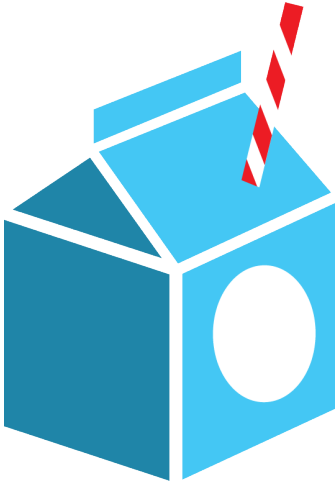


Milk

Meal	Minimum Serving
Breakfast/Lunch/Supper *	1 cup
Snack	1 cup

* A serving of milk is not required at supper meals for adults



Allowable Milk Options:

- **Fat-Free, Low-Fat, Reduced-Fat or Whole Milk** (unflavored or flavored)
 - This includes Lactose-reduced or lactose
- **6 oz (3/4 cup) of yogurt** may be used to meet the milk requirement one time per day when yogurt is not served as a meat alternate in the same meal
- **Non-Dairy Beverages:** Creditable when a Request for Fluid Milk Substitution is on file; Must use product on the approved list below

Best Practice:

- Serve only unflavored milk. If flavored milk is served limit to ≤ 22 grams of sugar per 8 ounces of flavored milk

Nutrition Requirements for Fluid Milk Substitutes:

Nutrient	Requirement per cup (8 fluid ounces)
Protein	8 grams
Calcium	276 mg
Vitamin A	150 mcg
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg

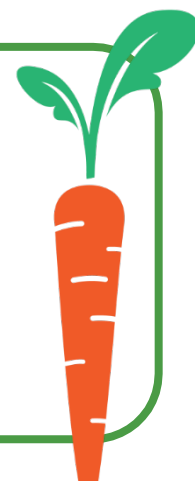
Vegetables

Meal	Food Components	Minimum Serving
Breakfast	Fruit or Vegetable	1/2 cup
Lunch/Supper	Vegetable	1/2 cup
Snack	Vegetable	1/2 cup

- Vegetables can be fresh, frozen, or canned
- Vegetable may replace fruit at lunch—but must be 2 different vegetables
- 100% juice only (limit to 1 time per day)
- 1/2 cup raw, leafy greens = 1/4 cup vegetable serving

Best Practice:

- Serve a variety of vegetables throughout the week
- Make at least one snack component a fruit or vegetable



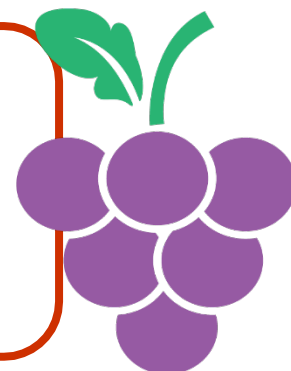
Fruits

Meal	Food Components	Minimum Serving
Breakfast	Fruit or Vegetable	1/2 cup
Lunch/Supper	Fruit	1/2 cup
Snack	Fruit	1/2 cup

- Fruit can be fresh, frozen, dried, or canned in juice/light syrup
- 1/4 cup dried fruit = 1/2 cup fruit serving
- 100% juice only (limit juice to 1 time per day)

Best Practice:

- Serve a variety of fruits and choose whole fruits instead of juice
- Make at least one snack component a fruit or vegetable



Meat / Meat Alternate

Meal	Minimum Serving
Breakfast	Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times per week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
Lunch/Supper	2 oz M/MA
Snack	1 oz M/MA

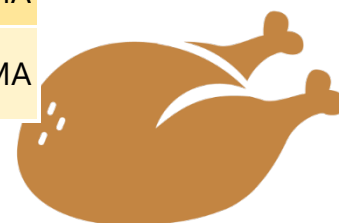
- **Yogurt** must contain no more than 12 grams of added sugars per 6 oz.
- **Peanuts, soy nuts, tree nuts, or seeds** may be used to meet the M/MA requirement at meals.
- **Tofu** must be commercially prepared and be soybean derived with the basic ingredients being whole soybeans, one or more food-grade coagulants, and water AND contain at least 5 grams of protein per 2.2 oz.

Best Practice:

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat cheeses



M/MA Crediting	
Lean meat, poultry, fish	1 oz = 1 oz M/MA
Tofu	2.2 oz = 1 oz M/MA
Cheese	1 oz = 1 oz M/MA
Large egg	1/2 egg = 1 oz M/MA
Cooked dry beans or split peas	1/4 cup = 1 oz M/MA
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp = 1 oz M/MA
Yogurt, plain or flavored	1/2 cup = 1 oz M/MA
Peanuts, soy nuts, tree nuts, or seeds	1 oz = 1 oz M/MA



Grains

Meal	Minimum Serving
Breakfast/Lunch/Supper	2 oz eq
Snack	1 oz eq



- Grain products must be made with whole grains or enriched meal and/or enriched flour, or bran or germ.
- Grain products served are credited based on ounce equivalents (oz eq).
- At least **1 meal or snack serving per day** must be entirely **whole grain-rich**.
- Grain-based desserts do not count towards meeting the grains requirement.
- Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.

Best Practice:

- Serve at least two servings of whole grain-rich grains.

Whole Grain-Rich means:

The grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.

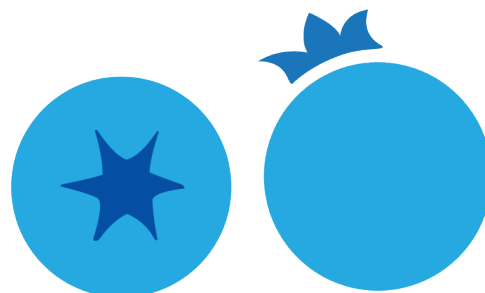
Examples of Whole Grains

Brown Rice	White Whole Wheat Flour
Oatmeal	Whole Wheat Flour
Quinoa	Whole Corn (dried)
Wheat Berries	Wild Rice

Calculation Quick Reference Guide

Yogurt Added Sugar Limits

Serving size	Added Sugar Limit
2.25 ounces	4 grams
3.5 ounces	7 grams
4 ounces	8 grams
5.3 ounces	10 grams
6 ounces	12 grams
8 ounces	16 grams



Cereal Added Sugar Limits

Serving size	Added Sugar Limit
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams

Tofu Protein Requirements

Serving size	Protein in Grams
2 ounces (57g)	≥5 grams
2.2 ounces (62.37g)	≥5 grams
2.6 ounces (75g)	≥6 grams
3 ounces (85g)	≥7 grams
3.21 ounces (91g)	≥8 grams
4.76 ounces (135g)	≥11 grams

Additional Best Practices

- ◆ Incorporate seasonal and locally produced foods into meals.
- ◆ Limit serving purchased pre-fried foods to no more than one serving per week.
- ◆ Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings, mix-in ingredients sold with yogurt and sugar-sweetened beverages.



Menu Planning Principles

Balance

- ◆ Balance higher fat foods with foods that have less fat
- ◆ Balance higher sodium foods with lower sodium foods

Variety

- ◆ Use a combination of mild and strong flavors
- ◆ Use a variety of shapes and sizes
- ◆ Include variety in day-to-day menu choices

Contrast

- ◆ Think about the texture of foods as well as taste and appearance
- ◆ Use a variety of texture (soft/crispy/smooth/firm/ chewy)
- ◆ Use a combination of sizes and shapes of foods

Color

- ◆ Avoid using too many foods of the same color in the same meal
- ◆ Use colorful foods in combination dishes

Eye Appeal

- ◆ Think about total presentation
- ◆ Plan the way you will place the menu items on the plate

Offer Choices

- ◆ Plan some choices for individual taste preferences

