

ENHANCED FOOD BASED MENUS MEAL PATTERN

LUNCH

Minimum Quantities for Enhanced Food Based Menus Lunch

	REQUIRED				OPTION
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
Meal Component					
Variety of Milk (as a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
Meat or Meat Alternate (quantity of the edible portion as served)					
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Alternate Protein Products ³	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Large Egg	1/2	3/4	1	1	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tablespoons	3 Tablespoons	4 Tablespoons	4 Tablespoons	3 Tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	8 oz. or 1 cup	6 oz. or 3/4 cup
The following may be used to meet no more than 50 percent of the requirement and must be used in combination with any of the above:	1/2 oz.=50%	3/4 oz.=50%	1 oz.=50%	1 oz.=50%	3/4 oz.=50%
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).					
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup	3/4 cup plus extra 1/2 cup over a week ¹	1 cup	3/4 cup
Grains/Breads Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week ¹ Minimum of 1/2 per day ²	8 servings per week ¹ Minimum of 1 per day ²	12 servings per week ¹ Minimum of 1 per day ²	15 servings per week ¹ Minimum of 1 per day ²	10 servings per week ¹ Minimum of 1 per day ²

¹For the purpose of this chart, a week equals five days.

²Up to one grains/breads serving per day may be a dessert.

³Must meet requirements of Appendix A of CFR 210.

Appendix A to Part 210 – Alternate Foods for Meals

An alternate protein product whether used alone or in combination with meat or other meat alternates must meet the following criteria:

- a. The alternate protein product must be processed so that some portion of the non-protein constituents of the food is removed. These alternate protein products must be safe and suitable edible products produced from plant or animal sources.
- b. The biological quality of the protein in the alternate protein product must be at least 80 % that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
- c. The alternate protein product must contain at least 18 % protein by weight when fully hydrated or formulated. (“When hydrated or formulated” refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors or any other substances which have been added).
- d. Manufacturers supplying an alternate protein product to participating schools or institutions must provide documentation that the product meets the criteria in paragraphs A, a through c of this appendix.
- e. Manufacturers should provide information on the percent protein contained in the dry alternate protein product and on an as prepared basis.
- f. For an alternate protein product mix, manufacturers should provide information on:
 - (1) the amount by weight of dry alternate protein product in the package;
 - (2) hydration instructions; and
 - (3) instructions on how to combine the mix with meat or other meat alternates.