

High School Menu

FOOD-BASED MEAL PATTERN – Solid Rock Academy LUNCH MENU – FIVE DAYS – SY 2017-2018 REQUIREMENTS 9-12

FBMP - Lunch: 8 fl. oz. Fluid Milk; 5 cups Fruits/wk; 5 cups Vegetables/wk (from the subgroups); minimum of 10 oz. eq. Whole Grains/Whole Grain - Rich per five-day week; minimum of 10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 750-850 calories; Sodium \leq 1,420 mg; $<$ 10% of total calories from saturated fat; 0 grams trans fat.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or fat free	Fat Free	Fat Free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate* (Minimum of 2 oz. per day & 10 oz. per week)	Item	Country Fried Steak	BBQ Pork Sandwiches	Tuna Salad Turkey	Meatballs	Chicken Nuggets
	Portion size or oz.	2 oz eq	2 oz meat	2 oz. 2oz.	2 oz.	2 oz.
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
2nd Meat/Meat Alternate* (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Whole Grains/Whole Grain - Rich¹ (Minimum of 2 oz. eq. per day & 10oz. eq. per week)	Item	WG Roll WG Corn Bread	WW buns	WG Crackers WG Wraps WG Tortilla Chips	WG Roll WG Corn Bread	WW Roll
	Portion in oz.¹ (Cooked pasta & rice in cup measures)	1 oz. 1.2 oz.	2 oz. = 2 oz. eq.	1 oz. = 1oz. eq. 1 oz. = 1 oz.eq. 1 oz.	1 oz. 1 oz.	1 oz.
2nd Whole Grains/Whole Grain - Rich¹ (If planned) 3oz.	Item	Brown Rice			WG Cookie plain from recipe	Brown Rice
	Portion in oz.¹ (Cooked pasta & rice in cup measures)	½ cup = 1 oz eq.			1.2 oz (credited as 1 oz eq)	½ cup = 1 oz eq.
Fruits (1 c/day minimum)	Item	Oranges (1 whole)	Pears	Fresh Pineapple Chunks	Fresh Apple	Apple/Strawberry
	Portion in cups	1/2 cup	1 whole or ½ cup canned	1/2 cup	1 whole = 1/2 cup eq	1/2 cup
2nd Fruits (If planned)	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup

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Vegetables: (Dark Green ½ c)	Item			Romaine Lettuce	Spinach/Salad	
	Portion in cups			1/4 cup	½ cup	
Vegetables: (Red/Orange 1 1/4 c)	Item	Carrots		Tomatoes		Carrots
	Portion in cups	½ cup		1/4 cup		½ cup
Vegetables: (Beans, Peas or Legumes ½ c)	Item			Baked Beans		
	Portion in cups			½ cup		
Vegetables: (Starchy) 1/2 cup	Item		Corn		Mashed Potatoes	
	Portion in cups		½ cup		1/2 cup	
Vegetables: (Other ¾ cup)	Item	Steamed Cabbage				Green Beans
	Portion in cups	3/4 cup				3/4 cup
Vegetables: (Additional 1 1/2 c)	Item					
	Portion in cups					
Other Vegetables	Item		Calif. Vegetable Blend		Sweet Corn	Sweet Potato
	Portion in cups		½ cup		1/2 cup	½ cup
Condiments	Item	Tran-Fat Free Margarine	Light Ranch Dressing	Light Ranch Dressing	Light Ranch Dressing	
	Portion size	1 Pat	1 tbsp	1 tbsp	1 tbsp	

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef (that is not more than 15% fat) yields 1 oz. cooked beef and each provides 1 oz. M/MA.

Note: ½ cup portion of fruit, vegetable or 100% juice is required with meals served under the Offer versus Serve Provision and can be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount.

¹ Please use specific product weights in comparison with the USDA Whole-Grain Rich Ounce Equivalency (oz. eq.) Requirements Chart. One hundred percent of grains offered must be whole grain or whole grain-rich. Note: FBMP = Food-Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA = meat/meat alternate, oz. eq. = grains.

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