

Four Components in Menu Planning

Meat/Meat Alternates (m/ma)

Includes lean meat, poultry, fish, cheese, egg, cooked dry beans/peas, Nuts and seeds, nut and seed butters, alternate protein products, Yogurt (creditable at lunch, supper and snack only)

Specifics

- Required at Lunch and Supper as main dish; m/ma may be served as an extra food item at breakfast, but it is not required
- Nuts/seeds/nut butters can meet only ½ of m/ma at lunch/supper - an additional m/ma is required. Meets full m/ma requirement at snacks
- A combination food served as an entrée (main dish) may be credited as the m/ma plus up to 2 other meal components (3 total) provided *each* component meets the *minimum* meal pattern requirement
- Lunch meat/cold cuts, hot dogs and sausage products may be served *no more than 1 time per week*
- Commercially processed food must have processed food documentation (CN label, product formulation or center product analysis) to be creditable
- No more than 2 different m/ma items are creditable at 1 meal

Vegetables/Fruits

Includes fresh, canned, frozen, dried fruit, juice and vegetables, Juice must be 100% full strength fruit or vegetable juice

Specifics

- One serving is required at Breakfast
- At least 1/8 cup (2 tablespoons) must be served to meet the minimum creditable portion; an additional fruit/vegetable must be served to meet the total requirement by age
- Cooked dry beans/peas may be counted as a vegetable OR a meat alternate, but not as both in the same meal
- Juice may count up to ½ of the total requirement for lunch or supper
- Juice may not be served at snack meal when milk is served as the second component
- Two *different* fruits and/or vegetables must be served at lunch/supper.
- Combinations such as fruit cocktail, mixed vegetables or fruit salad may be credited to meet one of the two required components at lunch or supper

Milk

Participants 2 years of age & older must be served **fat-free (skim) or low-fat (1%) milk**, lactose-reduced (1%), lactose-free (skim), 1% or skim buttermilk, or 1% or skim acidified milk. Whole & Reduced fat (2%) may NOT be served to participants two years of age and older.

Specifics

- Must be pasteurized fluid milk, flavored or unflavored
- Is a required component at breakfast, lunch and supper*
- Milk may be served as a beverage, on cereal or used for some of both at breakfast and snack
- Milk used in cooking may not be credited
- Infants birth through 11 months must be provided breast milk or iron-fortified formula
- Whole milk is recommended for children 12 months through 23 months but any milk type may be served (2%, 1%, skim, etc.)
- Milk may not be served for snacks when juice is served as the second component
- *Milk is not a required supper component in adult day care centers

Grains/Breads

All grains/breads must be whole grain or enriched or made from whole grain or enriched flour or meal, bran or germ. Cereal must be whole grain, enriched or fortified

Specifics

- Required at Breakfast, Lunch, and Supper
- Minimum creditable amount is one quarter (¼) of a serving
- Ready – to – eat cereal may be served at breakfast and snack only
- Grain-based chips are creditable and may be served up to 2 times a week at lunch and snack only; however puffed snack products (Cheetos, Funyuns, etc.) are NOT creditable
- Sweet bread items such as coffee cake, muffins, granola bars, doughnuts or sweet rolls are creditable at breakfast and snack only and can be served *no more than 1 time per week at breakfast*
- At lunch and supper, the grains/breads may not be a dessert. Cookies and other dessert grains are creditable only at snacks and *no more than 2 times per week*