

Resources for Implementing New Meal Patterns

Menu Planning Tools



- This webcast will provide more information on using the Menu Planning Tools briefly demonstrated in the overview webinar on March 15, 2012 and the presentation at the School Nutrition Association of Iowa Directors' Meeting on February 28, 2012.

Two formats, same goal

- WORD document
 - If you are more comfortable with pencil and paper, this is for you!
 - Does not contain formulas to add up your work—you need to do this for yourself.
 - Does contain the planning ranges for each grade group and each component
- Excel workbook
 - This is an Excel workbook. You can open the workbook from the Bureau website, save it as a blank, and then be sure to re-name each workbook that you complete

Depending on whether you do your menu planning on a computer or are more comfortable on paper and pencil, you have a choice in which format to use.

Regardless of which format you use, it will be important to save a copy of the menu planning tool to document meeting the new meal pattern requirements. The daily food production records that you use will not document meeting the weekly planning goals, but should reflect the same menus and serving sizes that you compare to the requirements with these tools. The food production records are also being revised and will be posted at the Bureau website.

Menu Planning Tool –Word

MENU TEMPLATE – Lunch K-5, 6-8, and 9-12

Menu	Meat	Poultry	Seafood	Dairy	Protein	Grain	Wk Total
Meat/Meat Alternate Meat/Meat Alternate Grain Fruit Vegetable Milk	Submarine Sandwich Sweet Potato Fries Green Pepper Stings Frozen Strawberry Skim Milk 1%	Chicken Teriyaki on Brown Rice Broccoli Carrots Eggs Skim Milk 1%	Oven Baked Fish Nuggets Whole Wheat Roll Mashed Potatoes Green Beans Peas Skim Milk 1%	Pizza Pasta Green Leafy Lettuce Sliced tomato Pineapple Skim Milk 1%	Whole Wheat Cheese Pasta Green Leafy Lettuce Sliced tomato Pineapple Skim Milk 1%	Stuffed Pasta Whole Grain Tortilla Salsa Raided Beans Corn Cantaloupe Skim Milk 1%	
Meat/Meat Alternate K-5 8-10 oz eq per wk; 1 oz min per day 6-8 8-10 oz eq per wk; 1 oz min per day 9-12 10-12 oz eq per wk; 2 oz min per day	USDA 6oz turkey/pod fat cheese K-5 1.6 1 oz eq 6-8 2.4 1 2 oz 9-12 3.5 1 2.5 oz	K-5 1/2 c. Turkey = 2 oz P-12 1/2 c. = 3 oz	K-5 4 nuggets = 1.5 oz 6-12 6 nuggets = 2.25 oz	K-5 1/2 c. cheese 1.5 M&M's P-12 1 slice low fat cantaloupe = M&M's			K-5= 8.5 oz 6-8= 8.75 oz 9-12= 11.75 oz
Vegetables:							
Dark green (K-5: 1/2 cup per week)		Broccoli K-5 (1/2 c)		Komatsuna- 1 c. = 1/2 c			K-12= 1c.
Red/Orange (K-5: 3/4 cup per week) (9-12: 1-1 1/4 cups per week)	Sweet Pot Fries K-5 (1/2 c) 9-12 (3/4 c)	Carrots K-5 (1/4 c) 9-12 (1/2 c)		Tomato K-5 (1/4 c) 9-12 (1/2 c)			K-5 1/4 c 9-12 3/4
Beans/Pea (Legumes) (K-5: 1/2 cup per week)						Raided beans K-5 (1/2 c)	K-12 = 1/2 c
Starchy (K-5: 1/2 cup per week)			Mashed potatoes K-12 (1/2 c)			Corn K-12 (1/4 c)	K-5 = 1/2 c 9-12 = 1c
Other (K-5: 1/2 cup per week) (9-12: 1/2 cup per week)	Green peppers K-5 (1/4 c) 9-12 (1/2 c)		Green beans K-5 (1/4 c) 9-12 (1/2 c)			Salsa (1/4 c)	K-5 1/4 c
Additional (K-5: 1 cup per week) (9-12: 1-1 1/2 cup per wk)							
Total Vegetables K-5 (3/4 cup/day) 1 1/2 cup/week 9-12 (1 cup/day) 5 cup/week	K-5- 1/2 cup 9-12- 1 1/2 c	K-5- 1/2 cup 9-12- 1 cup	K-5 1/4 c 9-12 1 c.	K-5 1/4 c 9-12 = 1 c		K-12 (1 c)	K-5 1/4 c 9-12 1 1/4 c
Grain K-5 1/2-9 oz eq per week; 1 oz min per day 6-8 1/2-9 oz eq per week; 1 oz min per day 9-12 1/2-10 oz eq per wk; 2 oz min per day	Spin K-5 (1/2 oz) 9-12 (2.5 oz)	Brown rice K-5 (3/4 c) = 1.5 9-12 (1 c) = 2	Nugget & roll K-5 (1/2 c) = 1.5 6-8 (1/2 c) = 1.75 9-12 (1/2 c) = 2.75	Pasta crust = 2		K-12 WW Tortilla 1.5	K-5 = 5oz 6-8 = 8.75 oz 9-12 = 11.75 oz
Fruit K-5: (1/2 cup/day; 1 1/2 cup/ wk) 9-12: (1 cup/day; 5 cup/ wk)	Strawberries K-12 (1/2 c) + Fresh orange 9-12	Kiwi K-5 (1/2 c) 9-12 (3/4 c)	Peaches K-12 (1/2 c) + Fresh apple 9-12	Pineapple K-12 (1/2 c) + 1/2 c orange 9-12		Cantaloupe K-5 (1/2 c) 9-12 (1 c)	K-5 = 2 1/2 c 9-12 = 6 c
Total Milk K-12 (1 cup/day; 7 cups/ wk)	Skim Milk wt 1% (8 oz)	Skim Milk wt 1% (8 oz)	Skim Milk wt 1% (8 oz)	Skim Milk wt 1% (8 oz)	Skim Milk wt 1% (8 oz)	Skim Milk wt 1% (8 oz)	

K-12 New Meal Pattern TOOL

This K-12 menu planning tool is designed to assist in evaluating whether minimum and maximum servings from each food group are included in weekly menus. There are rows for each of the food groups as well as each of the vegetable subgroups so they can be totaled weekly. Daily vegetable servings can be totaled and space is available to record serving sizes for each of the 3 grade groups.

One thing to note is that leafy greens are counted as half the volume served. This will be explained in more detail on the vegetable component webcast.

Menu Planning Tool-Excel

MENU - K-5										
	Monday	Tuesday	Wednesday	Thursday	Friday					
Requirements	Submarine Sandwich	Chicken Teriyaki	Oven Baked Fish Nuggets	Cheese Pizza with Whole Wheat Crust	Beef Taco Meat on Whole Grain Tortilla					
	Whole Wheat Bun	Brown Rice	Whole Wheat Roll							
	Sweet Potato Fries	Broccoli	Mashed Potatoes	Romaine Lettuce	Salsa					
	Green Pepper Strips	Carrots	Green Beans	Sliced tomato	Refried Beans					
	Frozen Strawberries	Kiwi	Peaches	Pineapple	Corn					
	Skim or 1%	Skim or 1%	Skim or 1%	Skim or 1%	Cantaloupe					
					Skim or 1%					
MT/MA (1 oz eq per day) (8-10 oz eq per week)	1.6 oz USDA deli turkey, .5oz cheese	1/2 c. Teriyaki = 2 oz	4 nuggets = 1.5 M/MA and 0.5 G/B	1 sl = 1.5 oz M/MA and 2 oz G/B	Taco meat					
	1.5 Oz Eq	2 Oz Eq	1.5 Oz Eq	1.5 Oz Eq	2 Oz Eq	8.5	Yes			
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)										
Dark Green (1/2 Cup per week)	Broccoli Cup	0.5 Cup		Romaine- 1 cup Cup	0.5 Cup					1 Yes
Red/Orange (3/4 Cup per week)	Sweet Potato Fries 0.5 Cup	Carrots (1/4 c) 0.25 Cup		Tomato 0.25 Cup						1 Yes
Beans/Peas (Legumes) (1/2 Cup per week)					Refried Beans 0.5 Cup	0.5	Yes			
Starchy (1/2 Cup per week)			Mashed potatoes 0.5 Cup		Corn (1/4c) 0.25 Cup	0.75	Yes			
Other (1/2 per week)	Green Pepper 0.25 Cup		Green Beans (1/4c) 0.25 Cup		Salsa (1/4c) 0.25 Cup	0.75	Yes			
Daily total	0.75	Yes	0.75	Yes	0.75	Yes	1	Yes	4	
Additional Vegetable to reach Goal (1 Cup per week)										
Grains (1 oz eq day) (8-9 oz eq per week)	1.5 oz bun 1.5 Oz Eq	3/4 c. brown rice 1.5 Oz Eq	Breading and 1 oz roll 1.5 Oz Eq	Pizza crust 2 Oz Eq	WW Tortilla 1.5 Oz Eq	8	Yes			
Fruits (1/2 Cup per day) (2 1/2 cups per week)	Strawberries (1/2c) 0.5 Cup	Kiwi (1/2c) 0.5 Cup	Peaches (1/2c) 0.5 Cup	Pineapple (1/2c) 0.5 Cup	Cantaloupe (1/2c) 0.5 Cup	2.5	Yes			

•How the Tool Works: The Excel Spreadsheet Menu Planning Tool contains formulas to evaluate whether the daily required vegetable servings, weekly required vegetable subgroup servings, and weekly minimum and maximum requirements for other food groups are met.

Menu Planning Tool-Excel

19	Beans/Peas (Legumes)									Refried Beans				
20	(1/2 Cup per week)		Cup		Cup		Cup		Cup	0.5	Cup	0.5	Yes	
21	Starchy					Mashed potatoes				Corn (1/4c)				
22	(1/2 Cup per week)		Cup		Cup	0.5	Cup		Cup	0.25	Cup	0.75	Yes	
23	Other		Green Pepper			Green Beans (1/4c)				Salsa (1/4c)				
24	(1/2 per week)		0.25	Cup		Cup	0.25	Cup		Cup	0.25	Cup	0.75	Yes
25	Daily total		0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	1	Yes	4	
26	Additional Vegetable to reach Goal (1 Cup per week)													
27													Yes	
28	Grains (1 oz eq day)		1.5 oz bun		3/4 c. brown rice		Breading and 1 oz roll		Pizza crust		WW Tortilla			
29	(8-9 oz eq per week)		1.5	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	8	Yes
30	Fruits (1/2 Cup per day) (2)		Strawberries (1/2 c)		Kiwi (1/2 c)		Peaches (1/2c)		Pineapple (1/2c)		Cantaloupe (1/2c)			
31	1/2 cups per week)		0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	Yes
32			Skim or 1%		Skim or 1%		Skim or 1%		Skim or 1%		Skim or 1%			

- Look at the tabs at the bottom of this page. There is a blank spreadsheet and a sample for each grade group. The correct grade group must be used since the minimum and maximum amounts vary. After you have saved this worksheet under another name, feel free to make changes to the sample to explore.

Menu Planning Tool-Excel

Mt/MA (1 oz eq per day) (8-10 oz eq per week)												
	Oz Eq	0	No									
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green (1/2 Cup per week)	Cup	0	No									
Red/Orange (3/4 Cup per week)	Cup	0	No									
Beans/Peas (Legumes) (1/2 Cup per week)	Cup	0	No									
Starchy (1/2 Cup per week)	Cup	0	No									
Other (1/2 per week)	Cup	0	No									
Daily total	0	No	0	No	0	No	0	No	0	No	0	
Additional Vegetable to reach Goal (1 Cup per week)											No	
Grains (1 oz eq day) (8-9 oz eq per week)	Oz Eq	0	No									
Fruits (1/2 Cup per day) (2 1/2 cups per week)	Cup	0	No									

•Until amounts are entered that meet the requirements, a red No appears next to the total. The tool does not evaluate whether the nutrient standards for calories, sodium, and saturated fat are met, and cannot evaluate whether the serving size information entered is correct. The calculations are made based on information entered by the school. If incorrect information is entered, the results will not be accurate.

Menu Planning Tool-Excel

L	M	N	O	P	Q	R	S
Friday							
Taco Meat	Weekly Total MET Yes/No				Decimal Equivalents		
Whole Grain Tortilla				1/8 Cup	0.125		
Salsa				1/4 Cup	0.25		
Dried Beans				3/8 Cup	0.375		
Corn				1/3 Cup	0.333		
Pantaloupe				1/2 Cup	0.5		
Tomato or 1%				5/8 Cup	0.625		
				2/3 Cup	0.666		
				3/4 Cup	0.75		
Ground meat				7/8 Cup	0.875		
Oz Eq	8.5	Yes			1 Cup	1	
					1 cup leafy greens = 1/2 cup vegetable		
Cup	1	Yes			1/4 cup dried fruit = 1/2 cup fruit		
Dried Beans							
Cup	0.5	Yes					
Corn (1/4c)							
Cup	0.75	Yes					
Salsa (1/4c)							
Cup	0.75	Yes					

Amounts must be entered in decimals on the Excel tool for the formulas to work so each worksheet has a guide to decimal equivalents for fractions. There is also a reminder about the crediting of leafy green vegetables and dried fruits.

Information on crediting other food items will come from USDA Foods Fact sheets, standardized recipe analysis, Child Nutrition Labels, or the Food Buying Guide.

Enter the foods on the menu

Menu Meat/meat alternate Grain Fruit Vegetable Milk	Submarine Sandwich Sweet Potato Fries Green Pepper Strips Frozen Strawberries Skim Milk/1%	Chicken Teriyaki on Brown Rice Broccoli Carrots Kiwi Skim Milk/1%	Oven Baked Fish Nuggets Whole Wheat Roll Mashed Potatoes Green Beans Peaches Skim Milk/1%	Whole Wheat Cheese Pizza Green Leafy Lettuce Sliced tomato Pineapple Skim Milk/1% (Beef Taco on Whole Grain Tortilla Salsa Refried Beans Corn Cantaloupe Skim Milk/1%	
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MENU - K-5						Weekly Total MET Yes/No
Monday	Tuesday	Wednesday	Thursday	Friday		
Submarine Sandwich	Chicken Teriyaki	Oven Baked Fish Nuggets	Cheese Pizza with Whole Wheat Crust	Beef Taco Meal on Whole Grain Tortilla		
Whole Wheat Bun	Brown Rice	Whole Wheat Roll				
Sweet Potato Fries	Broccoli	Mashed Potatoes	Romaine Lettuce	Salsa		
Green Pepper Strips	Carrots	Green Beans	Sliced tomato	Refried Beans		
Frozen Strawberries	Kiwi	Peaches	Pineapple	Corn		
Skim or 1%	Skim or 1%	Skim or 1%	Skim or 1%	Cantaloupe		
				Skim or 1%		

Both of the tools have a section to enter a menu for a week.

Enter food group contributions

	Submarine Sandwich Sweet Potato Fries Green Pepper Strips Frozen Strawberries Skim Milk/1%	Chicken Teriyaki on Brown Rice Broccoli Carrots Kiwi Skim Milk/1%	Oven Baked Fish Nuggets Whole Wheat Roll Mashed Potatoes Green Beans Peaches Skim Milk/1%	Whole Wheat Cheese Pizza Green Leafy Lettuce Sliced tomato Pineapple Skim Milk/1% (Beef Taco on Whole Grain Tortilla Salsa Refried Beans Corn Cantaloupe Skim Milk/1%	
Meat/Meat Alternate K-5 (8 – 10 oz eq per wk; 1 oz min per day) 6-8 (9 – 10 oz eq per wk; 1 oz min per day) 9-12 (10-12 oz eq per wk; 2 oz min per day)	USDA deli turkey/red.fat cheese K-5: 1.6 / .5 = 1.5 oz 6-8: 2.4 / .5 = 2 oz 9-12: 3.2 / .5 = 2.5 oz	K-8: 1/2 c. Teriyaki = 2 oz 9-12 3/4 c. = 3 oz	K-5: 4 nuggets = 1.5 oz 6-12: 6 nuggets = 2.25 oz	K-8: 1 sl cheese = 1.5 M/MA 9-12 1 slice low fat sausage= 2 M/MA	2 oz taco meat	

Mt/MA (1 oz eq per day) (8-10 oz eq per week)	1.6 oz USDA deli turkey, .5oz cheese	1/2 c. Teriyaki = 2 oz	4 nuggets = 1.5 M/MA and 0.5 G/B	1 sl = 1.5 oz M/MA and 2 oz G/B	Taco meat		
	1.5 Oz Eq	2 Oz Eq	1.5 Oz Eq	1.5 Oz Eq	2 Oz Eq	8.5	Yes

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Both of the tools have a row for each food group and list the meal pattern requirements for each group. It is the creditable serving that you are adding not necessarily the amount you are serving to check against the meal pattern requirements. Information on crediting each food item will come from USDA Foods Fact sheets, standardized recipe analysis, Child Nutrition Labels, or the Food Buying Guide.

For example on Monday of the sample week: The USDA deli turkey requires 1.6 ounces to = 1 ounce meat/meat alternate so even though 1.6 ounces is served, it is equal to 1 ounce-equivalent. .5 ounce cheese = .5 ounce-equivalent

Other entrees in the week would be prepared from a standardized recipe analyzed so that the component contributions are known or a commercial product with CN label.

The Excel example is from the K-5 sheet. Remember there is a different spreadsheet for each grade group because the required daily and weekly servings vary by grade group.

Total servings for the week

You do the adding on the WORD tool.

Meat/Meat Alternate K-5 (8 – 10 oz eq per wk; 1 oz min per day) 6-8 (9 – 10 oz eq per wk; 1 oz min per day) 9-12 (10-12 oz eq per wk; 2 oz min per day)	USDA deli turkey/red.fat cheese K-5: 1.6 / .5 = 1.5 oz	K-8: 1/2 c. Teriyaki = 2 oz 9-12 3/4 c. = 3 oz	K-5: 4 nuggets = 1.5 oz 6-12: 6 nuggets = 2.25 oz	K-8: 1 sl cheese 1.5 M/MA 9-12 1 slice low fat sausage= 2 M/MA	2 oz taco meat	K-5= 8.5 oz 6-8=9.75 oz 9-12= 11.75 oz
	6-8: 2.4 / .5 = 2 oz					
	9-12: 3.2 / .5 = 2.5 oz					

Formulas do the adding on the Excel tool.

Meat/MA (1 oz eq per day) (8-10 oz eq per week)	1.6 oz USDA deli turkey, .5oz cheese		1/2 c. Teriyaki = 2 oz		4 nuggets = 1.5 M/MA and 0.5 G/B		1 sl = 1.5 oz M/MA and 2 oz G/B		Taco meat			
	1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	8.5	Yes

In the WORD tool, you do the adding.

In the EXCEL tool, the addition is done for you, but remember it is only as accurate as the information you enter.

Check if requirements are met

Visually check daily & weekly on WORD tool.

Meat/Meat Alternate K-5 (8 – 10 oz eq per wk; 1 oz min per day) 6-8 (9 – 10 oz eq per wk; 1 oz min per day) 9-12 (10-12 oz eq per wk; 2 oz min per day)	USDA deli turkey/red.fat cheese K-5: 1.6/.5 = 1.5 oz 6-8: 2.4/.5 = 2 oz 9-12: 3.2/.5 = 2.5 oz	K-8: 1/2 c. Teriyaki = 2 oz 9-12 3/4 c. = 3 oz	K-5: 4 nuggets = 1.5 oz 6-12: 6 nuggets = 2.25 oz	K-8: 1 sl cheese = 1.5 M/MA 9-12 1 slice low fat sausage = 2 M/MA	2 oz taco meat	K-5= 8.5 oz 6-8=9.75 oz 9-12= 11.75 oz
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Visually check daily. Excel says Yes or No for weekly.

Mt/MA (1 oz eq per day) (8-10 oz eq per week)	1.6 oz USDA deli turkey, .5oz cheese		1/2 c. Teriyaki = 2 oz		4 nuggets = 1.5 M/MA and 0.5 G/B		1 sl = 1.5 oz M/MA and 2 oz G/B		Taco meat			
	1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	8.5	Yes

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Both of the tools include the meal pattern requirements for each group so you can compare them with your totals.

Remember for Meat/Meat Alternates and for Grain/Bread, there is both a minimum and maximum per week.

Vegetable Subgroups

- Both tools have rows for each of the vegetable subgroups to check weekly totals.
- Both tools have a place to check for total daily vegetables.

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As you know, vegetables are now divided into subgroups and there are weekly requirements that must be met. Since many schools will probably serve more than one vegetable to meet the daily required vegetable servings of $\frac{3}{4}$ cup for Grades K-8 and 1 cup for Grades 9-12, the tools also have a row to check for daily total vegetables.

Vegetable Subgroups- WORD

Daily and weekly totals

Vegetables						
Dark green (K-12; 1/2 cup per week)		Broccoli K-12 (½ c)		Romaine-1 c. = ½ c		K-12= 1c.
Red/Orange (K-8; ¾ cup per week) (9-12; 1-1/4 c./wk)	Sweet Pot. Fries K-8 (1/2 c) 9-12 (¾ c)	Carrots K-8 (1/4 c) K-12 (1/2 c)		Tomato K-8 (1/4 c) 9-12 (1/2 c)		K-8 =1c 9-12= 1 ¾
Beans/Peas (Legumes) (K-12; 1/2 c./ wk)					Refried beans K-12 (1/2 c)	K-12 = ½ c
Starchy (K-12; 1/2 c./ wk)			Mashed potatoes K-12 (½ c)		Corn K-12 (1/4c)	K-8 = ¾ c 9-12 = 1c
Other (K-8; 1/2 c./wk) (9-12 ; ¾ c./wk)	Green peppers K-8 (1/4 c) 9-12- (1/2 c)		Green Beans K-8 (1/4c) 9-12 (1/2 c)		K-12 Salsa (1/4c)	K-8 =1c
Additional (K-8; (1 c./wk) (9-12; 1-1/2 c./wk)						
Total Vegetables K-8 (¾ cup/day; 3 ¾ cup/wk) 9-12 (1 cup/day; 5 cup/wk)	K-8- ¾ cup 9-12-1 ¼ c	K-8- ¾ cup 9-12-1 cup	K-8 =¾ c 9-12 = 1 c.	K-8 =¾ c 9-12 = 1 c	K-12 (1 c)	K-8 =4c 9-12 =5 1/4c

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The user needs to calculate the totals in WORD

Vegetable Subgroups- Excel

Daily and weekly totals

Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green (1/2 Cup per week)	Cup		Broccoli 0.5 Cup		Cup		Romaine- 1 cup 0.5 Cup		Cup		1	Yes
	Sweet Potato Fries		Carrots (1/4 c)		Cup		Tomato		Cup		1	Yes
Red/Orange (3/4 Cup per week)	0.5	Cup	0.25	Cup	Cup		0.25	Cup	Cup		1	Yes
Beans/Peas (Legumes) (1/2 Cup per week)	Cup		Cup		Cup		Cup		Refried Beans (1/2c)		0.5	Yes
	Cup		Cup		Cup		Cup		Corn (1/4c)		0.5	Yes
Starchy (1/2 Cup per week)	Cup		Cup		0.5 Cup		Cup		0.25 Cup		0.75	Yes
	Green Pepper Strips		Green Beans (1/4c)		Cup		Cup		Salsa (1/4c)		0.25	Yes
Other (1/2 per week)	0.25	Cup	Cup		0.25	Cup	Cup		0.25	Cup	0.75	Yes
Daily total	0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	1	Yes	4	Yes
Additional Vegetable to reach Goal (1 Cup per week)											Yes	

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Formulas calculate the amounts in Excel based on the information entered by the user. If incorrect information is entered (for example, entering the full serving size rather than the amount that can be credited for leafy greens), then the results will not be accurate.

All food groups are included

Grains K-5(8-9 oz eq per week; 1 oz min per day) 6-8 (8-10 oz eq per week; 1 oz min per day) 9-12 (10-12 oz eq per wk; 2 oz min per day)	Bun K-8 (1.5 oz) 9-12 (2.5 oz)	Brown rice K-8 (3/4 c)= 1.5 9-12 (1 c.)= 2	Nuggets & roll K-5 (.5 & 1)= 1.5 6-8 (.75 & 1)= 1.75 9-12 (.75 & 2)= 2.75	K-12 Pizza crust = 2	K-12 WW Tortilla= 1.5	K-5 = 8oz 6-8 =8.25 oz 9-12 =10.75 oz =5.75)2 roll 1 oz oz
Fruits K-8; (1/2 cup/day; 2 1/2 cup/ wk) 9-12; (1 cup/day; 5/cup/wk)	Strawberries K-12 (1/2 c) + Fresh orange 9-12	Kiwi K-8(1/2 c) 9-12 (3 whole)	Peaches K-12 (1/2c) +Fresh apple 9-12	Pineapple K-12 (1/2c) + 1/2 c. raisins 9-12	Cantaloupe K-8 (1/2 c) 9-12 (1 c.)	K-8 = 2 1/2 c 9-12 =5 c
Fluid Milk K-12 (1 cup/day; 5 cups/ wk)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	K-12 = 5 c.

Grains (1 oz eq day) (8-9 oz eq per week)	1.5 oz bun		3/4 c. brown rice		Breading and 1 oz roll		Pizza crust		WW Tortilla			
Fruits (1/2 Cup per day) (2 1/2 cups per week)	1.5	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	8	Yes
	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	Yes

Fluid Milk (1 Cup per day) (5 a week)	Skim or 1%											
	1	Cup	5	Yes								

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Both of the tools include the meal pattern requirements for each food group. Again the Excel sample is from the K-5 spreadsheet.

Remember: It is the creditable equivalent, not necessarily the amount you will be serving, that you are checking against the meal pattern requirements. Information on crediting each food item will come from USDA Foods Fact sheets, standardized recipe analysis, Child Nutrition Labels, or the Food Buying Guide.

Also remember that all foods you actually serve must be included as you compare menus to the requirements and must be included on daily Food Production Records. There is both a minimum and maximum per week for Meat/Meat Alternates and for Grain/Bread. Anything a student can have for the one meal price must be included as menus are compared to the standards.

Where do I find these tools?

- The tools are posted on the School Nutrition Standards 2012 page of the Department of Education web site under Additional Resources.

http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678

- Call your regional consultant if you have questions.

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The tools are posted on the School Nutrition Standards 2012 page of the Department of Education web site.

http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678

If you have questions, contact your regional consultant. If you don't know how to contact your consultant, call the Bureau of Nutrition, Health and Transportation Services at 515-281-5356.