

**Meal Pattern
Reimbursable Lunches
Grades 9-12**

**SFA Name: CDE OSN
9-12 Menu #: 1**

Enter each reimbursable lunch offered during the reference week and select or enter the quantity of each component.

Each reimbursable meal consists of all required food components: any grain/meat/meat alternates in a main dish and/or side dish, total amount of fruit offered with this meal, total amount of vegetables in a main and/or side dish, and amount of milk.

The vegetable subgroups and types of milk will be recorded on a different tab.

1	2	3	3a	3b	4	4a	5	5a	6
	Meat / Meat Alternate (oz equivalents)	Grains (oz equivalents) **Note: Grains may be offered as ounce equivalents or bread servings			Fruit (cups) **Note: Enter the CREDITABLE amount of dried fruit		Vegetables (cups)		Fluid Milk (cups)
Meal Name Enter the name of each reimbursable meal as found on the weekly menu. Select the first blank if the component was not offered with the meal. **DO NOT DELETE ROWS**	Enter the total Meat / Meat Alternate offered with this meal	Enter the total grains ounces/ bread servings including whole grain rich and desserts offered with this meal	Of the grains offered with this meal, enter the number of ounces/bread servings that are whole grain rich	Of the grains offered with this meal, enter the number of ounces/bread servings that are grain based desserts	Select the number of cups of fruit including fruit juice offered with this meal	ONLY select the cups of fruit juice	Select the number of cups of vegetables including vegetable juice offered with this meal	ONLY select the cups of vegetable juice	Enter the number of cups of fluid milk offered with this meal
<i>Example: Chicken nuggets w/roll and Honey Sauce</i>	2.00	2.50	2.00	0.50	1 ▾	1/2 ▾	1 ▾	▾	1
Roast Pork with Rice	2.00	2.00	2.00	0.00	1 ▾	▾	2 ▾	▾	1
Beef & Macaroni with a Whole Wheat Roll & Apple Cobbler	2.50	3.00	2.00	1.00	1 ▾	▾	1 7/8 ▾	▾	1
Chicken Salad Sandwich on Whole Wheat Bread	2.00	2.00	2.00	0.00	1 ▾	▾	2 ▾	▾	1
Baked Cajun Fish with Cornbread	2.00	2.00	2.00	0.00	1 ▾	▾	2 ▾	▾	1
Cheese Pizza with a Whole Grain Crust	2.00	2.00	2.00	0.00	1 ▾	▾	2 ▾	▾	1









































<p align="center">OPTIONAL Weekly Vegetable Bar Data Entry</p> <p align="center">Grades 9-12</p>	
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Use this tab ONLY if there is a vegetable bar offered for the week with the SAME vegetable subgroup offerings multiple times over the week.
The vegetable bar must be accessible to ALL students for the days in which it is offered.
Select the name and quantity of each vegetable offered on the vegetable bar in the appropriate subgroup.
The quantity is the planned offering amount for each student.

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The quantity is the planned offering amount for each student.

Dark Green vegetables offered	Quantity (cups)	Red/Orange vegetables offered	Quantity (cups)	Beans/Peas (legumes) offered	Quantity (cups)	Starchy vegetables offered	Quantity (cups)	Other vegetables offered	Quantity (cups)
Romaine 	1/2 	Tomatoes 	1/4 					Cucumber 	1/4 
									
									
									
Sum of Dark Green Offerings:	1/2	Sum of Red/Orange Offerings:	1/4	Sum of Beans/Peas (legumes) Offerings:		Sum of Starchy Offerings:		Sum of Other Offerings:	1/4
Unspecified Dark Green Vegetables		Unspecified Red/Orange Vegetables		Unspecified Beans/Peas		Unspecified Starchy Vegetables		Unspecified Other Vegetables	

Monday Daily Lunch Requirement Check Grades 9-12	
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The daily worksheet will perform daily requirement checks for the reimbursable meals offered each day. Requirements met are flagged "Yes" and the cell turns green. Requirements NOT met are flagged "No" and the cell turns red.

*Note: The top row is frozen to display the column headers as the daily meals are entered

Grains, whole grain rich, and meat/meat alternate oz equivalents are rounded down to the nearest quarter ounce.

Once you are finished selecting the meals offered each day, make sure to scroll to the right to enter milk type and vegetable subgroup information.

Monday	
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[illegible]

Monday Vegetable Subgroup Data Entry Grades 9-12	
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<p align="center">Creditable Amount of Each Vegetable Subgroup Offered on Monday</p> <p>In the first drop down box, select the largest amount of each vegetable subgroup offered to a student, then in the drop down boxes below, select the name and amount of each vegetable offered in the subgroup.</p> <p>If you want to clear an entry, select the first blank in the drop down box.</p>

Check this box if you offered the weekly vegetable bar on Monday with NO CHANGES: ☒

If you offered any vegetables in addition to the weekly vegetable bar, select the largest amount of the vegetable offered to a student and select the name of each vegetable under the appropriate subgroup.

NOTE: If you offered a vegetable bar on Monday that differs from the weekly offerings, all offerings and quantities for each vegetable subgroup must be selected in the section below.

Dark Green vegetables offered	Quantity (cups)	Red/Orange vegetables offered	Quantity (cups)	Beans/Peas (legumes) offered	Quantity (cups)	Starchy vegetables offered	Quantity (cups)	Other vegetables offered	Quantity (cups)
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Largest amount of dark green vegetables to select on Monday	<input type="checkbox"/> <input checked="" type="checkbox"/>	Largest amount of red/orange vegetables to select on Monday	<input type="checkbox"/> <input checked="" type="checkbox"/>	Largest amount of beans/peas to select on Monday	<input type="checkbox"/> <input checked="" type="checkbox"/>	Largest amount of starchy vegetables to select on Monday	<input type="checkbox"/> <input checked="" type="checkbox"/>	Largest amount of other vegetables to select on Monday	<input type="checkbox"/> <input checked="" type="checkbox"/>
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<input type="text"/>	<input type="text"/>	Sweet Potatoes	1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas	Unspecified Starchy Vegetables	Unspecified Other Vegetables
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Weekly Report
Lunch, Grades 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	5	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	2	1	2	2	2	9	5	Yes
Cups of Dark Green	1/2	0	1	1	1/2	3	1/2	Yes
Cups of Red/Orange	1 1/4	1/4	1/4	1/4	7/8	2 7/8	1 1/4	Yes
Cups of Beans/Peas (Legumes)	0	0	0	1/2	0	1/2	1/2	Yes
Cups of Starchy vegetables	0	0	0	0	1/2	1/2	1/2	Yes
Cups of Other (any other type of vegetable)	1/4	3/4	3/4	1/4	1/4	2 1/4	3/4	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.50	2.00	2.00	2.00	10.50	10	Yes
Maximum Meat/Meat Alternate	2.00	2.50	2.00	2.00	2.00	10.50	12	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Grain	2.00	3.00	2.00	2.00	2.00	11.00	10	Yes
Maximum Grain	2.00	3.00	2.00	2.00	2.00	11.00	12	Yes
Grain Based Dessert Total for all Weekly Meals						1.00	No More Than 2 oz equivalents	Yes
Whole Grain Rich Weekly Amount	Weekly Grains Total:	11.00	Weekly Whole Grain Rich Total:	9.00	Percent of Whole Grain Rich:	81.8%	At Least Half Whole Grain Rich	Yes

Weekly Report
Lunch, Grades 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk	1	1	1	1	1	5	5	Yes
Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less), Unflavored	Yes	Yes	Yes	Yes	Yes			
Low-fat (1% or less), Flavored								
Reduced Fat (2% fat) or Whole, Unflavored and Flavored								

Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of Total Weekly Fruit that is Juice	Weekly Requirement Check
	5	0	0.00%	Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total Weekly Vegetables that is Juice	Weekly Requirement Check
	9	0	0.00%	Yes

Fruit, Milk, and Vegetable Subgroup Nutrient Assessment

Select the option best representing how each component is offered throughout the week.

Only select one option per component.

Include fat and sugars used during preparation of the food as well as any additional fats and/or sugars offered with the component.

Fruit (cups)

Average serving size:	1	Total weekly servings:	5
Fruit is offered throughout the week with added fat:		Fruit is offered throughout the week with added sugar:	
<input checked="" type="radio"/> Less than 30% of the total fruit offerings		<input type="radio"/> Less than 30% of the total fruit offerings	
<input type="radio"/> 30% to 70% of the total fruit offerings		<input checked="" type="radio"/> 30% to 70% of the total fruit offerings	
<input type="radio"/> More than 70% of the total fruit offerings		<input type="radio"/> More than 70% of the total fruit offerings	
<input type="radio"/> Fruit not offered		<input type="radio"/> Fruit not offered	

Milk (cups)

Average serving size:	1	Total weekly servings:	5
What 2 types of milk are offered most during the week?			
<input type="radio"/> Nonfat unflavored & nonfat flavored			
<input checked="" type="radio"/> Nonfat unflavored & low-fat (1%) unflavored			
<input type="radio"/> Low-fat (1%) unflavored & nonfat flavored			
<input type="radio"/> Milk not offered			

Vegetable Subgroups

Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Dark Green Vegetables (cups)

Estimated share of Dark Green vegetables to select:

3.13

Dark Green vegetables are offered throughout the week with added fat:

- ☒ Less than 30% of the total Dark Green offerings
- ☐ 30% to 70% of the total Dark Green offerings
- ☐ More than 70% of the total Dark Green offerings
- ☐ Dark Green vegetables not offered

Red/Orange Vegetables (cups)

Estimated share of Red/Orange vegetables to select:

3.00

Red/Orange vegetables are offered throughout the week with added fat:

Red/Orange vegetables are offered throughout the week with added sugar:

- | | |
|---|---|
| <input type="radio"/> Less than 30% of the total Red/Orange offerings | <input type="radio"/> Less than 30% of the total Red/Orange offerings |
| <input checked="" type="radio"/> 30% to 70% of the total Red/Orange offerings | <input checked="" type="radio"/> 30% to 70% of the total Red/Orange offerings |
| <input type="radio"/> More than 70% of the total Red/Orange offerings | <input type="radio"/> More than 70% of the total Red/Orange offerings |
| <input type="radio"/> Red/Orange vegetables not offered | <input type="radio"/> Red/Orange vegetables not offered |

Vegetable Subgroups

Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Starchy Vegetables (cups)

Estimated share of Starchy vegetables to select:

.52

Starchy vegetables are offered throughout the week with added fat:



Less than 30% of the total Starchy offerings



30% to 70% of the total Starchy offerings



More than 70% of the total Starchy offerings



Starchy vegetables not offered

Other Vegetables (cups)

Estimated share of Other vegetables to select:

1.70

Other vegetables are offered throughout the week with added fat:



Less than 30% of the total Other offerings



30% to 70% of the total Other offerings



More than 70% of the total Other offerings



Other vegetables not offered

Vegetable Subgroups

Select the option that best represents how each subgroup is offered throughout the week. Include fats and sugars added during preparation as well as any additional fats and/or sugars offered with the vegetables.

Beans/Peas (legumes) (cups)

Estimated share of Beans/Peas to select:

0.52

Beans/Peas offered throughout the week
with added fat:



Less than 30% of the total Beans/Peas (legumes) offerings



30% to 70% of the total Beans/Peas (legumes) offerings



More than 70% of the total Beans/Peas (legumes) offerings



Beans/Peas not offered

Simplified Nutrient Assessment for Lunch, Grades 9-12

Main Dish Simplified Nutrient Data Entry

Enter the calories and saturated fat for one serving of the main dish and the number of servings planned during the week. Only include the calories and saturated fat for the main dish and any components included as part of the main dish. The number of planned servings should include all sites serving the menu type.

Use standard rounding procedures to two decimal points.

M1	M2	M3	M4	M5
Meal Name This column is pre-populated with the meal names entered on the "All Meals" tab.	Main Dish The part of the meal that is associated with the information enter in columns M3-M5	Calories/ Serving (kcal)	Saturated Fat/ Serving (g)	Number of planned servings for the week
<i>Example: Chicken Nuggets w/ Roll & Honey Sauce</i>	<i>Chicken Nuggets</i>	<i>250</i>	<i>4</i>	<i>100</i>
Roast Pork with Rice	Roast Pork	154	3.67	100
Beef & Macaroni w/ Whole Wheat Roll	Beef & Macaroni	283	4.4	100
Chicken Salad Sandwich on Whole Wheat Bread	Chicken Salad Sandwich	305	2.09	100
Baked Cajun Fish w/ Cornbread	Baked Cajun Fish	128	1.75	100
Cheese Pizza w/ Whole Grain Crust	Cheese Pizza	340	3	100

Other Items: Sides, Desserts, Condiments Nutrient Data Entry

Enter the calories and saturated fat for each side, dessert and condiment offered. Also enter the number of servings planned during the week. Do not include fruit or vegetable based sides.

Use standard rounding procedures to two decimal points.

O1	O2	O3	O4
Dessert, Side or Condiment	Calories/ Serving (kcal)	Saturated Fat/ Serving (g)	Number of planned servings for the week
<i>Example: Small Cookie</i>	<i>50</i>	<i>1</i>	<i>100</i>
Brown Rice	108	.18	100
Whole Wheat Roll	74	.23	100
Margarine	35	.8	200
Apple Cobbler	299	2.96	100
Cornbread	108	.45	100
Italian Dressing	186	2.85	100
Creamy Dip for Vegetables	52	.61	100

Simplified Nutrient Assessment Summary

Daily Amounts Based on Average for a 5-day Week

Nutrient	Measure	Required Range	Assessment
Calories	Daily Average	750-850 kcal	Estimated calories are within the required range
	826.14		
Saturated Fat	Percent of Calories	Less than 10% of total calories	Estimated percent of saturated fat meets the requirement
	8.00%		

NOTE:

Do **NOT** submit Certification documents to the CDE OSN if the summary table has **ANY RED BOXES.**

If the Certification documents are submitted to the CDE OSN with a **YELLOW BOX**, a *written corrective action plan* is required.

Certification Sample Menu

Monday

2 ounces roast pork
 1 cup steamed brown rice
 1 cup Orange Glazed Sweet Potatoes *(1 cup Red/Orange)*
 1 cup grapes
 1 cup 1% milk OR
 1 cup nonfat milk
 *daily salad

Tuesday

1 cup Beef & Macaroni *(2 .5 oz Meat/Meat Alternate, 1/4 cup Red/Orange, tomatoes 1/8 cup Onion, Other), 1 oz eq Grains- non Whole Grain Rich)*
 1 (1 oz) whole wheat roll *(1 oz eq Whole Grain Rich Grains)*
 1 teaspoon margarine
 ½ cup steamed fresh zucchini *(1/2 cup Other)*
 1 banana- medium *(1/2 cup fruit)*
 1 portion Apple Cobbler– *(1/2 cup fruit and 1 oz eq Grains – Non- Whole Grain Rich)*
 1 cup 1% milk OR
 1 cup nonfat milk
 *daily salad

Wednesday

½ cup Chicken salad *(2 oz Meat/Meat Alternate)*
 2 slices whole wheat bread *(2 oz eq Whole Grain Rich Grains)*
 1 cup fresh steamed broccoli and cauliflower *(1/2 cup Other, ½ cup Dark Green)*
 1 cup fresh strawberries, sliced *(1 cup fruit)*
 1 cup 1% milk OR
 1 cup nonfat milk
 *daily salad

Thursday

1 portion Baked Cajun Fish *(2 oz Meat /Meat Alternate)*
 2 pieces Cornbread *(2 oz Whole Grain Rich)*
 1 teaspoon margarine
 2/3 cup Baked Beans *(½ cup Legume)*
 1 cup romaine salad *(1/2 cup Dark Green)*
 2 tablespoons Italian Dressing
 1 cup canned apricot halves in light syrup *(1 cup fruit)*
 1 cup 1% milk OR
 1 cup nonfat milk
 *daily salad

Friday

1 slice cheese pizza with whole grain crust *(2 oz Meat Alternate, 2 oz eq Whole Grain Rich Grains, 1/8 cup tomato paste, Red/Orange)*
 ½ cup peas, cooked from frozen, drained, w/o salt *(1/2 cup Starchy)*
 ½ cup cherry tomatoes *(1/2 cup Red/Orange)*
 2 tablespoons Creamy Dip for Vegetables
 1 cup peach slices - light syrup *(1 cup fruit)*
 1 cup 1% milk OR
 1 cup nonfat milk
 *daily salad

*daily salad:
 1 cup romaine *(credits as ½ cup Dark Green)*
 ¼ cup tomato *(Red/Orange)*
 ¼ cup cucumber *(Other)*