

# USDA Meal Patterns

Food-Based Menu Planning systems use meal patterns and age/grade groups as planning tools. District 227 uses the Enhanced Food-Based Menu Planning system which is designed to:

- Provide 1/3 of the calories needed for specific age/grade groups for lunch
- Provide ¼ of the calories needed for specific age/grade groups for breakfast
- Help ensure consistency with the Dietary Guidelines.

For **Lunch** with Enhanced Food-Based Menu Planning the minimum requirements by food component and age/grade group for grades 7-12 are as follows:

- **MEAT OR MEAT ALTERNATE:** Per day serve one of the following food items or a combination of these items to provide at least the quantity listed.

Lean meat, poultry, or fish	2 oz
Cheese	2 oz
Large Egg	1
Cooked dry beans or peas	½ cup
Peanut butter or other nut or seed butters	4 Tbsp
Yogurt	6 oz

- **GRAINS/BREADS:** Must be enriched or whole grain or contain germ or bran. 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 per week	15 servings
Minimum per day	1 serving

- **VEGETABLES/FRUITS:** At least two different vegetables and/or fruits must be offered. Minimum requirements each day is 1 cup.
- **MILK (Fluid):** Must be served as a beverage. The requirement each day is 8 fl oz.

For **Breakfast** select ONE serving from EACH of these components to equal: one Grains/Breads and one Meat/Meat Alternate OR select TWO servings from ONE of these components to equal: two Grains/Breads or two Meat/Meat Alternates.

- **MEAT/MEAT ALTERNATE:** Serve one of the following food items or combine them to meet the requirements.

Lean meat, poultry, or fish	1 oz
Cheese	1 oz
Large Egg	½ egg
Cooked dry beans or peas	4 Tbsp
Peanut butter or other nut or seed butters	2 Tbsp
Yogurt	4 oz

- **GRAINS/BREADS:** Serve one of the following food items or combine them to meet the requirements.

Whole grain or enriched bread	1 serving
Whole grain or enriched biscuit, roll, muffin, etc.	1 serving
Whole grain, enriched, or fortified cereal	¾ cup or 1 oz

- **JUICE/FRUIT/VEGETABLE:** Include a minimum of one serving. Serve a fruit or vegetable or both; or full-strength fruit or vegetable juice. The requirement each day is ½ cup or 4 oz.
- **MILK (Fluid):** As a beverage or on cereal, or both. The requirement each day is 8 fl oz.