



Menu Planning for Self-Preparation and/or Vended Sites

Virginia Department of Health

Special Nutrition Programs

2015

Module #5: Menu Planning

Objectives:

- Identify food components of each meal type.
- Identify minimum serving size needed for a complete meal.
- Identify creditable food items.



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Meal Pattern Requirements

At a minimum, all reimbursable meals must include all of the required food components and serving sizes.

Serving sizes depend on the type of meal component being offered.

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Meal Pattern Requirements

To accommodate special dietary needs, a current signed medical statement is required to make food substitutions that qualify as a reimbursable meal.



Module #5: Menu Planning



To help plan the menu, use a 'cycle template.'

Sample menus for breakfast, lunch/supper and snack are available.

All sponsors must adhere to the meal pattern requirements.



Module #5: Menu Planning

In order for **BREAKFAST** to be a reimbursable meal, it must contain **all** of the following food components in the serving sizes indicated:

Grains/Breads	Fruits and/or Vegetables	Milk
1 serving	1/2 cup	8 ounces



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In order for LUNCH or SUPPER to be a reimbursable meal, it must contain **all** of the following food components in the serving sizes indicated:

Meat/Meat Alternate	Vegetables	Fruits	Grains/Bread	Milk
2 ounce equivalents	2 different servings of vegetables or fruits must be offered to equal a minimum of a $\frac{3}{4}$ cup		1 serving	8 ounces



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In order for a SNACK (Supplement) to be a reimbursable meal, it must contain **TWO different** food components in the serving sizes indicated:

Meat/Meat Alternate	Vegetables	Fruits	Grains/Bread	Milk
1 ounce equivalent	1 different serving of vegetables or fruits must be offered to equal a minimum of a $\frac{3}{4}$ cup		1 serving	8 ounces

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Meat/Meat Alternative Requirements

The meat/meat alternate component consists of the *edible* portion of cooked lean meat, poultry or fish or a meat alternate like mature beans, yogurt, or peanut butter.





Module #5: Menu Planning **Meat/Meat Alternative**

Requirements

A serving consists of the *edible* portion of cooked lean meat or poultry or fish.

Breaded chicken patties, chicken tenders, and turkey corndogs all have breading on the meat product. This breading can count as a grain/bread component. However, because of the breading, there is not an ounce to ounce measurement for these items for the meat component.



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Meat/Meat Alternative Requirements

Here are some examples of how the measurement of the meat or meat alternate compares to the creditable ounce equivalent.

- One half cup of beans or peas equals a 2 ounce equivalent of meat alternate.
- Mature beans or peas can be served as a meat alternate but cannot be credited as vegetables and as a meat alternate in the same meal.



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Meat/Meat Alternative Requirements

Here are some examples of how the measurement of the meat or meat alternate compares to the creditable ounce equivalent.

- One large egg is equal to 2 ounce equivalents of meat alternate.
- Nuts and seeds measure ounce for ounce. Nuts and seeds may fulfill the entire meat, meat alternate requirement for snacks and up to one-half of the required portion for lunch or supper.



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Meat/Meat Alternative Requirements

Yogurt:

For breakfast and snack, serve 4 ounces (weight) or ½ cup (volume) of plain, sweetened, or flavored yogurt to equal one (1) ounce of the meat/meat alternate component.

For lunch/supper, serve 8 ounces (weight) or 1 cup (volume) of yogurt to equal 2 ounces of the meat/meat alternate component.



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Meat/Meat Alternative Requirements

Peanut Butter:

It is not recommended to use peanut butter to meet the meat/meat alternate requirement for lunch/supper since a sandwich made with **four (4) tablespoons** of peanut butter is usually too thick and difficult for children to consume.

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Meat/Meat Alternative Requirements

Cheese:

Cheese must be a natural or processed cheese to be creditable as a meat alternate.

Cheese products labeled cheese food, cheese spread, or cheese substitute are creditable, but 2 ounces of these products must be used to achieve 1 ounce of meat alternate.

Cream cheeses are not creditable as meat and meat alternates.



Module #5: Menu Planning **Meat/Meat Alternative**

Requirements

Ham and turkey deli meats: Ham and turkey deli meats are water-added products and do *not yield ounce for ounce as served*.

To provide a *1 ounce equivalent* meat/meat alternate, sponsors will need to serve a minimum of

- 1.2 ounces of ham deli meat,
- 1.4 ounces of commercial turkey ham,
- 1.6 ounces of turkey deli meat, and
- 1.7 ounces of turkey ham.

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Meat/Meat Alternative Requirements

	Desired Amount	Amount Needed
Deli Turkey	1 oz	1.6 oz
	1 ½ oz	2.4 oz
	2 oz	3.2 oz
Deli Ham	1 oz	1.22 oz
	1 ½ oz	1.83 oz
	2 oz	2.44 oz
Turkey Ham	1 oz	1.7 oz
	1 ½ oz	2.55 oz
	2 oz	3.4 oz

Quick reference table for calculating deli meats



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Meat/Meat Alternative Requirements

Hot dogs, salami, bologna, and other higher-fat cold cut meats credit **ounce for ounce** if they do **not** contain *meat byproducts, cereals, binders or extenders*.

Check with the manufacturer for information on ingredient listings and any component crediting information that may be available.

Bacon is not creditable as a meat and meat alternate.



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Fruit/Vegetable Requirements

Use a different combination of two or more servings of fruits and/or vegetables for lunch.

The minimum serving size is 1/8 cup to credit towards the fruit/vegetable requirement. Include various forms such as raw or cooked, fresh, frozen, canned in juices, or dried.



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Fruit/Vegetable Requirements

Please do NOT serve two forms of the same fruit or vegetable in the same meal.

Example: An orange and orange juice, or an apple and applesauce for combinations that must not be used.

Combined fruits and vegetables are counted as ONE fruit/vegetable.

Example: Fruit Cocktail or Peas & Carrots

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Fruit/Vegetable Requirements

Small amounts (less than 1/8 cup) or onions, pickles, relish, catsup, jams or jellies, or other condiments may be added for flavor or garnish as “other foods”.

These do NOT count toward F/V requirement.

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Fruit/Vegetable Requirements

Lettuce and tomato offered as a sandwich topping will credit for a $\frac{1}{4}$ cup of vegetable.

It is recommended that the lettuce and tomato be packaged separately from the sandwich.

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Fruit/Vegetable Requirements

Only full-strength, pasteurized 100% juice may be served. At lunch/supper no more than $\frac{1}{2}$ of the F/V requirements ($\frac{3}{8}$ cup) can be met by serving juice.

Juice CANNOT be served when milk is the only other snack component.

Fried fruit and vegetables chips CANNOT be counted towards meeting the F/V requirement.



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Grain/Bread Requirements

All grain/bread items must be whole grain or enriched, or made from whole grain or enriched or meal or flour.

Cereal must be whole-grain, enriched, or fortified.

Sweet snack or breakfast items should not be served more than two times per week. Sweet grain/bread items are not allowed for lunch.

Module #5: Menu Planning **Grain/Bread Requirements**

WEIGHTS OF COMMERCIALY PREPARED GRAINS/BREADS FOR THE CHILD NUTRITION PROGRAMS

Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A

Bread-type Coating
Breadsticks (hard)
Chow Mein Noodles
Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)

1 serving = 20 gm or 0.7 oz
3/4 serving = 15 gm or 0.5 oz
1/2 serving = 10 gm or 0.4 oz
1/4 serving = 5 gm or 0.2 oz

GROUP B

Bagels
Batter-type Coating
Biscuits
Breads (white, wheat, whole-wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers (graham and animal crackers)
Egg Roll Skins
English Muffins
Pita Bread (white, wheat, whole-wheat)
Pizza Crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat, potato)
Taco Shells
Tortilla Chips (wheat or corn)
Tortillas (wheat or corn)

1 serving = 25 gm or 0.9 oz
3/4 serving = 19 gm or 0.7 oz
1/2 serving = 13 gm or 0.5 oz
1/4 serving = 6 gm or 0.2 oz



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GROUP C

Cookies¹ (plain)
Corn Muffins
Cornbread
Croissants
Pancakes
Pie Crust (dessert pies¹, fruit turnovers², and meat/meat alternate pies)
Waffles

1 serving = 31 gm or 1.1 oz
3/4 serving = 23 gm or 0.8 oz
1/2 serving = 16 gm or 0.6 oz
1/4 serving = 8 gm or 0.3 oz

GROUP D

Doughnuts² (cake and yeast-raised, unfrosted)
Granola Bars² (plain)
Muffins (all except corn)
Sweet Roll² (unfrosted)
Toaster Pastry² (unfrosted)

1 serving = 50 gm or 1.8 oz
3/4 serving = 38 gm or 1.3 oz
1/2 serving = 25 gm or 0.9 oz
1/4 serving = 13 gm or 0.5 oz

GROUP E

Cookies¹ (with nuts, raisins, chocolate pieces, and/or fruit purees)
Doughnuts² (cake and yeast-raised, frosted, or glazed)
French Toast
Grain Fruit Bars²
Granola Bars² (with nuts, raisins, chocolate pieces, and/or fruit)
Sweet Rolls² (frosted)
Toaster Pastry² (frosted)

1 serving = 63 gm or 2.2 oz
3/4 serving = 47 gm or 1.7 oz
1/2 serving = 31 gm or 1.1 oz
1/4 serving = 16 gm or 0.6 oz

GROUP F

Cake¹ (plain, unfrosted)
Coffee Cake²

1 serving = 75 gm or 2.7 oz
3/4 serving = 56 gm or 2.0 oz
1/2 serving = 38 gm or 1.3 oz
1/4 serving = 19 gm or 0.7 oz

GROUP G

Brownies¹ (plain)
Cake¹ (all varieties, frosted)

1 serving = 115 gm or 4.0 oz
3/4 serving = 86 gm or 3.0 oz
1/2 serving = 58 gm or 2.0 oz
1/4 serving = 29 gm or 1.0 oz

GROUP H

Barley
Breakfast Cereals (cooked)³
Bulgur or Cracked Wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)

1 serving = 1/2 cup cooked (or 25 grams dry)

GROUP I

Breakfast Cereal (cold, dry, ready-to-eat)³

1 serving = 3/4 cup or 1.0 oz, whichever is less



¹ Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

² Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

³ Refer to program regulations for the appropriate serving size for supplements (snacks) served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 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.

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Milk Requirements

The milk component must be from fresh, pasteurized milk, and may be flavored or unflavored.

Sponsors should offer a variety of milk choices; for example, offer both low-fat and fat-free milk, flavored and unflavored.

Consider purchasing milk in pre-packaged, 8 ounce containers.

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Milk Requirements

For milk served from bulk gallon containers, it is best to use **10 ounce cups** so that the full 8-ounce portion of milk can be served. This will also help to minimize spills.

Milk may be flavored or unflavored. It must be served as a beverage at breakfast and lunch. Since it is not fresh milk, evaporated or dry milk is not creditable.

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Milk Requirements

Milk Servings: For children with lactose intolerance to regular milk, consider offering lactose-reduced or lactose-free milk choices.

When feasible, offer a variety of choices from low-fat and fat-free milks in meals and snacks for children 2 years of age and older.

Module #5: Menu Planning

Milk Requirements

Milk Servings:

Serve children 1 to 2 years of age whole milk.

Serve infant formula to children under 12 months old.

Module #5: Menu Planning

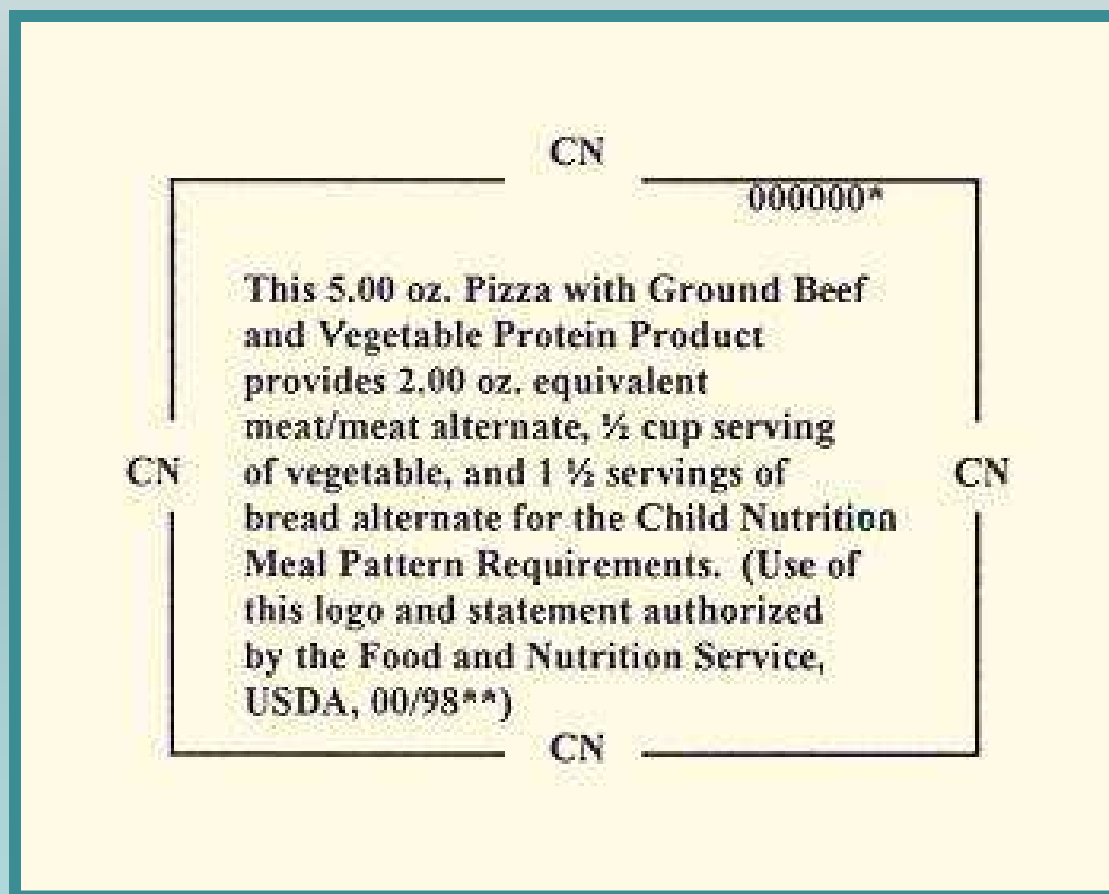
Child Nutrition (CN) Labels

The CN labels are part of the USDA labeling program that provides assurance for CN-labeled products and allow manufacturers to state a product's contribution to the meal pattern based on a specific serving size.

Module #5: Menu Planning **Child Nutrition (CN) Labels**

Sample

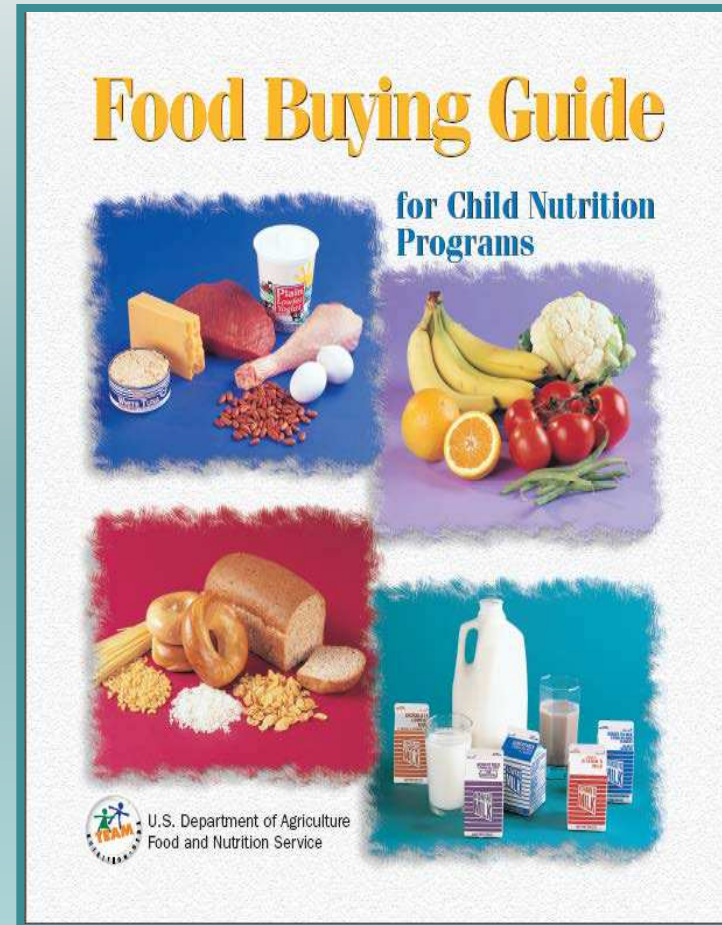
CN Label





Module #5: Menu Planning

Food Buying Guide for Child Nutrition Programs (FBG)



<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>

Module #5: Menu Planning

Food Components – Creditable/Non-creditable

Creditable as **MILK** – the product must be fresh, fluid and pasteurized and may include the following items:

- Nonfat, low-fat and flavored milks
- Buttermilk
- Lactose-reduced milk

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Food Components – Creditable/Non-creditable

Not Creditable as **MILK** –products include the following items:

- Cheese, yogurt and drinkable yogurt, frozen yogurt
- Non-pasteurized milk (raw milk), imitation milk, cream
- Rice, coconut, soy milk, almond milk and other nut milks

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Food Components – Creditable/Non-creditable

Not Creditable as **MILK** –products include the following items:

- Non-fortified goat's milk
- Non-dairy creamers, dried milk (including reconstituted)
- Milk incorporated into recipes
- Ice cream or pudding
- Non-fat dry milk reconstituted with water

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Food Components – Creditable/Non-creditable

Creditable as **Meat/Meat Alternate**

- Poultry, fish, lean meat
- Cheese, yogurt, eggs
- Cooked dry beans or peas, nut or seed butters, nuts and seeds. Nuts and seeds can only contribute 50% of the serving requirement.

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Food Components – Creditable/Non-creditable

Not Creditable as Meat/Meat Alternate

- Tofu
- Drinkable and frozen yogurt
- Cream cheese
- Bacon
- Wild game/home canned meats
- Non-inspected meat or seafood

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Food Components – Creditable/Non-creditable

Not Creditable as Meat/Meat Alternate

- Processed meat products with no CN label or product specifications
- Any meat product that has NOT been inspected by USDA
- Cheese food or cheese product, cream cheese, imitation cheese, powdered cheese.

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Food Components – Creditable/Non-creditable

Creditable as **Fruits or Vegetable**

- Fresh fruit and vegetables
- Full-strength fruit or vegetable juice
- Dry beans and peas (These may also be credited as meat alternates, but not as both component in the **same** meal.)

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Food Components – Creditable/Non-creditable

Not Creditable as Fruits or Vegetable

- Ketchup, chili sauce, pickle relish
- Chips, sticks (potato and banana)
- Coconut
- Fruit in yogurt, jelly, jam and preserves
- Drinks of popsicles not 100% juice
- Popcorn
- Potato chips

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Food Components – Creditable/Non-creditable

Creditable as **Grains/Breads** – whole grain or enriched or made from whole grain or enriched flour

- Breads and rolls
- Biscuits, bagels, muffins, tortillas, crackers
- Cooked cereal grains (rice, bulgur, oatmeal, grits)
- Ready-to-eat breakfast cereals
- Pasta (cooked macaroni/noodle products)
- Hard pretzels and breadsticks



Module #5: Menu Planning

Food Components – Creditable/Non-creditable

Not Creditable as Grains/Breads

- Potatoes and corn (credit as vegetables)
- Canned hominy
- Nut or seed meals and flours
- Tapioca
- Ice cream cones
- Chips, candy coated popcorn, popcorn