

Grades K-5 Five Day Lunch Meal Pattern

	Minimum Per Day	Minimum Per Week	Notes
Milk	1 cup	5 cups	Two choices required daily
Fruit	½ cup	2 ½ cups	From a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount. ¼ cup dried fruit counts as ½ cup fruit.
Vegetables	¾ cup	3 ¾ cups	See template for subgroup amounts. 1 cup leafy greens counts as ½ cup vegetable.
Meat/Meat Alternate	1 oz. eq.	8 oz. eq.	Contribution in oz. eq. is the cooked amount <ul style="list-style-type: none"> ○ 1.34 oz. raw ground beef (that is no more than 15% fat) yields 1 oz. <u>cooked</u> beef (provides 1 oz. eq. M/MA) ○ ¼ cup cooked dry beans provides 1 oz. eq. M/MA The following amounts of deli meat credit as 1 oz. eq. M/MA: <ul style="list-style-type: none"> ○ 1.22 oz. ham ○ 1.4 oz. commercial turkey ham ○ 1.6 oz. turkey deli meat ○ 1.7 oz. commodity turkey ham
Grains	1 oz. eq.	8 oz. eq.	All grains offered must be whole grain or whole grain rich

Daily amount based on the weekly average: 550-650 calories; sodium ≤ 1,230 mg; < 10% of total calories from saturated fat; 0 grams trans fat

INSTRUCTIONS:

Your menu template will be reviewed by a Registered Dietitian for adequate components and acceptable products.

Please send one of the following forms of documentation for each item that consists of 2 or more ingredients:

- Recipe that includes the ingredients and ingredient amounts by weight and volume
- USDA-Authorized CN Label (provide a digital photo or photocopy of the CN Label and the nutrition facts with ingredient list), or
- Product formulation statement on manufacturer's letterhead that demonstrates how the processed product contributes to the meal pattern requirement and digital photo or photocopy of the product's nutrition facts with ingredient list.

For each grain item, send one of the following forms of documentation:

- Digital photo or photocopy of the product's ingredient list showing whole grain as the primary ingredient by weight
- Digital photo or photocopy of the food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or one of the FDA whole-grain health claims
- USDA-Authorized CN Label
- Product formulation statement on manufacturer letterhead
- Recipe that includes the ingredients and ingredient amounts by weight and volume
- USDA Foods Fact Sheet (applicable for USDA Foods indicated as meeting the whole grain-rich criteria. Please note that fact sheets must be accompanied by acceptable manufacturer documentation if it is not clear that the item meets whole grain-rich criteria)

Lunch Template – Five Days MENU 1

Agreement #	Sponsor	Contact Name
1199	Kidz Choice Charter School	Maria Ramirez

Grade Groups: **K-5**

For more information on grain crediting: [USDA Whole Grain Rich Resource](#)

		Day 1	Day 2	Day 3	Day 4	Day 5	
Meat/Meat Alternates	Item	Seasoned Beef cubes w/ diced Potato	Ham & Cheese Sandwich	Chicken Stew	Spaghetti & Meat Sauce	Cheese Pizza (CN)	
	Portion	$\frac{3}{4}$ c	1 Sandwich 2 oz. Ham	$\frac{3}{4}$ c	1 c.	4.5 oz.	
	Contribution (oz. eq.)	2 oz. meat	1.25 oz.	2 oz.	2 oz.	2 oz. cheese	
	Minimums: Day: 1 oz. Week: 8 oz.	2 nd Item (If planned)		Low Fat Mozzarella Cheese			
	Portion		1 slice				
	Contribution (oz. eq.)		.5 oz				
Whole Grains/ Whole Grain Rich	Item	Brown Rice	WW Sliced Bread	Brown Rice	WW Pasta	WG Pizza Crust	
	Portion (Cooked pasta/rice in cups)	$\frac{1}{2}$ c	2 slices	$\frac{1}{2}$ c	$\frac{1}{2}$ c	4.5 oz	
	Contribution (oz. eq.)	1 oz.	2 oz.	1 oz.	1 oz.	2 oz. eq.	
	Minimums: Day: 1 oz. Week: 8 oz.	2 nd Item (If planned)			WG Dinner Roll		
	Portion (Cooked pasta/rice in cups)				1 roll		
	Contribution (oz. eq.)				1 oz.		
Fruits	Item	Pineapple	Mandarins	Pineapple	Mandarins	Grapes	
	Portion in cups	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	
	Minimum: $\frac{1}{2}$ cup/day	2 nd Item (If planned)	Banana	Applesauce	Peaches	Fruit Cocktail	Applesauce
	Portion in cups	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	

Lunch Template – Five Days MENU 1

Vegetables ¾ cup per day

		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green ½ cup/week	Item				Romaine Lettuce	
	Portion in cups				1 c= ½ c	
Red/Orange ¾ cup/week	Item		Raw Carrots		Tomato Sauce	Raw Carrots
	Portion in cups		½ c. (2 oz.)		¼ c	½ c (2 oz.)
Beans ½ cup/week	Item		Baked Beans	Black Beans		
	Portion in cups		½ c (drained)	½ c		
Starchy ½ cup/week	Item	Diced Potatoes		Plantains	Green Peas	Sweet Corn
	Portion in cups	½ c.		½ c.	½ c	½ c
Other Vegetables ½ cup/week	Item	Green Beans				
	Portion in cups	½ c				
Other Foods	Item					
	Portion in cups					
Condiments	Item					
	Portion size					

		White	Chocolate	Strawberry	Other (specify)
Daily Milk	Fat Content	1%	Fat Free	Fat Free	
	Fluid oz.	8 oz.	8 oz.	8 oz.	