

# ENHANCED FOOD BASED MENU PLANNING OPTION

## LUNCH

<b>MINIMUM QUANTITIES REQUIRED FOR ENHANCED MEAL PATTERN</b>			
	<b>Required Grade Groups<sup>1</sup></b>		<b>Optional</b>
<b>Food Component</b>	Grades K-6	Grades 7-12	Grades K-3
<b>Milk:</b> Fluid as a beverage (include lowfat choices)	8 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meat/Meat Alternate:</b>  Meat, poultry, fish (cooked) Cheese, aged or processed Alternate protein products <sup>3</sup> Egg (large) Cooked dry beans/peas <sup>4</sup> Yogurt (commercially prepared) Peanut butter or other nut/seed butter Peanuts, soy nuts, tree nuts, seeds  (Imitation cheese, canned or powdered cheese/sauce, tofu and bacon <b>do not credit</b> as meat/meat alternate components.)	10 oz per week <sup>2</sup> Minimum of 1 ounce per day  <b>One ounce equals</b> 1 ounce 1 ounce 1 ounce ½ ¼ cup ½ cup 2 Tbsp.  1 ounce	10 oz per week Minimum of 1 ounce per day  <b>One ounce equals</b> 1 ounce 1 ounce 1 ounce ½ ¼ cup ½ cup 2 Tbsp.  1 ounce	7 ½ oz per week Minimum of 1 ounce per day  <b>One ounce equals</b> 1 ounce 1 ounce 1 ounce ½ ¼ cup ½ cup 2 Tbsp.  1 ounce
<b>Fruit/Vegetable:</b> <b>Two (2) or more servings</b>  May be one fruit and one vegetable OR two different fruits OR two different vegetables OR full strength juice may be used to meet no more than ½ of the total requirement.  (Includes potatoes but not potato chips. Includes commodity spaghetti sauce and commodity salsa, but other brands <b>do not credit</b> as vegetable without a Child Nutrition (CN) label).	Total of ¾ cup PLUS an extra ½ cup over a week	Total of 1 cup	Total of ¾ cup
<b>Grains/Breads:</b> Must be enriched or whole grain flour (read label).  A serving is a slice of bread OR ½ cup of rice or pasta (cooked) OR an equivalent serving of other grain-based items as listed on the "Grains/Breads List" <sup>5</sup> ) Only <b>one</b> grains/breads serving per day may be from a dessert item.	12 servings per week Minimum of 1 serving per day	15 servings per week Minimum of 1 serving per day	10 servings per week Minimum of 1 serving per day

<sup>1</sup> Quantity requirements are available upon request for children ages 1-2 or preschool aged children.

<sup>2</sup> For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

<sup>3</sup> Alternate protein products must meet USDA requirements.

<sup>4</sup> Dried beans or peas may be credited as a meat/meat alternate or as a vegetable, but not as both on the same day.

<sup>5</sup> FNS Instruction 783-1, Rev. 2