatoes for ¾ cup credit of Red/Orange Vegetable sub-group.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 649; Sodium - 1058 mg; Saturated Fat - 5.50 g (7.63%).

Food Based Menu Plan Lunch 5 Day Rev. 5/12

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN - LUNCH MENU - 5 DAY

Agreement #_____ Contact Name _____ Grade Grouping K-5

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 550-650 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. 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 (1 oz/day minimum) 8-10 oz. eq./wk	Item	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Deli Turkey (0.5 credit)/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	1.5 M/MA	1.5 M/MA	2 M/MA
2nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum daily) ≥50% WGR 8-9 oz. eq./wk	Item	Whole Wheat Hamburger Bun	WG Breading Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. Cooked pasta/rice in cups	1.8 oz (2 oz. eq.)	2 oz. eq.	½ cup (1 oz. eq.)	8" - 1.5 oz (1.50 oz. eq.)	2.25 oz. eq.
2nd Grains/Whole Grains (If planned)	Item					
	Portion in oz. Cooked pasta/rice in cups					
Fruits (½ c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2nd Fruits (If planned)	Item					

NSLP—Food Based Meal Pattern: Lunch Menu—5 Day (K-5) - (pg. 2 of 2)

NSLP - FOOD BASED MEAL PATTERN - LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	**Item**			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		3/8 Cup
Vegetables: (Red/Orange ¾ c/wk)	**Item**	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	¼ Cup		3/8 Cup	¼ 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**				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	**Item**	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	**Item**		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		¼ Cup	1 Cup (credit ½ Cup)		¼ Cup
Other Foods	**Item**					
	Portion in cups					
Condiments	**Item**	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	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 (no more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed

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

***Reduced meat alternate portion in Spaghetti and Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
****Substitute whole wheat spaghetti for enriched spaghetti.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 575; Sodium - 1050 mg; Saturated Fat - 4.19 g (6.55%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Agreement #_____ Contact Name _____ Grade Grouping 6-8

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); 8-10 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 9-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 600-700 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. 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 (1 oz/day minimum) 9-10 oz. eq./wk	**Item**	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Deli Turkey (credits 0.5 oz)/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	1.5 M/MA	2 M/MA
2nd Meat/Meat Alternate (If planned)	**Item**					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum daily) ≥50% WGR 8-10 oz. eq./wk	**Item**	Whole Wheat Hamburger Bun	WG Breading Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. Cooked pasta/rice in cups	1.8 oz (2 oz. eq.)	2 oz. eq.	1/2 Cup (1 oz. eq.)	8"-1.5 oz (1.5 oz. eq.)	2.25 oz. eq.
2nd Grains/Whole Grains (If planned)	**Item**			WW Dinner Roll		
	Portion in oz. Cooked pasta/rice in cups			1 oz (1 oz. eq.)		
Fruits (½ c/day minimum)	**Item**	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
	Portion in cups					

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (6-8) - (pg. 2 of 2)

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	**Item**			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		½ Cup
Vegetables: (Red/Orange 3/4 c/wk)	**Item**	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	¼ 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**				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	**Item**	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	**Item**		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		½ Cup	1 Cup (credits ½ Cup)		¼ Cup
Other Foods	**Item**					
	Portion in cups					
Condiments	**Item**	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	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 (not more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed.

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

***Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
****Substitute whole wheat spaghetti for enriched spaghetti.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 621; Sodium - 1132 mg; Saturated Fat - 4.36 g (6.31%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN - SAMPLE LUNCH MENU - 5 DAY WEEK 1

Agreement #_____ Contact Name _____ Grade Grouping 9-12

FBMP - Lunch: 8 fl. oz. Fluid Milk; 5 cups Fruits/wk; 5 cups Vegetables/wk (from the subgroups); 10-12 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 10-12 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 750-850 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. 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 (2 oz/day minimum) 10-12 oz. eq./wk	**Item**	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1.6 oz Deli Turkey (1 oz credit) / 1 oz Mozzarella 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**				Cinnamon Yogurt Dip	
	Portion size or oz.				¼ Cup = .5 M/MA	
	Contribution in oz.*					
Grains/Whole Grains (2 oz. eq. minimum daily) ≥50% WGR 10-12 oz. eq./wk	**Item**	Whole Wheat Hamburger Bun	WG Breading Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. Cooked pasta/rice in cups	1.8 oz (2 oz. eq.)	2 oz. eq.	½ Cup (1 oz. eq.)	8" - 1.5 oz (1.5 oz. eq.)	2.25 oz. eq.
2nd Grains/Whole Grains (If planned)	**Item**			WW Dinner Roll	Macaroni Salad (USDA E-07)	
	Portion in oz. Cooked pasta/rice in cups			2 oz (2 oz. eq.)	½ Cup (1 oz. eq.)	
Fruits (1 c/day minimum)	**Item**	Chilled Pineapple with Mandarin Oranges	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	1 Cup	½ Cup	½ Cup	½ Cup
2nd Fruits (If planned)	**Item**	100% Apple Juice		100% Pineapple - Orange Juice	Fresh Apple Slices	Raisins
	Portion in cups	½ Cup		½ Cup	½ Cup	¼ Cup (credits ½ Cup)

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (9-12) - (pg. 2 of 2)

NSLP - FOOD BASED MEAL PATTERN - SAMPLE LUNCH MENU - 5 DAY WEEK 1

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	**Item**			Steamed Broccoli		Collard Greens
	Portion in cups			½ Cup		½ Cup
Vegetables: (Red/Orange 1¼ c/wk)	**Item**	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	½ 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**				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ¾ c/wk)	**Item**	Green Beans			Avocado Slice	
	Portion in cups	¾ Cup			1/8 Cup	
Vegetables: (Additional 1½ c/wk)	**Item**		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		½ Cup	1 Cup (credits ½ Cup)		½ Cup
Other Foods	**Item**					
	Portion in cups					
Condiments	**Item**	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	2 packet/1 packet/1packet	2 packet	2 packet/1 packet	2 packet

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef (no more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed.

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

***Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
****Substitute whole wheat spaghetti for enriched spaghetti.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 776; Sodium - 1367 mg; Saturated Fat - 5.02 g (5.82%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Agreement #_____ 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); 8-9 oz. eq. Grains per five-day week (one half of offerings are whole grain-rich); 9-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 600-650 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. 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 (1 oz/day minimum) 9-10 oz. eq./wk	**Item**	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Deli Turkey (0.5oz credit)/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	1.5 M/MA	2 M/MA
2nd Meat/Meat Alternate (If planned)	**Item**					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum daily) ≥50% WGR 8-9 oz. eq./wk	**Item**	Whole Wheat Hamburger Bun	WG Breading Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. Cooked pasta/rice in cups	1.8 oz (2 oz. eq.)	2 oz. eq.	½ cup (1 oz. eq.)	8" -1.5 oz (1.5 oz. eq.)	2.25 oz. eq.
2nd Grains/Whole Grains (If planned)	**Item**					
	Portion in oz.[1] Cooked pasta & rice in cups					
Fruits (½ c/day minimum)	**Item**	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2nd Fruits (If planned)	**Item**					

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (K-8) - (pg. 2 of 2)

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	**Item**			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		3/8 Cup
Vegetables: (Red/Orange ¾ c/wk)	**Item**	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	¼ 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**				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	**Item**	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	**Item**		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		¼ Cup	1 Cup (credits ½ Cup)		¼ Cup
Other Foods	**Item**					
	Portion in cups					
Condiments	**Item**	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	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 (not more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed.

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

***Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat, no more than 15% fat) per 100 servings to 13 pounds (raw meat, no more than 15% fat) per 100 servings).**
**** Substitute whole wheat spaghetti for enriched spaghetti.**

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 600; Sodium - 1069 mg; Saturated Fat - 4.30 g (6.45%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

USDA Worksheet—Weekly Report, Lunch Week 1, Grades K-5

Weekly Report
Lunch, Grades K-5

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	0	0	1	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER *(any other type of vegetable)*	0	0	0	1	0	1	1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 1, go to: http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf

USDA Worksheet—Weekly Report, Lunch Week 2, Grades K-5

Weekly Report
Lunch, Grades K-5

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	0	0	0	1	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	1	0	0	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER *(any other type of vegetable)*	0	0	0	1	0	1	1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	2.00	2.00	1.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 2, go to: http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf

USDA Worksheet—Weekly Report, Lunch Week 3, Grades K-5

Weekly Report
Lunch, Grades K-5

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	0	1	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER *(any other type of vegetable)*	0	0	0	0	1	1	1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 3, go to: http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf

USDA Worksheet—Weekly Report, Lunch Week 4, Grades K-5

Weekly Report
Lunch, Grades K-5

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	1	0	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	0	1	0	1	1/2	Yes
Cups of OTHER *(any other type of vegetable)*	0	0	0	0	1	1	1/2	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 4, go to: http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf

Resources

Food Buying Guide
Calculator for Child Nutrition Programs
http://fbg.nfsmi.org/

Alabama Resources
Alabama Department of Education Resources on the Meal Pattern
http://public.alsde.edu/apps/search/results.aspx?k=meal%20pattern

Florida Department of Agriculture and Consumer Services
http://www.freshfromflorida.com/divisions/fnw/national_school_lunch.html

Kansas State Department of Education
Child Nutrition & Wellness at the Kansas State Department of Education (KSDE) provides information, resources, training and technical assistance to local agencies operating child nutrition and wellness programs.
http://www.kn-eat.org/CNW/CNW_Menus/Index.htm

- **Healthier Kansas Menus**
  http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm

National Food Service Management Institute
New Meal Pattern Training Resource *This lesson will focus on Food-Based Menu Planning (FBMP) required for the National School Lunch Program (NSLP). It provides an overview of the New Meal Pattern and is part of the Recognizing a Reimbursable Meal training resource. The training can be taught in short intervals or as a 6-hour session. The lesson includes a trainer's script, participants' handouts, PowerPoint presentation, and mock training recipes specifically developed for the purpose of this training.*
http://www.nfsmi.org/ResourceOverview.aspx?ID=425

Minnesota Department of Health
Resources to Make Menu Planning a Snap: Great Trays workshops provide a number of tools that offer a fresh approach to menu planning.
http://www.health.state.mn.us/schools/greattrays/planning.html

Minnesota Department of Health
Great promotions start with great listening. Listen to students to identify their likes, dislikes and ideas to promote the school meals program. Use Great Trays resources to identify opportunities to listen, learn and promote your program.
http://www.health.state.mn.us/schools/greattrays/promotions.html

Food & Nutrition Services, School District of Manatee County, Palmetto, Florida
Sandra Ford, Foodservice Director
Sample production menus for elementary school, middle school and high school.

USDA Links

Nutrition Standards for School Meals

Landing Page for USDA Regulations; Memos; Technical Assistance and Guidance Materials.

The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation.

http://www.fns.usda.gov/cnd/governance/legislation/nutrition standards.htm

Meal Pattern Regulation

Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs

http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf

$0.06 Reimbursement

Certification tools and materials to support the certification process.

http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP34-2012os.pdf

Offer vs. Serve: A Menu Planner for Healthy School Meals

http://www.fns.usda.gov/tn/resources/menuplanner_intro.pdf

Best Practices Sharing Center

SFAs and SAs can share resources and tools they use to serve healthy menus that meet the new school meal regulations

http://healthymeals.nal.usda.gov/bestpractices

Sample Letter to Parents

Healthy Changes in Our School Cafeterias!

Dear [INSERT DISTRICT NAME] families,

This fall, [DISTRICT NAME] school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer [DISTRICT NAME] students healthier and tastier choices. [INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, ETC]

School meals are a great value and a huge convenience for busy families too! [INSERT DETAILS ON MEAL PRICES AND ONLINE PAYMENT SYSTEMS]

We look forward to welcoming your children to the cafeteria this fall. To find out more about [DISTRICT NAME]'s healthy school meals [INSERT WEB SITE OR OTHER CONTACT INFO], and to get the facts about school meals visit www.school nutrition.org. Thank you!

For the actual Word Document version: http://www.schoolnutrition.org/mealpattern

Template Press Release

[INSERT DISTRICT NAME] School Meals Meet Tough New Nutrition Standards

[INSERT CITY, DATE] As [DISTRICT NAME] students return to school this fall, they'll find healthy new choices in their school cafeterias.

[DISTRICT NAME] will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size. Starting this fall, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

"We're always working to offer [DISTRICT NAME] students healthier and tastier choices," said [INSERT SN DIRECTOR NAME]. "In addition to meeting new nutrition standards, we're also [INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, STUDENT TASTINGS, NUTRITION EDUCATION, ETC]."

School meals are a great value and a huge convenience for busy families. [INSERT DETAILS ON MEAL PRICES AND ONLINE PAYMENT SYSTEMS]

To find out more about [DISTRICT NAME]'s healthy school meals [INSERT WEB SITE OR OTHER CONTACT INFO].

For the actual Word Document version: http://www.schoolnutrition.org/mealpattern

Talking Points and more...

New Meal Pattern Talking Points

- As [DISTRICT NAME] students return to school this fall, they'll find healthy choices in their school cafeterias.

- [DISTRICT NAME] will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.

- School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size.

- Starting this fall, school lunches will meet additional standards requiring:
  - Age-appropriate calorie limits
  - Larger servings of vegetables and fruits
  - A wider variety of vegetables (including dark green and red/orange vegetables and legumes)
  - Fat-free or 1% milk
  - More whole grains
  - And less sodium

- We're always working to offer [DISTRICT NAME] students healthier and tastier choices.

- In addition to meeting new standards, we're also [INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, STUDENT TASTINGS, NUTRITION EDUCATION, ETC]

- School meals are a great value and a huge convenience for busy families.

- *Consider mentioning meal prices and payment systems, eg:* Our school lunches cost only xxx for elementary students and xxx for secondary students and parents can pay for these meals online through our website.

- To see our menus and get more information [INSERT WEBSITE OR CONTACT INFO]

For the actual Word Document version: http://www.schoolnutrition.org/mealpattern

APPENDIX A - APPROVED BEANS

Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or Meat/Meat Alternate component, but not as both components simultaneously. The term "dry beans and peas" refers to the harvesting process of allowing the bean or pea to "mature" or "dry" on the plant before harvesting; it does not refer to the "as-purchased" form of the bean. Many canned or froz.en beans or peas are actually dry beans and peas that have been cooked and canned or froz.en and are therefore acceptable for meeting criteria.

Bean Products, dehydrated, Refried Beans
Bean products, dry beans, canned, beans baked or in sauce with pork
Bean Products, dry beans, canned, beans with bacon in sauce
Bean Products, dry beans, canned, beans with frankfurters in sauce
Bean Products, dry beans, canned; Beans, Baked or in sauce, Vegetarian, includes USDA Foods
Bean Products, dry beans, canned; Refried Beans, includes USDA Foods
Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)
Bean soup, dry beans, canned, ready-to-serve
Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods
Beans, black, (Turtle beans), dry, whole
Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods
Beans, black-eyed (or Peas), dry, whole, includes USDA Foods
Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods
Beans, garbanzo or chickpeas, dry, whole
Beans, Great Northern, dry, canned, whole, includes USDA Foods
Beans, Great Northern, dry, whole, includes USDA Foods
Beans, Kidney, dry, canned, whole, includes USDA Foods
Beans, Kidney, dry, whole, includes USDA Foods
Beans, Lima, dry Baby, whole, includes USDA Foods
Beans, Lima, dry, canned, Green, whole, includes USDA Foods
Beans, Lima, dry, Fordhook, whole
Beans, Mung, dry, whole
Beans, Navy or Pea, dry, whole, includes USDA Foods
Beans, Pink, dry, canned, whole, includes USDA Foods
Beans, Pink, dry, whole, includes USDA Foods
Beans, Pinto, dehydrated
Beans, Pinto, dry, canned, whole, includes USDA Foods
Beans, Pinto, dry, whole, includes USDA Foods
Beans, Red, Small, dry, canned, whole, includes USDA Foods
Beans, Red, Small, dry, whole, includes USDA Foods
Beans, Soy, dry, canned, shelled
Beans, Soy, dry, shelled
Lentils, dry
Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup
Pea soup, dry peas, canned, ready-to-serve
Peas, dry, split
Peas, dry, whole

APPENDIX B - APPROVED VEGETABLE SUBGROUPS

USDA plans to update the fruit and vegetable sections of the Food Buying Guide (FBG) for Child Nutrition Programs. This listing is intended to be a temporary reference to assist the menu planner in making selections to meet the new meal patterns and to guide managers in choosing appropriate menu selections when emergency substitutions are required. Refer to the updated FBG when it is released.

Method of preparation does not affect the vegetable subgroup. For example, sweet potatoes are in the red and orange group, spinach is in the dark green group or white potatoe are in the starchy group regardless of method of preparation.

Dark Green Vegetables

- Bok-Choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

Red & Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice

Legumes (Beans & Peas) 1

- Black beans
- Black-eyed peas (mature, dry)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans (mature, dry)
- Pinto beans
- Navy beans
- Soy beans
- Split peas
- White beans

Starchy Vegetables

- Corn
- Cowpeas, immature (not dry)
- Field peas, immature (not dry)
- Black-eyed peas, immature (not dry)
- Green bananas
- Green peas
- Green lima beans
- Plantains
- Potatoes
- Water chestnut

Other Vegetables

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Brussels sprouts
- Beets
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Iceberg (head) lettuce
- Mushrooms
- Green peppers
- Mixed Vegetables comprised of various subgroups
- Okra
- Onions
- Parsnips
- Radish
- Summer Squash
- Turnips
- Wax beans
- Zucchini

Additional vegetables to meet the required weekly quantity can come from any of the subgroups of vegetables.

APPENDIX C - APPROVED GRAINS

While children generally eat enough total grains, most of the grains they consume are refined grains rather than whole grains. Whole grains (e.g., whole wheat flour, oatmeal, whole cornmeal, and brown rice) are a good source of nutrients such as iron, magnesium, selenium, B vitamins, and dietary fiber. The Dietary Guidelines suggests that eating whole grains in nutrient dense forms may lower body weight and reduce the risk of cardiovascular disease. At least half of the grains offered at lunch must be whole-grain rich in School Year 2012- 2013. During SY 2012-13 and SY 2013-14 only, refined-grain foods that are enriched may be included on the lunch menu. The new meal pattern provides a minimum and maximum number of oz. eq to meet the weekly grains requirement by age group.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups A-C)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ.) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

Group A	Oz. Eq. for Group A
Bread type coating Bread sticks (hard) Chow mein noodles Savory crackers (saltines & snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz

Group B	Oz. Eq. for Group B
Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger & hot dog) Sweet Crackers[4] (graham crackers—all shapes, animal crackers) Egg roll skins English muffins Pita bread (whole wheat or whole-grain-rich) Pizza crust Pretzels (soft) Rolls (whole wheat or whole-grain-rich) Tortillas (whole wheat or whole corn) Tortilla chips (whole wheat or whole corn) Taco shells (whole wheat or whole corn)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

Group C	Oz. Eq. for Group C
Cookies[3] (plain—includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.

2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3 Allowed only as dessert at lunch as specified in §210.10.

4 Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups D-F)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ.) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

Group D	Oz. Eq. for Group D
Doughnuts[4] (cake & yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars[4] (plain) Muffins (all, except corn) Sweet roll[4] (unfrosted) Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz

Group E	Oz. Eq. for Group E
Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purées) Doughnuts[4] (cake & yeast raised, frosted or glazed) French toast Sweet rolls[4] (frosted) Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz

Group F	Oz. Eq. for Group F
Cake[3] (plain, unfrosted) Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz

1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.

2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3 Allowed only as dessert at lunch as specified in §210.10.

4 Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups G-I)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ.) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

Group G	Oz. Eq. for Group G
Brownies[3] (plain) Cake[3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz

Group H	Oz. Eq. for Group H
Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)[5,6] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry

Group I	Oz. Eq. for Group I
Ready to eat breakfast cereal (cold, dry)[5,6]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.

2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3 Allowed only as dessert at lunch as specified in §210.10.

5 Refer to program regulations for the appropriate serving size for supplements served to children ageS 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

6 Cereals must be whole-grain, or whole-grain and enriched or fortified cereal.

Additional Information

Manatee County SD, Elementary School Production Menu—Breakfast

Elementary School Production Menu – Breakfast | October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week A	2	3	4	5
P,G French Toast Sticks AND 2G Super Round	P,G Breakfast Burrito or 2B Biscuit and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs & Sausage Patty &Toast AND G Proballs	P,G Chicken Patty Biscuit AND 2G Ultimate Breakfast Round	2G Mini Pancakes AND 2G Super Rounds
8 Week B	9	10	11	12
P,G Breakfast Pizza AND 2G Super Round	P,G Cheese Omelet & 1 oz Biscuit AND 2G Smucker's Waffle	P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open faced) AND G Proballs	P,G Biscuit Sandwich AND 2G Ultimate Breakfast Round	**No School Inservice Day**
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G French Toast Sticks AND 2G Super Round	P,G Breakfast Burrito or 2B Biscuit and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs & Sausage Patty &Toast AND G Proballs	P,G Chicken Patty Biscuit AND 2G Ultimate Breakfast Round	2G Mini Pancakes AND 2G Super Rounds
22 Week B	23	24	25	26
No School Record Day	P,G Breakfast Burrito or 2B Biscuit and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs & Sausage Patty &Toast AND G Proballs	P,G Chicken Patty Biscuit AND 2G Ultimate Breakfast Round	2G Mini Pancakes AND 2G Super Rounds
29 Week A	30	31		
P,G French Toast Sticks AND 2G Super Round	P,G Breakfast Burrito or 2B Biscuit and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs & Sausage Patty &Toast AND G Proballs		

Daily Offerings:
Milk : Skim and Chocolate milk
100% Juice – 2 choices (Orange, Apple, Grape, or Cherry Apple - may vary by school and day)
Fruit – 2 choices daily
Cereal – 3 Choices daily

Additional Items (2 Per Day):
P 4 oz Yogurt
2G Bagel – Plain or Cinnamon Raisin
G Toast

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Manatee County SD, Elementary School Production Menu—Lunch (pg. 1 of 2)

Elementary School Production Menu – Lunch

October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week C	2	3	4	5
P Chicken Nuggets P Roasted Chicken G 2 WG Breadsticks F Mixed Fruit V Carrots w/Dip V Mash Potatoes	P,G WG Max Stix w/ marinara P,G WG Burrito F Strawberry Cup (frozen) F Mini Romaine Salad V Mixed Veggies	P Meat Sauce P Brd Beef Tenders G WG Seasoned Pasta (1/2 Cup) F Applesauce V Green Beans V Fresh Veg Cup w/Dip	P,G Hot Dog on WG Bun P,G Tang Chicken w/ Rice(1/2 Cup) F Fresh Fruit Cup V Baked Beans V Oriental Veggies	P,G Pizza Choice (WG) P,G Chicken Quesadillas F Sliced Peaches V Corn on Cob V Sweet Potato Fries
8 Week D	9	10	11	12
P,G WG Mac and Cheese P,G WG Grilled Cheese F Applesauce V Tomato Soup V Broccoli w/Dip	P Southern Chicken P Nacho Fish Stick G WG Biscuit 2oz F Fresh Fruit Cup V Green Beans V Red Potatoes	P/G Popcorn Chicken w/ WG Roll 1oz P/G WG Nachos-Beef/Cheese F Mand Org/Pineapple Cup V Lettuce and Tomato Cup V Black Beans	Student Planned P 1 or 2oz M/MA G 2G Max (WG) F Fruit V ½ Add V ½ Add	No School Inservice Day
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G WG Max Stix w/ marinara P,G Brd Chicken on WG Bun F Sliced Pears V Fresh Veggie Cup w/Dip V Steamed Broccoli	P,G Ham/Cheeseburger on WG Bun P,G Mini Corn Dogs F Applesauce V Sweet Potato Fries V Baked Beans	P Brd Beef Tenders P Turkey Gravy G WG Roll 1 oz F Mixed Fruit V Mashed Potatoes V Mini Romaine Salad	P Chicken Nuggets P Teriyaki Chicken G WG Conf Rice(1/2 Cup) F Pineapple Tidbits V Green Beans V Fresh Veggie Cup w/Dip	P,G Pizza Choice (WG) P,G Rib Patty on WG Bun F Peaches V Corn on Cob V Celery and Carrots w/Dip
22 Week B	23	24	25	26
No School Record Day	P Chicken Tenders P Shrimp Poppers G WG Roll 1 oz F Applesauce V Carrot Coins V Mini Romaine Salad	P,G WG Mac and Cheese P,G WG Goldfish Hot Ham&Cheese F Peach Cup (frozen) V Mixed Veggies V Cucumber Coins w/Dip	P,G Tacos P,G WG Pizza Bagels F Straw/Bananas V Lettuce and Tomato Cup V Refried Beans	P,G Pizza Choice (WG) P,G Fish Patty on WG Bun F Pears F Sidekicks V Corn V Sweet Potato Fries
29 Week C	30	31		
P Chicken Nuggets P Roasted Chicken G 2 WG Breadsticks F Mixed Fruit V Carrots w/Dip V Mash Potatoes	P,G WG Max Stix w/ marinara P,G WG Burrito F Strawberry Cup (frozen) F Mini Romaine Salad V Mixed Veggies	P Meat Sauce P Brd Beef Tenders G WG Seasoned Pasta (1/2 Cup) F Applesauce V Green Beans V Fresh Veg Cup w/Dip		

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Manatee County SD, Elementary School Production Menu—Lunch (pg. 2 of 2)

Elementary School Production Menu – Lunch | October 2012

P= Protein; G=Grain; F=Fruit; V=Vegetables; WG=Whole Grain

For the above menu:

- **The above menu must be followed. All menu items must be available to every student.**
- **All menued fruits and vegetables must be offered to every student in every line.**
- **All substitutions and main entrée additions must be approved prior to service.**
- **Recipes and single item spreadsheet must be followed**

Must offer the additional daily:

- **Milk** : Skim and/or 1% White AND Skim Chocolate
- **100% Juice**: Must offer at least 2 choices each day on each line.
  - Juice types: Orange, Apple, Grape, Sour Apple, Blue Raspberry, and Cherry Apple
- **Fresh Fruit**: Must offer 2 choices daily

Monday, Tuesday, Thursday and Friday:

- **Salads:** Must offer at least 1 salad to every student. Must offer 4 packages of saltines to each student who selects a salad.
  - Provide a variety of different salads throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
- **Sandwiches/Wraps**: Must offer at least 1 type of sandwich each day to every student. You may not serve leftover "Wednesday" sandwiches on Thursday.
  - Provide a variety of different sandwiches and bread types throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
- **WG Uncrustable**: Must offer daily except Wednesday
- **Munchables, Muffin Plates, Yogurt Parfaits, etc.:** May be added for variety

Wednesdays:

- **Salads**: Must offer at least 1 salad to every student. Must offer 2 packages of saltines to each student who selects a salad.
- **Sandwiches/Wraps** Must offer at least 1 type of Goldfish sandwich. You may not serve leftover " Tuesday" sandwiches.
- **Sunbuttter Munchable**: Must offer on Wednesday only

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Manatee County SD, Middle School Production Menu—Breakfast

Middle School Production Menu – Breakfast | October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week A	2	3	4	5
P,G Ham & Cheese Bagel AND 2G Super Round	P,G French Toast Sticks or 2B Biscuits and Gravy AND 2G Smucker's Waffle	P,G Breakfast Burrito or P,G Breakfast Hot Pocket AND 2G Super Round	P,G Scrambled Eggs, Sausage Patty, & Toast AND 2G Ultimate Breakfast Round	P,G Sausage & Egg Biscuit AND 2G Super Rounds
8 Week B	9	10	11	12
P,G Pancake on a Stick or 2G Mini Pancake AND 2G Super Rounds	P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open Faced) AND 2G Smucker's Waffle	P,G Breakfast Pizza AND 2G Super Rounds	P,G Cheese Omelet, Sausage, & 1 oz Biscuit AND 2G Ultimate Breakfast Round	**No School Inservice Day**
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G Ham & Cheese Bagel AND 2G Super Round	P,G French Toast Sticks or 2B Biscuits and Gravy AND 2G Smucker's Waffle	P,G Breakfast Burrito or P,G Breakfast Hot Pocket AND 2G Super Round	P,G Scrambled Eggs, Sausage Patty, & Toast AND 2G Ultimate Breakfast Round	P,G Sausage & Egg Biscuit AND 2G Super Rounds
22 Week B	23	24	25	26
No School Record Day	P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open Faced) AND 2G Smucker's Waffle	P,G Breakfast Pizza AND 2G Super Rounds	P,G Cheese Omelet, Sausage, & 1 oz Biscuit AND 2G Ultimate Breakfast Round	P,G Chicken Patty Biscuit AND 2G Super Rounds
29 Week A	30	31		
P,G Ham & Cheese Bagel AND 2G Super Round	P,G French Toast Sticks or 2B Biscuits and Gravy AND 2G Smucker's Waffle	P,G Breakfast Burrito or P,G Breakfast Hot Pocket AND 2G Super Round		

Daily Offerings:
Milk : Skim and Chocolate milk
100% Juice – 2 choices (Orange, Apple, Grape, or Cherry Apple - may vary by school and day)
Fruit – 2 choices daily
Cereal – 3 Choices daily

Additional Items (2 Per Day):
P 4 oz Yogurt
2G Bagel – Plain or Cinnamon Raisin
G Toast

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Manatee County SD, Middle School Production Menu—Lunch (pg. 1 of 2)

Middle School Production Menu – Lunch | October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week C	2	3	4	5
P Tang Chicken P Popcorn Chicken G Conf Rice(WG) (1 Cup) F Pineapple Tidbits V Green Beans V Fresh Veggie Cup	P,G BBQ Pork on WG Bun P,G Brd Chicken/ WG Bun F Mixed Fruit V Baked Beans V Sweet Pot Fries	P Spicy Tenders P Meatballs in Italian Sauce G WG Seasoned Pasta (1 Cup) F Fresh Fruit Cup V Steamed Broccoli V Mini Romaine Salad	P,G Mini Corn Dogs P,G Rib Patty on WG Bun F Straw/Banana V Mixed Veggies V Cucumber Coins w/Dip	P,G Pizza Choice (WG) P,G Alfredo Tortellini F Pears V Corn V Carrots w/Dip
8 Week D	9	10	11	12
P Chicken Nugget P,G WG Lasagna G WG Breadstick F Applesauce V Broccoli w/Dip V Capri Veggies	P,G Spicy Chicken on WG Bun P,G Hot Dogs on WG Bun F Peach Cup (frozen) V Carrot Coins V Fresh Veggie Cup	P Popcorn Chicken P Roasted Chicken G WG Roll 2 oz F Fresh Fruit Cup V Mashed Potatoes V Mini Romaine Salad	P,G WG Max Sticks w/ marinara P,G WG Enchilada F Pineapple Tidbits V Refried Beans V Lettuce and Tomato Cup	No School Inservice Day
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G Ham/Cheeseburgers on WG Bun P,G Corn Dogs F Mixed Fruit V Baked Beans V Sweet Potato Fries	P Turkey Gravy P Brd Beef Tenders G WG Roll 2oz F Fresh Fruit Cup V Mashed Potatoes V Green Beans	P,G Tacos P,G WG Pizza Bagels F Peach Cup (frozen) V Lettuce and Tomato Cup V Mixed Veggies	P Chicken Tenders P Teriyaki Chicken G WG Confetti Rice (1 Cup) F Straw/Bananas V Steamed Broccoli V Fresh Veggie Cup	P,G Pizza Choice (WG) P,G Fish Patty on WG Bun F Pears V Corn on Cob V Carrots w/Dip
22 Week B	23	24	25	26
No School Record Day	P,G Mini Corn Dogs P,G WG Grilled Cheese F Fresh Fruit Cup V Tomato Soup V Baked Fries	P,G Nachos –Beef/Cheese P,G WG Mac & Cheese F Mandarin Oranges V Lettuce and Tomato Cup V Black Beans	P,G WG Max Stix P,G Meatball Subs F Applesauce V Mini Romaine Salad V Green Beans	P,G Pizza Choice (WG) P, G Shrimp Poppers F Sidekick V Corn V Carrots w/Dip
29 Week C	30	31		
P Tang Chicken P Popcorn Chicken G Conf Rice(WG) (1 Cup) F Pineapple Tidbits V Green Beans V Fresh Veggie Cup	P,G BBQ Pork on WG Bun P,G Brd Chicken/ WG Bun F Mixed Fruit V Baked Beans V Sweet Pot Fries	P Spicy Tenders P Meatballs in Italian Sauce G WG Seasoned Pasta (1 Cup) F Fresh Fruit Cup V Steamed Broccoli V Mini Romaine Salad		

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Manatee County SD, Middle School Production Menu—Lunch (pg. 2 of 2)

Middle School Production Menu – Lunch | October 2012

P= Protein; G=Grain; F=Fruit; V=Vegetables; WG=Whole Grain

For the above menu:

- **The above menu must be followed. All menu items must be available to every student.**
- **All menued fruits and vegetables must be offered to every student in every line.**
- **All substitutions and main entrée additions must be approved prior to service.**
- **Recipes or single item spreadsheet must be followed**

Must offer the additional daily:

- **Milk** : Skim or 1% White AND Skim Chocolate
- **100% Juice**: Must offer at least 2 choices each day on each line.
  - Juice types: Orange, Apple, Grape, Sour Apple, Blue Raspberry, and Cherry Apple
- **Fresh Fruit**: Must offer 2 choices daily
- **Salads:** Must offer at least 1 salad to every student. Must offer 4 packages of saltines to each student who selects a salad.
  - Provide a variety of different salads throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
- **Sandwiches/Wraps**: Must offer at least 1 type of sandwich each day to every student.
  - Provide a variety of different sandwiches and bread types throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
- **WG Uncrustable**: Must offer daily except Wednesday
- **Munchables, Muffin Plates, Yogurt Parfaits, etc.:** May be added for variety

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Manatee County SD, High School Production Menu—Breakfast

High School Production Menu – Breakfast

October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week A	2	3	4	5
P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open faced) AND 2G Super Round	P,G Chicken Patty Biscuit AND 2G Smucker's Waffle	P,G Breakfast Burrito AND 2G Super Round	P,G Sausage & Egg Biscuit AND 2G Ultimate Breakfast Round	P,G Ham & Cheese on Bagel or English Muffin AND 2G Super Rounds
8 Week B	9	10	11	12
P,G Breakfast Pizza AND 2G Super Round	2G Biscuits and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs, Sausage Patty, & 2 Pieces Toast AND 2G Super Round	P,G Chicken Patty Biscuit AND 2G Ultimate Breakfast Round	**No School Inservice Day**
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open faced) AND 2G Super Round	P,G Chicken Patty Biscuit AND 2G Smucker's Waffle	P,G Breakfast Burrito AND 2G Super Round	P,G Sausage & Egg Biscuit AND 2G Ultimate Breakfast Round	P,G Ham & Cheese on Bagel or English Muffin AND 2G Super Rounds
22 Week B	23	24	25	26
No School Record Day	2G Biscuits and Gravy AND 2G Smucker's Waffle	P,G Scrambled Eggs, Sausage Patty, & 2 Pieces Toast AND 2G Super Round	P,G Chicken Patty Biscuit AND 2G Ultimate Breakfast Round	P,G Pancake on Stick or 2B Mini Pancakes AND 2G Super Rounds
29 Week A	30	31		
P,G Egg &Cheese Bagel or Sausage & Cheese Bagel (Open faced) AND 2G Super Round	P,G Chicken Patty Biscuit AND 2G Smucker's Waffle	P,G Breakfast Burrito AND 2G Super Round		

Daily Offerings:
Milk : Skim and Chocolate milk
100% Juice – 2 choices (Orange, Apple, Grape, or Cherry Apple - may vary by school and day)
Fruit – 2 choices daily
Cereal – 3 Choices daily

Additional Items (2 Per Day):
P 4 oz Yogurt
2G Bagel – Plain or Cinnamon Raisin
G Toast

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Manatee County SD, High School Production Menu—Lunch (pg. 1 of 2)

High School Production Menu – Lunch | October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Week C	2	3	4	5
P,G Tacos P,G WG Max Stix w/marinara F Pineapple Tidbits V Refried Beans V Carrot Coins V Lettuce and Tomato Cup	P,G WG Mac and Cheese P Chicken Nuggets G Breadstick F Peach Cup (frozen) V Steamed Broccoli V Fresh Veggie Cup	P,G Hot Dogs on WG Bun P,G Hamburgers on WG Bun F Fruit Crisp V Celery w/Dip V Sweet Potato Fries	P,G Chicken Loco (WG) P,G Meatball Sub on WG Sub Roll F Straw/Banana V Mixed Veggies V Mini Romaine Salad	P,G Pizza Choice (WG) P,G Rib Patty on WG Bun F Pears V Corn V Carrots and Celery w/Dip
8 Week D	9	10	11	12
P Turkey Gravy P Popcorn Bowl G WG Roll 2 oz F Applesauce V Mashed Potatoes V Broccoli w/Dip	P Teriyaki Chicken P Roasted Chicken G WG Conf Rice (1 Cup) F Mandarin Oranges V Green Beans V Baby Carrots w/Dip	P,G Spicy Chicken Patty on WG Bun P,G Hamburger on WG Bun F Sidekicks V Baked Beans V Baked Fries	P,G WG Max Stix w/ marinara P,G Breaded Beef Tenders w/WG Biscuit 2 oz F Pineapple Tidbits V Cucumber Coins w/Dip V Carrot Coins	No School Inservice Day
15 Week A NSLW	16 NSLW	17 NSLW	18 NSLW	19 NSLW
P,G Corn Dogs - CHOICE P,G WG Grilled Cheese F Applesauce - CHOICE V Tomato Soup V Fresh Veggie Cup	P,G WG Lasagna w/Breadstick P,G BBQ Pork on WG Bun F Fresh Fruit Cup V Green Beans V Carrots w/Dip	P,G Brd Chicken on WG Bun P,G Hamburger on WG Bun F Peach Cup (frozen) V Broccoli and Cheese V Cherry Tomatoes w/Dip	P,G Nachos-Beef/Cheese P,G Fish on WG Bun F Straw/Bananas V Red or Black Bean V Lettuce and Tomato Cup	P,G Pizza Choice (WG) P,G WG Enchilada F Pears V Corn on Cob V Celery w/Dip
22 Week B	23	24	25	26
No School Record Day	P Meat Sauce P Chicken Tenders G WG Seasoned Pasta (1 Cup) F Mixed Fruit V Fresh Veggie Cup V Mini Romaine Salad	P,G Buffalo Chicken on WG Bun P,G Hamburger on WG Bun F Strawberry Cup (frozen) V Sweet Potato Fries V Baked Beans	P Asian Chicken P Popcorn Chicken G WG Conf Rice (1 Cup) F Mandarin Oranges V Cucumber Coins w/Dip V Oriental Veggies	P,G Pizza Choice(WG) P,G Spicy Chicken on WG Bun F Peaches V Corn V Cherry Tomatoes w/Dip
29 Week C	30	31		
P,G Tacos P,G WG Max Stix w/marinara F Pineapple Tidbits V Refried Beans V Carrot Coins V Lettuce and Tomato and Cheese Cup	P,G WG Mac and Cheese P Chicken Nuggets G Breadstick F Peach Cup (frozen) V Steamed Broccoli V Fresh Veggie Cup	P,G Hot Dogs on WG Bun P,G Hamburgers on WG Bun F Fruit Crisp V Celery w/Dip V Sweet Potato Fries		

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Manatee County SD, High School Production Menu—Lunch (pg. 2 of 2)

High School Production Menu – Lunch	October 2012

P= Protein; G=Grain; F=Fruit; V=Vegetables; WG=Whole Grain

For the above menu:

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Must offer the additional daily:

- **Milk** : Skim or 1% White AND Skim Chocolate
- **100% Juice**: Must offer at least 2 choices each day on each line.
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  - Provide a variety of different salads throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
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  - Provide a variety of different sandwiches and bread types throughout the week. See example salad/sandwich cycle menu or recipe list for ideas.
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Revisions to SNA *"Meeting the NSLP New Meal Pattern"* guide:

* July 27: Revisions and/or edits to pages 3, 4, 5, 6, 8, 13, 17-32, 38. Please replace these pages in previously printed versions.
* July 31: Revisions and/or edits to pages 17-32. Please replace these pages in previously printed versions.
* October 1: New Chapter added to Table of Contents, "Additional Information" added after page 47, contains 9 pages of additional "sample menus". Please add these pages in previously printed versions.
* October 3: Revisions and/or edits to page 5. Please replace these pages in previously printed versions.

SCHOOL NUTRITION ASSOCIATION

School Nutrition Association
120 Waterfront Street, Suite 300
National Harbor, MD 20745
(301) 686-3100 • fax: (301) 686-3115
www.schoolnutrition.org

Additional contributions for the SNA's "Meeting the NSLP New Meal Pattern" guide provided by: Alabama Department of Education Resources, Florida Department of Agriculture and Consumer Services, Food Buying Guide, Minnesota Department of Education, Minnesota Department of Health, North Carolina Department of Public Instruction, National Food Service Management Institute, School Nutrition Foundation, U.S. Department of Agriculture.