

# TRADITIONAL FOOD BASED MENU PLANNING

## School Lunch

MINIMUM QUANTITIES FOR TRADITIONAL MEAL PATTERN LUNCH					
	Required				Recommended Quantities (optional)
	Preschool		Grades K-3	Grades 4-12	Grades 7-12
	Ages 1-2 Group I	Ages 3-4 Group II	Ages 5-8 Group III	Ages 9 & older Group IV	Ages 12 & older Group V
<b>Meal Component</b>					
Milk (Fluid – as a beverage)	6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Meat or Meat Alternate (quantity of the edible portion as served)					
Lean meat, poultry, or fish	1 oz	1 ½ oz	1 ½ oz	2 oz	3 oz
Cheese	1oz	1 ½ oz	1 ½ oz	2oz	3 oz
Large egg	½	¾	¾	1	1 ½
Cooked dried beans or peas	¼ cup	3/8 cup	3/8 cup	½ cup	¾ cup
Peanut Butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
Yogurt, plain or flavored, unsweetened or unsweetened	4 oz or ½ cup	6 oz or ¾ cup	6 oz or ¾ cup	8 oz or 1 cup	12 oz or 1 ½
The following may be used to meet no more than 50% of the requirements and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	¾ oz = 50%	1 oz = 50%	1 ½ oz = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads Must be enriched or whole grain	5 servings per week <sup>1</sup>	8 servings per week <sup>1</sup>	8 servings per week <sup>1</sup>	8 servings per week <sup>1</sup>	10 servings per week <sup>1</sup>
A serving is a slice of bread or an equivalent serving of biscuits, rolls etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	Minimum of ½ per day	Minimum of 1 per day			

<sup>1</sup>For the purposes of this chart, a week equals 5 days

# TRADITIONAL FOOD BASED MENU PLANNING

## School Breakfast

MINIMUM QUANTITIES FOR TRADITIONAL MEAL PATTERN BREAKFAST			
	Minimum Quantities Required for		
	Ages 1-2	Ages 3-5	Grades K-12
<b>Meal Component</b>			
Milk (fluid – as a beverage, on cereal or both)	4 fl oz or ½ cup	8 fl oz or ¾ cup	8 fl or 1 cup
Juice/Fruit/Vegetable Fruit and/or vegetable; or full strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup

Select one serving from each of the following components or two from one component:

<b>Grains/Breads</b> One of the following or an equivalent combination  Whole grain or enriched bread  Whole grain or enriched biscuit/roll, muffin, etc.  Whole grain, enriched or fortified cereal	½ slice  ½ serving  ¼ cup or 1/3 oz	½ slice  ½ serving  1/3 cup or ½ oz	1 slice  1 serving  ¾ cup or 1 oz
<b>Meat or Meat Alternates</b>  Meat, poultry, or fish  Cheese  Large Egg  Peanut Butter or other nut or seed butters  Cooked dry beans and peas  Yogurt, plain or flavored, unsweetened or sweetened  Nut and/or seeds (as listed in program guidance) <sup>1</sup>	½ oz  ½ oz  ½  1 Tbsp  2 Tbsp  2 oz or ¼ cup  ½ oz	½ oz  ½ oz  ½  1 Tbsp  2 Tbsp  2 oz or ¼ cup  ½ cup	1 oz  1 oz  ½  2 Tbsp  4 Tbsp  4 oz or ½ cup  1 oz

<sup>1</sup>No more than 1 oz of nuts and/or seeds may be served in any one meal.

## GRADE GROUPS FOR TRADITIONAL FOOD BASED MENU PLANNING SCHOOL LUNCH

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH

Nutrients and Energy Allowances	Preschool	Grades K-3	Grades 4-12	Option for Grades 7-12
Energy Allowance (calories)	517	633	785	825
Total Fat	1	1	1	1
Saturated Fat	2	2	2	2
Protein (g) <sup>3</sup>	7	9	15	16
Calcium (mg)	267	267	370	400
Iron	3.3	3.3	4.2	4.5
Vitamin A (RE)	150	200	285	300
Vitamin C (mg)	14	15	17	18
Cholesterol (mg) <sup>3</sup>	100	100	100	100
Fiber (g) <sup>3</sup>	3	4	6	7
Sodium (mg) <sup>3</sup>	1350	1350	1350	1350

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup> Saturated fat to be less that 10 percent of calories over a school week.

<sup>3</sup> State Guidance.

## GRADE GROUPS FOR TRADITIONAL FOOD BASED MENU PLANNING SCHOOL BREAKFAST

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST

Nutrients and Energy Allowances	Preschool	Grades K-12
Energy Allowance (calories)	388	554
Total Fat	1	1
Saturated Fat	2	2
Protein (g) <sup>3</sup>	5	10
Calcium (mg)	200	257
Iron	2.5	3.0
Vitamin A (RE)	113	197
Vitamin C (mg)	11	13
Cholesterol (mg) <sup>3</sup>	75	75
Fiber (g) <sup>3</sup>	2	4
Sodium (mg) <sup>3</sup>	1000	1000

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup> Saturated fat to be less that 10 percent of calories over a school week.

<sup>3</sup> State Guidance.

## **Traditional Food Based Menu Planning**

Traditional Food Based Menu Planning, LEAs must offer a certain number of food components in specified quantities. See accompanying charts. In reviewing the charts, please note that the same calorie and nutrient levels are required under the Food Based Menu Planning that are not required under NSMP and ANSMP. Traditional Food Based Menu Planning may not count grain-based desserts as meeting the part of the grains/breads requirement.

A Reimbursable Lunch Under Traditional Food Based Menu Planning may consist of five required items: meat/meat alternate, vegetables and fruits (two servings), grains/breads, and milk.

Under the Offer Versus Serve Provision for Lunch, LEAs must offer its students all five required food items. Senior high school students are permitted to decline up to two of the five required items. At the discretion of the LEA, students below the senior high level may be permitted to decline one or two of the required five food items.

A Reimbursable Breakfast Under Food Based Menu Planning must consist of four required food items: a serving of milk served as a beverage, on cereal, or both; a serving of fruit or vegetable or both, or full strength fruit or vegetable juice; and two servings of grains/breads or meat/meat alternate or one serving from each.

Under the Offer Versus Serve Provision for Breakfast, LEAs must offer its students all four required food items. At the discretion of the LEA, students may be allowed to refuse one food item.

NOTE: Though LEAs using Traditional Food Based Menu Planning are not required to conduct nutrient analysis on the menus served, the meals served must still meet the calorie and nutrient levels required under NSMP. During on-site review, the State Agency is required to conduct nutrient analysis on the LEA menus served during the review period to determine if the nutrition standards are being met.