



**Division of Child Care and Early
Childhood Education**

Health and Nutrition

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MEMO

Date: April 10, 2014
Subject: 6 Cent Certification and Meal Pattern
To: All School Food Authorities (SFA)

7 CFR 210.10 Meal requirements for lunches and requirements for afterschool snacks.

(b) *Meal requirements for school lunches.* School lunches for children ages 5 and older must reflect food and nutrition requirements specified by the Secretary.

(1) *On a **daily basis**:* (i) Meals offered to each age/grade group must include the food components and food *quantities specified in the meal pattern in paragraph c of this section;*

All meals served to National School Lunch Program (NSLP) participants must meet the requirements set forth in 7 CFR 210.10. Please refer to the regulations which can be found in the Health and Nutrition Program (HNP) resource library. This requirement **not only pertains to the week of meals that were 6 cent certified by the HNP staff, but **all** meals that are claimed as reimbursable meals through NSLP.**

Meals served and/or claimed through NSLP that do not meet the requirements set forth in 7 CFR 210.10 may be disallowed.

Please see attached cycle menus for examples of meals that should be served. For further assistance, please contact your child care service specialist, Linda Pippins @ 501-320-8971 or Linda.Pippins@dhs.arkansas.gov or Jamie Newton @ 501-320-6413 or Jamie.Newton@dhs.arkansas.gov.

Menus that Move

Fall Cycle Menu • Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun Fresh Apple Slices Tater Tots 2 Pkts Ketchup Vegetarian Baked Beans Milk*	Sweet Sesame Chicken Stir Fry with Asian Brown Rice Apricots California Casserole Fortune Cookie Milk	Cheese & Pepperoni Breadsticks with Marinara Sauce Pears Spinach Strawberry Salad Milk	Walking Taco Peaches in Gelatin Cowboy Corn Salad Tortilla Scoop, 1 oz Milk	Chicken Nuggets 1 oz BBQ Sauce Pineapple Sweet Potato Fries Green Beans & Carrots Whole-Grain Roll Milk
Week 2	Grilled Chicken Sandwich 1 Tbsp Low-Fat Mayo Pears Baked Beans Milk	Hatton Chicken Crunch with Brown Rice Peach Cup Milk	Rotini & Meat Sauce Parmesan Cheese, 1 Tbsp Apricot Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Beef & Refried Bean Burrito with Salsa Fresh Tangerine Corn Milk	Grilled Cheese Sandwich Fresh Grapes Waffle Fries 1 Pkt Ketchup Carrots Milk
Week 3	Mac & Cheese Fruit Salad Baby Carrots with Hummus Green Beans Milk	Chicken Broccoli Bowl Applesauce Cup California Blend Milk	Cheese & Pepperoni Pizza Pears in Cherry Jell-O Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Quirky Quesadillas Fresh Orange Wedges Mexicali Corn Milk	Hamburger on a Bun Peaches Sweet Potato Puffs 2 Pkts Ketchup Milk
Week 4	BBQ Chicken Sandwich Pink Grapefruit Lemon Broccoli Potato Wedges 2 Pkts Ketchup Milk	Teriyaki Chicken with Brown Rice Fresh Apple Slices Veggies & Hummus Whole-Grain Cookie Milk	Mini Meatball Sub with Marinara Sauce Fresh Banana Bean & Corn Salad Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Mandarin Oranges Whole-Grain Tortilla Chips with Salsa Milk	Turkey & Gravy Strawberry Cup Mashed Potatoes Green Beans Whole-Grain Roll 1 Pat Butter Milk
Week 5	Sock-Rockin' Chili Applesauce Fresh Cucumber & Tomato Dip Whole-Grain Roll 1 Pat Butter Milk	Sweet & Sour Chicken Nuggets with Brown Rice Fresh Red Grapes Carrots Corn Milk	Chicken Alfredo with a Twist Pears in Cherry Jell-O Garlic Broccoli Milk	Mexican Pizza Peach Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Banana Baby Carrots with Hummus Milk

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free.
USDA is an equal opportunity provider and employer.

Ohio Department of Education

Menus that Move

Grades K – 8 • Fall • Week 1 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	¼ cup	1 cup	1 cup	1-¼ cups	1 cup	5 cups	3-¾ cups
Dark Green			Spinach Strawberry Salad = ½ cup			½ cup	½ cup
Red/Orange		Sweet Sesame Chicken Stir Fry = ¼ cup	Marinara Sauce = ½ cup	Walking Taco = ¼ cup	Sweet Potato Fries = ½ cup	1-½ cups	¾ cup
Beans/Legumes	Vegetarian Baked Beans = ¼ cup			Cowboy Corn Salad = ¼ cup		½ cup	½ cup
Starchy	Tater Tots = ½ cup	California Casserole = ¼ cup				¾ cup	½ cup
Other	Lettuce/Tomato = ¼ cup	California Casserole = ½ cup		Cowboy Corn Salad = ½ cup Walking Taco = ¼ cup	Green Beans & Carrots = ½ cup	1-¾ cups	½ cup
Fruits	Fresh Apple Slices = ½ cup	Apricots = ½ cup	Strawberry Spinach Salad = ½ cup (¼ cup FRESH) Pears = ½ cup	Peaches in Gelatin = ½ cup (½ cup FRESH)	Pineapple = ½ cup	3 cups (¾ cup FRESH)	2 ½ cups
Grains	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Cheese & Pepperoni Breadsticks = 2 oz-eq	Tortilla Scoops = 1 oz-eq	Chicken Nuggets = 1 oz-eq Whole-Grain Roll = 1 oz-eq	8oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq			Whole-Grain Roll = 1 oz-eq	4 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Sweet Sesame Chicken Stir Fry = 2 oz-eq	Cheese & Pepperoni Breadsticks = 1 oz-eq	Walking Taco = 3 oz-eq	Chicken Nuggets = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	628 kcal/d
Saturated Fat	<10% of total kcal	5.4%
Sodium	≤1230 mg/d	1057 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8		
	Bronze	Silver	Gold of Distinction
Vegetables	<input checked="" type="checkbox"/> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	<input checked="" type="checkbox"/> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	<input checked="" type="checkbox"/> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<input checked="" type="checkbox"/> 1 fruit per week must be served fresh.	<input checked="" type="checkbox"/> 2 fruits per week must be served fresh.	<input checked="" type="checkbox"/> 3 fruits per week must be served fresh.
Grains	<input checked="" type="checkbox"/> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.	<input checked="" type="checkbox"/> All grains offered must be whole grain-rich.	<input checked="" type="checkbox"/> All grains offered must be whole grain-rich.
	<input checked="" type="checkbox"/> At least three different types of whole grain-rich foods offered during the week.	<input checked="" type="checkbox"/> Only one whole grain-rich offering per week may be a grain-based dessert.	<input checked="" type="checkbox"/> Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 1 Summary of USDA Foods

Fruits
 Apricots, canned
 Peach and Tropical Gel Cup
 Pears, canned

Grains
 Rice, brown

Meats

Beef, frozen, patty
 Beef, frozen, taco filling, Reduced-Fat
 Cheese, cheddar, Reduced-Fat
 Chicken, diced, frozen
 Chicken, nuggets, frozen
 Cheese & Pepperoni Breadsticks, ODE

Vegetables

Beans, black, canned, low-sodium
 Beans, canned, vegetarian sauce, low-sodium
 Beans, green, frozen
 Carrots, frozen
 Corn, frozen
 Potatoes, rounds, frozen
 Sweet Potatoes, fries, frozen
 Tomatoes, marinara sauce, canned ODE

Grades K – 8 • Fall • Week 1 Summary of Recipes

Asian Brown Rice
 California Casserole
 Cowboy Corn Salad
 Spinach Strawberry Salad
 Sweet Sesame Chicken Stir-Fry, (ES)
 Walking Taco

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Menus that Move

Grades K – 8 • Fall • Week 2 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	3/4 cup	3/4 cup	1-1/4 cups	7/8 cup	1 cup	4-5/8 cups	3-3/4 cups
Dark Green		Hatton Chicken Crunch = 5/8 cup	Tossed Side Salad = 1/2 cup			1-1/8 cups	1/2 cup
Red/Orange		Hatton Chicken Crunch = 1/2 cup	Rotini & Meat Sauce = 1/2 cup	Salsa = 1/4 cup	Carrots = 1/2 cup	1-3/8 cups	3/4 cup
Beans/Legumes	Vegetarian Baked Beans = 1/2 cup			Beef & Bean Burrito = 1/4 cup		5/8 cup	1/2 cup
Starchy			Tossed Side Salad = 1/4 cup	Corn = 1/2 cup	Waffle Fries = 1/2 cup	1 cup	1/2 cup
Other	Lettuce/Tomato = 1/4 cup					1/2 cup	1/2 cup
Fruits	Pears = 1/2 cup	Peaches = 1/2 cup	Apricot Cup = 1/2 cup	Fresh Tangerines = 1/2 cup (1/2 cup FRESH)	Fresh Grapes = 1/2 cup (1/2 cup FRESH)	2-1/2 cups (1 cup FRESH)	2 1/2 cups
Grains	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 1 oz-eq Whole-Grain Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Grilled Cheese Sandwich = 2 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Grilled Chicken Sandwich = 2 oz-eq	Whole-Grain Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Grilled Cheese Sandwich = 2 oz-eq	7.5 oz-eq	1/2 grains are w/g, 4 oz-eq
Meat/Meat Alt	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Rotini & Meat Sauce = 2 oz-eq	Beef & Bean Burrito = 2 oz-eq	Grilled Cheese Sandwich = 1.5 oz-eq	9.5 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	630 kcal/d
Saturated Fat	<10% of total kcal	7%
Sodium	≤1230 mg/d	1227 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 2 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8		
	Bronze	Silver	Gold of Distinction
Vegetables	<ul style="list-style-type: none"> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<ul style="list-style-type: none"> 1 fruit per week must be served fresh. 	<ul style="list-style-type: none"> 2 fruits per week must be served fresh. 	<ul style="list-style-type: none"> 3 fruits per week must be served fresh.
Grains	<ul style="list-style-type: none"> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. 	<ul style="list-style-type: none"> All grains offered must be whole grain-rich. 	<ul style="list-style-type: none"> Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 2 Summary of USDA Foods

Fruits
 Apricots, cup
 Peaches, frozen cups
 Pears, canned

Grains
 Rice, brown
 Rotini, whole-grain
 Tortillas, whole-grain, frozen

Meats
 Beef, meat sauce, frozen, Reduced-Fat
 Beef, taco filling, frozen, Reduced-Fat
 Cheese, American, Reduced-Fat
 Cheese, cheddar, Reduced-Fat
 Chicken, grilled patty, frozen
 Chicken, popcorn chicken, frozen

Vegetables
 Beans, green, frozen
 Beans, refried, canned
 Beans, canned, vegetarian in sauce, low-sodium
 Carrots, frozen
 Corn, frozen
 Potatoes, waffle fries, frozen, seasoned
 Salsa, canned, low-sodium
 Tomatoes, sauce, canned, low-sodium

Grades K – 8 • Fall • Week 2 Summary of Recipes

Beef and Refried Bean Burrito
 Hatton Chicken
 Rotini & Meat Sauce, (ES)
 Tossed Side Salad

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Menus that Move

Grades K – 8 • Fall • Week 3 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	1-½ cups	1 cup	¾ cup	¾ cup	¾ cup	4-½ cups	3-¾ cups
Dark Green		Chicken Broccoli Bowl = ½ cup	Tossed Side Salad = ½ cup			1 cup	½ cup
Red/Orange	Baby Carrots = ½ cup		Pepperoni & Cheese Pizza = ½ cup		Sweet Potato Puffs = ½ cup	1-½ cups	¾ cup
Beans/Legumes	Hummus = ¼ cup			Quirky Quesadilla = ¼ cup		½ cup	½ cup
Starchy				Mexicali Corn = ½ cup		½ cup	½ cup
Other	Green beans = ½ cup	California Blend = ½ cup	Tossed Side Salad = ¼ cup		Lettuce/Tomato = ¼ cup	1-½ cups	½ cup
Fruits	Fruit Salad = ½ cup	Applesauce = ½ cup	Pears in Cherry Jell-O = ½ cup	Fresh Orange Wedges = ½ cup (½ cup FRESH)	Peaches = ½ cup	2-½ cups (½ cup FRESH)	2 ½ cups
Grains	Mac & Cheese = 1 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Hamburger on a Bun = 2 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich		Chicken Broccoli Bowl = 1 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Hamburger on a Bun = 2 oz-eq	6.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Mac & Cheese = 2 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	Hamburger on a Bun = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	629 kcal/d
Saturated Fat	<10% of total kcal	8.5%
Sodium	≤1230 mg/d	1176 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 3 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 5		
	Bronze	Silver	Gold of Distinction
Vegetables	<ul style="list-style-type: none"> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<ul style="list-style-type: none"> 1 fruit per week must be served fresh. 	<ul style="list-style-type: none"> 2 fruits per week must be served fresh. 	<ul style="list-style-type: none"> 3 fruits per week must be served fresh.
Grains	<ul style="list-style-type: none"> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. 	<ul style="list-style-type: none"> All grains offered must be whole grain-rich. 	<ul style="list-style-type: none"> Only one whole grain-rich offering per week may be a grain-based dessert.
Meal Component	HUSSC Incentive Awards: Grades 6 – 8		
	Bronze	Silver	Gold of Distinction
Vegetables	<ul style="list-style-type: none"> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<ul style="list-style-type: none"> 1 fruit per week must be served fresh. 	<ul style="list-style-type: none"> 2 fruits per week must be served fresh. 	<ul style="list-style-type: none"> 3 fruits per week must be served fresh.
Grains	<ul style="list-style-type: none"> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. 	<ul style="list-style-type: none"> All grains offered must be whole grain-rich. 	<ul style="list-style-type: none"> Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 3 Summary of USDA Foods

Fruits
 Applesauce, cup
 Fruit salad, canned
 Peaches, canned
 Pears in Cherry Jell-O

Grains
 Mac & Cheese, frozen, Reduced-Fat
 Spaghetti, whole-grain
 Tortillas, whole-grain, frozen

Meats
 Beef, patties, frozen
 Beef, taco filling, frozen, Reduced-Fat
 Cheese, cheddar, Reduced-Fat
 Chicken, popcorn, frozen

Vegetables
 Beans, green, frozen
 Beans, refried, canned, low-sodium
 Corn, canned

Grades K – 8 • Fall • Week 3 Summary of Recipes

Chicken Broccoli Bowl
 Mexicali Corn, USDA
 Quirky Quesadillas
 Tossed Side Salad

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Menus that Move

Grades K – 8 • Fall • Week 4 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	BBD Chicken Sandwich 1 cup	Teriyaki Chicken with Brown Rice 1 cup	Mini Meatball Sub with Marinara Sauce 1 cup	Taco Salad 1 cup	Turkey & Gravy Strawberry Cup 1 cup	4-¾ cups	3-¾ cups
Dark Green	Lemon Broccoli = ½ cup			Taco Salad = ½ cup		1 cup	½ cup
Red/Orange		Veggies & Hummus = ¼ cup	Mini Meatball Sub = ¼ cup Marinara Sauce = ¼ cup	Taco Salad = ½ cup Salsa = ¼ cup		1-½ cups	¾ cup
Beans/Legumes		Veggies & Hummus = ¼ cup	Bean & Corn Salad = ¼ cup			½ cup	½ cup
Starchy	Potato Wedges = ½ cup		Bean & Corn Salad = ¼ cup	Taco Salad = ½ cup	Mashed Potatoes = ½ cup	1-¼ cups	½ cup
Other		Veggies & Hummus = ¼ cup	Bean & Corn Salad = ¼ cup		Green Beans = ½ cup	1-½ cups	½ cup
Fruits	Pink grapefruit = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH)	Fresh Banana = ½ cup (½ cup FRESH)	Mandarin Oranges = ½ cup	Strawberry Cup = ½ cup	2-½ cups	2 ½ cups
Grains	BBD Chicken Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Grain Roll = 1 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	BBD Chicken Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Grain Roll = 1 oz-eq	8.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	BBD Chicken Sandwich = 2 oz-eq	Teriyaki Chicken = 2 oz-eq	Mini Meatball Sub = 1.5 oz-eq	Taco Salad = 2 oz-eq	Turkey & Gravy = 2 oz-eq	9.5 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

*Purchased hummus served with cherry tomatoes, peapods and celery

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Menus that Move

Grades K – 8 • Fall • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	634 kcal/d
Saturated Fat	<10% of total kcal	6.0%
Sodium	≤1230 mg/d	1134 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 4 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8		
	Bronze	Silver	Gold of Distinction
Vegetables	<ul style="list-style-type: none"> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 		<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<ul style="list-style-type: none"> 1 fruit per week must be served fresh. 	<ul style="list-style-type: none"> 2 fruits per week must be served fresh. 	<ul style="list-style-type: none"> 3 fruits per week must be served fresh.
Grains	<ul style="list-style-type: none"> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. 		<ul style="list-style-type: none"> All grains offered must be whole grain-rich.
	<ul style="list-style-type: none"> At least three different types of whole grain-rich foods offered during the week. 		<ul style="list-style-type: none"> Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 4 Summary of USDA Foods

Fruits
Mandarin oranges, canned
Strawberries, frozen cups

Grains
Rice, brown

Meats
Beef, meatballs, frozen
Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, teriyaki, frozen

Vegetables
Beans, green, frozen
Beans, pinto, canned
Black-eyed peas, canned
Corn, frozen
Potatoes, mashed, instant, low-sodium
Potatoes, wedges, frozen
Salsa, canned, low-sodium
Tomatoes, marinara sauce, canned

Grades K – 8 • Fall • Week 4 Summary of Recipes

Bean & Corn Salad
Lemon Broccoli
Mini Meatball Sub
Taco Salad, (ES)

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Menus that Move

Grades K – 8 • Fall • Week 5 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	1-½ cups	1 cup	¾ cup	¾ cup ½ cup	1 cup	5 cups	3-¾ cups
Dark Green			Garlic Broccoli = ¾ cup	Tossed Side Salad = ½ cup		1-½ cups	½ cup
Red/Orange	Sock-Rockin' Chili = ½ cup Fresh Cucumber & Tomato Dip = ½ cup	Carrot Coins = ½ cup			Baby Carrots = ½ cup	1-¾ cups	¾ cup
Beans/Legumes	Sock-Rockin' Chili = ½ cup				Hummus = ½ cup	½ cup	½ cup
Starchy		Corn = ½ cup				½ cup	½ cup
Other	Sock-Rockin' Chili = ½ cup Fresh Cucumber & Tomato Dip = ½ cup			Tossed Side Salad = ½ cup	Lettuce/Tomato = ½ cup	1 cup	½ cup
Fruits	Applesauce = ½ cup	Fresh Red Grapes = ½ cup (½ cup FRESH)	Pears in Cherry Jell-O = ½ cup	Peaches = ½ cup	Fresh Banana = 1 cup (1 cup FRESH)	2-½ cups (1-½ cup FRESH)	2 ½ cups
Grains	Whole-Grain Roll = 1 oz-eq	Sweet & Sour Chicken Nuggets = 1 oz-eq Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Mexican Pizza = 2.25 oz-eq	Turkey & Ham Deli Sub = 2 oz-eq	8.25 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Whole-Grain Roll = 1 oz-eq	Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq		Turkey & Ham Deli Sub = 2 oz-eq	5 oz-eq	½ grains are w/g, 4 oz-eq
Meat/Meat Alt	Sock-Rockin' Chili = 2 oz-eq	Sweet & Sour Chicken Nuggets = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Mexican Pizza = 2 oz-eq	Turkey & Ham Deli Sub = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	640 kcal/d
Saturated Fat	<10% of total kcal	7.5%
Sodium	≤1230 mg/d	1031 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8		
	Bronze	Silver	Gold of Distinction
Vegetables	<ul style="list-style-type: none"> Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). 	<ul style="list-style-type: none"> Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruit	<ul style="list-style-type: none"> 1 fruit per week must be served fresh. 	<ul style="list-style-type: none"> 2 fruits per week must be served fresh. 	<ul style="list-style-type: none"> 3 fruits per week must be served fresh.
Grains	<ul style="list-style-type: none"> Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. 	<ul style="list-style-type: none"> All grains offered must be whole grain-rich. 	<ul style="list-style-type: none"> Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 5 Summary of USDA Foods

Fruits
 Applesauce, canned
 Peaches, frozen cups
 Pears in Cherry Jell-O

Grains
 Rice, brown
 Rotini, whole grain

Meats
 Beef, crumbles, frozen
 Cheese, American, Reduced-Fat
 Chicken, diced, frozen
 Chicken, nuggets, frozen

Vegetables
 Beans, black, canned, low-sodium
 Tomatoes, sauce, canned, low-sodium
 Beans, kidney, canned, low-sodium
 Carrots, frozen
 Tomatoes, diced, canned, low-sodium

Grades K – 8 • Fall • Week 5 Summary of Recipes

Chicken Alfredo with a Twist
 Deli Sub, (ES)
 Fresh Cucumber and Tomato Dip
 Garlic Broccoli
 Sock-Rockin' Chili
 Sweet & Sour Chicken Nuggets
 Tossed Side Salad

Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free. USDA is an equal opportunity provider and employer.