MENU PATTERN

State Form 49957 (R3 / 2-15)

Breakfast

1/4 cup fruit or fruit juice
1/2 slice bread
3/4 cup milk

AM Snack

Two (2) of the five (5) food components *(bread, fruit or juice, dairy, vegetable, protein)*
#1 Component from a food group
#2 Component from a second food group
(Provide water as a beverage when juice or milk is not served as one component).

Lunch

1 1/2 ozs. high protein food
2 separate 1/4 cup servings of vegetables / salad / fruit
1/2 slice bread
3/4 cup milk

PM Snack

Two (2) of the five (5) food components *(bread, fruit or juice, dairy, vegetable, protein)*
#1 Component from a food group
#2 Component from a second food group
(Provide water as a beverage when juice or milk is not served as one component).

Dinner

1 1/2 ozs. high protein food
2 separate 1/4 cup servings of vegetables / salad / fruit
1/2 slice bread
3/4 cup milk

Bedtime Snack

1/2 cup vitamin C fruit or fruit juice or
1/2 cup milk
1/2 slice bread

Do not serve a competing beverage with milk. Milk is the only beverage to be served at meals.

Two (2) vitamin A sources must be served at lunch and at dinner each week.
Vitamin C must be served at either AM or PM snack or lunch daily.

Dessert type items (*i.e., cookies, cake, pie, jello, etc.*): no more than two (2) per week, may be counted.
Dessert items are optional and do not count as a required food component.

PROTEIN FOODS

Main dishes *(entrees)* made with meat, poultry, fish, cheese, eggs or peanut butter are considered high protein dishes.

1. Serve plain high protein foods *(example: chicken leg)* at least two (2) times each week *(instead of casseroles).* List serving sizes for plain high protein foods in ounces *(example: hot dog, 1 1/2 ounces).*
2. Provide variety. Do not serve the same main dish more than once every two weeks.
3. When sandwiches are on the menu, you may provide the protein by:
   a. Including the required amount of high protein food in the sandwich *(example: for a 3-year-old, 1 slice bread with 1 ounce of cheese and 1/2 ounce of ham):* or by
   b. serving part of the required amount of protein in the sandwich and the rest of the amount of protein in a small serving of another high protein food *(example: for a 3-year-old, 1 slice bread with 2 tablespoons peanut butter plus a 1 ounce cheese cube).*
4. The serving size for peanut butter for 6- to 12-year old children is 4 to 6 tablespoons. This amount may be too much to be placed in one sandwich; therefore, you may serve one peanut butter sandwich *(made with 2 tablespoons peanut butter)* plus another protein food (*example: hard-cooked egg).*
5. If spaghetti, chili, pizza or casseroles are homemade, write "homemade" on the menu. If you are using commercial products instead, extra high protein food must be added to ensure adequate protein in each serving. When you add extra high protein food, write this on the menu *(example: hamburger added).*
6. Dried beans *(example: baked beans)* are a low quality protein food, therefore, a larger amount must be served to each child in order to give enough protein. Since most 3- to 6-year-olds cannot eat more than 1/2 cup of beans or bean soup, you must serve at least 1/2 ounce of another protein when beans or bean soup are the main sources of protein in a meal.

VEGETABLES

1. Homemade soups which contain at least 1/4 cup of vegetable in each 1/2 cup serving will count as one vegetable serving but "homemade" must be written on the menu. Commercial soups must have added vegetables if counted as a vegetable component.
2. These foods are high in protein and do not count as vegetables: cottage cheese and deviled eggs.
3. These foods do not count as vegetables or bread equivalent: potato chips, potato sticks, corn chips, flavored tortilla chips, tomato sauces, commercial soups, processed vegetable straws.
4. The following are bread-equivalent foods and do not count as vegetables: macaroni, rice, spaghetti, macaroni salad, noodles.
5. Gelatin with fruit and/or vegetables does not count as a vegetable or fruit serving unless it contains the required amount of vegetables and/or fruit in each serving.

MENU PATTERN (*continued*)

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BREAD SERVINGS

Bread *(wheat, cinnamon, cornbread, etc.)*	Dry Cereals / Cooked Cereals	Pancakes	Macaroni	Waffles
Crackers *(graham, rye, sesame, wheat, etc.)*	Plain Doughnuts	Spaghetti	Tortillas	Rice
	Macaroni Salad	Popcorn	Pretzels	Polenta
	French Toast	Party Mix	Muffins	Grits

Potato chips, corn chips and similar foods are high in fat and low in nutrients and may not be used as bread equivalents.

MILK

Serve 2%, 1% or skim milk to children two (2) and over. Unflavored milk is preferred. Do not serve nonfat dry *(powdered)* milk unless a child's physician has given a written order.

Do not serve a competing beverage with milk (*i.e., cola, lemonade, tea, water, juice, etc.*)

VITAMIN C SOURCES

Serve one (1) source per day at AM or PM snack to daytime children. Serving size: 1/2 cup, all ages. If you are open in the evening, serve another source at the bedtime snack to the evening children.

Fruits:

Orange Sections	Orange-Grapefruit Juice	Pineapple	Apple Juice with Vitamin C
Strawberries	Grapefruit	Raspberries	100% Juice Blends with Vitamin C
Tangerine Sections	Cantaloupe	Tangelo Sections	Vegetable Juice with Vitamin C
Kiwi Fruit	Papaya Cubes	Grapefruit Juice	Tomato Juice with Vitamin C
Orange Juice	Watermelon	Grape Juice with Vitamin C	Pineapple Juice with Vitamin C

Vegetables:

Asparagus	Cauliflower	Sweet Potatoes
Broccoli	Kale	Tomatoes
Cabbage	Peppers	

VITAMIN A SOURCES

Vegetables may be served raw *(in salad or cut up)* or cooked.

Vegetables:

Carrots	Sweet Potatoes	Spinach	Kale
Winter Squash	Pumpkin	Tomatoes	Collard Greens
Acorn Squash	Broccoli	Asparagus	Mustard Greens
Butternut Squash	Yams	Turnip Greens	Beet Greens
Red Peppers	Zucchini with Skin	Chinese Cabbage	Romaine Lettuce

Fruits:

Cantaloupe	Apricots	Mangoes	Papaya
			Watermelon

High Protein Foods:

Liver

SERVING SIZES

The serving sizes written on your menu should be for the age of your largest group in attendance.

MENU WRITING HINTS

The specific name of the food or beverage and how it is prepared must be written on the menu.

Correct Example:	**Incorrect Example:**
Baked Chicken Leg	Chicken
Orange Juice	Juice
Cornflakes	Cereal
Fresh Peach	Peach