

Spring/Summer Menus

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Beef Shepard's Pie Roll/Bread Choice of Greens Choice of Fruit Milk *	Chicken Tetrizzini Side Salad Choice of Fruit Milk	Chef Salad Roll/Bread Choice of Fruit Milk *	Pizza Cup w/ Marinara Cottage Cheese Pizza Green Beans Choice of Fruit Milk	Chicken Burrito Refried Beans Stewed Tomatoes Choice of Fruit Milk
Week 2	Tuscan Grilled Cheese Bean Soup Cottage Cheese Cucumbers Choice of Fruit Milk	Beef Tamale Pie Side Salad Choice of Fruit Milk	Salmon Patties Orzo Pasta w/ Peas Cooked Broccoli Corn Choice of Fruit Milk *	BBQ Chicken Roll/Bread Baked Beans Cooked Carrots Choice of Fruit Milk *	Cheese Burger Baked Fries Choice of Fruit Milk
Week 3	Chicken Sandwich w/ Lettuce and Tomato Cauliflower Choice of Greens Choice of Fruit Milk	Chicken or Turkey ala King Rice Peas Choice of Fruit Milk *	Taco Salad w/ Salsa Refried Beans Corn Choice of Fruit Milk *	Hot Dog Baked Beans Cooked Carrots Raw Celery Choice of Fruit Milk	Swedish Meatballs Egg Noodles Green Beans Squash Choice of Fruit Milk
Week 4	Tuna Salad Sandwich Deviled Eggs Beets Choice of Fruit Milk *	Turkey or Beef Stroganoff Choice of Greens Choice of Fruit Milk	Meatball Madness Roll/Bread Green Beans Choice of Fruit Milk	Honey Lime Chicken Fried Rice Peas Carrots Choice of Fruit Milk *	Chicken Parmesan over Noodles Garlic Bread Side Salad Choice of Fruit Milk
Week 5	BBQ Chicken or Turkey Sandwich Broccoli Bites Baked Sweet Potatoes Choice of Fruit Milk	Beef or Pork Burrito Lima Beans or Beans Cooked Carrots Choice of Fruit Milk	Sweet and Sour Pork Rice Cauliflower Raw Peppers Choice of Fruit Milk *	Turkey and Dressing Supreme Green Beans Corn Choice of Fruit Milk	Oven Roasted Fish (Tilapia) Vegetable Rice Choice of Greens Choice of Fruit Milk *
Week 6	Burrito Bowl Marinated Black Bean Salad Choice of Fruit Milk *	Sweet and Sassy Chicken Rice Cooked Carrots Cabbage Choice of Fruit Milk *	Oven Fried Chicken Macaroni and Cheese Broccoli Corn Choice of Fruit Milk	Spaghetti and Meat Sauce Side Salad Choice of Fruit Milk	Pork Tenderloin/Chop Arroz con Queso Roll/Bread Mixed Vegetables Choice of Fruit Milk

Spring/Summer: Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Beef Shepard's Pie Roll/Bread Choice of Greens Choice of Fruit Milk *	Chicken Tetrzzini Side Salad Choice of Fruit Milk	Chef Salad Roll/Bread Choice of Fruit Milk *	Pizza Cup w/ Marinara Cottage Cheese Pizza Green Beans Choice of Fruit Milk	Chicken Burrito Refried Beans Stewed Tomatoes Choice of Fruit Milk

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring/Summer 1

Meal Component/Nutrient (per meal)	Day 1 Beef Shephard's Pie	Day 2 Chicken Tetrazzini	Day 3 Chef Salad	Day 4 Pizza Cup	Day 5 Chicken Burrito	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	<i>3 oz beef from recipe</i>	<i>3 oz chicken from recipe</i>	2 oz meat (turkey/ham) ½ boiled egg ½ oz shredded cheese	<i>1 oz from recipe</i> ½ cup cottage cheese	<i>2 oz from recipe</i> ½ cup refried beans (1/4 cup part vegetable)	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	1 oz whole wheat roll or bread	<i>1.5 oz from recipe</i>	1 oz whole wheat roll or bread	<i>2 oz from recipe</i>	<i>2 oz from recipe</i>	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: ½ Cup-Equivalent	<i>1 cup from Shephard's Pie recipe</i> ½ cup choice of greens	<i>½ cup from recipe</i> 1 cup side salad	1 ½ cup lettuce ½ cup mixed raw vegetables (examples: peppers, tomatoes, cucumbers, carrots, onions)	<i>¼+ from recipe</i> ¼ cup marinara sauce ½ cup pizza green beans	<i>1/8 cup from recipe + refried beans</i> ½ cup stewed tomatoes	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange ≥ 2-3 time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Dressing for side salad	Dressing for salad	Optional	Optional	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts	Preferred Day		Preferred Day			Dessert are recommended to be provided but are not required

No food components may be counted in two categories. Example: serving beans as a protein source cannot be counted as a vegetable.

Refer to OAA TITLE III Nutrition Services Operation Manual for additional information.

Notes (Substitutions): _____

Signature: _____

Date: _____

Printed Name: _____

Spring/Summer: Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 2	Tuscan Grilled Cheese Bean Soup Cottage Cheese Cucumbers Choice of Fruit Milk	Beef Tamale Pie Side Salad Choice of Fruit Milk	Salmon Patties Orzo Pasta w/ Peas Cooked Broccoli Corn Choice of Fruit Milk	BBQ Chicken Roll/Bread Baked Beans Cooked Carrots Choice of Fruit Milk	Cheese Burger Baked Fries Choice of Fruit Milk

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring/Summer 2

Meal Component/Nutrient (per meal)	Day 1 Tuscan Grilled Cheese & Bean Soup	Day 2 Beef Tamale Pie	Day 3 Salmon Patties	Day 4 BBQ Chicken	Day 5 Cheese Burger	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	<i>0.5 oz from sandwich recipe</i> <i>1 oz from soup recipe</i> <i>½ cup cottage cheese</i>	<i>3 oz from recipe</i>	<i>3.5 oz from recipe</i>	3 oz chicken breast or equivalent	2-3 oz beef patty 1 oz cheese	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤ 2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	<i>2 oz from recipe</i>	<i>2 oz from recipe</i>	1 oz Orzo pasta w/ peas	1 oz whole wheat roll or bread	2 oz hamburger bun	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: ½ Cup-Equivalent	<i>¼ cup from sandwich recipe</i> <i>3/8 from soup recipe</i> <i>½ seasoned cucumbers</i>	<i>¾ cup from recipe</i> 1 cup side salad	½ cup broccoli ½ cup corn	½ cup baked beans ½ cup cooked carrots	¼ cup lettuce and ¼ cup tomato for burger ½ cup baked fries	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥ 2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥ 2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Optional	Optional	Optional	Optional	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts			Preferred Day	Preferred Day		Dessert are recommended to be provided but are not required

No food components may be counted in two categories. Example: serving beans as a protein source cannot be counted as a vegetable.

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Spring/Summer: Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 3	Chicken Sandwich w/ Lettuce and Tomato Cauliflower Choice of Greens Choice of Fruit Milk	Chicken or Turkey ala King Rice Peas Choice of Fruit Milk *	Taco Salad w/ Salsa Refried Beans Corn Choice of Fruit Milk *	Hot Dog Baked Beans Coleslaw Cooked Carrots Choice of Fruit Milk	Swedish Meatballs Egg Noodles Green Beans Squash Choice of Fruit Milk

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring Summer 3

Meal Component/Nutrient (per meal)	Day 1 Chicken Sandwich	Day 2 Chicken or Turkey ala King	Day 3 Taco Salad	Day 4 Hot Dog	Day 5 Swedish Meatballs	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	3 oz chicken breast	3oz chicken or turkey	2 oz ground meat ¼ cup refried beans	1.5 oz hot dog w/ or w/o sauce ½ cup baked beans	6 – 0.5 oz meatballs	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	1 hamburger bun	½ cup cooked brown rice	1 oz from recipe	1 hot dog bun	1 cup egg noodles	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: ½ Cup-Equivalent	½ cup lettuce and tomato for sandwich ½ cup cauliflower ½ cup choice of greens	½ cup from recipe ½ cup peas	¾ cup from recipe ½ cup corn	½ cup coleslaw ½ cup cooked carrots	½ cup green beans ½ cup squash	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange ≥ 2-3 time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Optional	Sour cream and/or salsa	Optional	Optional	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts		Preferred Day	Preferred Day			Dessert are recommended to be provided but are not required

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Spring/Summer: Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 4	Tuna Salad Sandwich Deviled Eggs Beets Choice of Fruit Milk *	Turkey or Beef Stroganoff Choice of Greens Choice of Fruit Milk	Meatball Madness Roll/Bread Green Beans Choice of Fruit Milk	Honey Lime Chicken Fried Rice Peas Carrots Choice of Fruit Milk *	Chicken Parmesan over Noodles Garlic Bread Side Salad Choice of Fruit Milk

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring/Summer 4

Meal Component/Nutrient (per meal)	Day 1 Tuna Salad Sandwich	Day 2 Turkey or Beef Stroganoff	Day 3 Meatball Madness	Day 4 Honey Lime Chicken	Day 5 Chicken Parmesan	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	2.25 oz tuna 1 (2 pieces) deviled egg	3 oz ground meat	3 oz ground meat	2.5 oz chicken (3/4 cup fried rice also provides 1 oz meat/meat alternate)	3 oz chicken breast 1 oz mozzarella cheese	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤ 2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	1 hamburger bun	1 cup egg noodles	1 oz whole wheat roll/bread	3/4 cup fried rice	1 oz spaghetti noodles 1 oz garlic bread	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: 1/2 Cup-Equivalent	3/8 cup from recipe 2/3 cup cooked beets	3/8 cup from recipe 2/3 choice of greens	1.25 cups from recipe 1/2 cup green beans	1/2 cup peas 1/2 cup raw carrots	1/2 cup spaghetti sauce 1 cup side salad	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥ 2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Optional	Optional	Optional	Dressing for salad	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts	Preferred Day			Preferred Day		Dessert are recommended to be provided but are not required

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Spring Summer: Week 5

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 5	BBQ Chicken or Turkey Sandwich Broccoli Bites Baked Sweet Potatoes Choice of Fruit Milk	Beef or Pork Burrito Lima Beans or Beans Cooked Carrots Choice of Fruit Milk	Sweet and Sour Pork Rice Beans Raw Peppers Choice of Fruit Milk *	Turkey and Dressing Supreme Green Beans Corn Choice of Fruit Milk	Oven Roasted Fish (Tilapia) Vegetable Rice Choice of Greens Choice of Fruit Milk *

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring/Summer 5

Meal Component/Nutrient (per meal)	Day 1 BBQ Chicken or Turkey Sandwich	Day 2 Beef or Pork Burrito	Day 3 Sweet and Sour Pork	Day 4 Turkey and Dressing Supreme	Day 5 Oven Roasted Fish (Tilapia)	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	2 oz chicken or turkey (broccoli bites provide 1.5 oz meat/meat alternate)	1 oz ground beef or pork ½ cup choice of beans	3 oz pork	3 oz turkey	2 oz fish (rice vegetable provides 1 oz meat/meat alternate)	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	1 hamburger bun	<i>1.5 oz from recipe</i>	½ cup cooked rice	2 oz+ from recipe	1 oz rice vegetable recipe	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: ½ Cup-Equivalent	<i>¼ cup from recipe</i> ½ cup sweet potato 1 broccoli bite	<i>3/8 cup from recipe</i> 2/3 cup cooked carrots	<i>1/8+ cup from recipe</i> ½ cup choice of beans ½ cup raw peppers	<i>¼ cup from recipe</i> ½ cup green beans ½ cup corn	<i>5/8 cup from recipe -fish</i> <i>¼ cup from rice recipe</i> ½ cup choice of greens	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange ≥ 2-3 time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Optional	Optional	Optional	Optional	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts			Preferred Day		Preferred Day	Dessert are recommended to be provided but are not required

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Spring/Summer: Week 6

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 6	Burrito Bowl Marinated Black Bean Salad Choice of Fruit Milk	Sweet and Sassy Chicken Rice Cooked Carrots Cabbage Choice of Fruit Milk	Oven Fried Chicken Macaroni and Cheese Broccoli Corn Choice of Fruit Milk	Spaghetti and Meat Sauce Side Salad Choice of Fruit Milk	Pork Tenderloin/Chop Arroz con Queso Roll/Bread Mixed Vegetables Choice of Fruit Milk

Weekly Menu Worksheet

List the meal component/nutrient with the serving size in the spaces below.

Week Ending: Spring/Summer 6

Meal Component/Nutrient (per meal)	Day 1 Burrito Bowl	Day 2 Sweet and Sassy Chicken	Day 3 Oven Fried Chicken	Day 4 Spaghetti and Meat Sauce	Day 5 Pork Tenderloin or Pork Chop	Comments Mark the box <input type="checkbox"/> if the requirement was met
Protein sources A minimum 3 ounce edible portion serving	1.5 oz protein from recipe (marinated black bean salad provides 1.5 oz)	3 oz chicken breast	2.25 oz chicken (macaroni and cheese provide 1 oz meat/meat alternate)	3 oz ground meat	2-3 oz pork (Arroz con Queso provides 1.25 oz meat/meat alternate)	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium (≤ 2 per month) <input type="checkbox"/> Ground meat (≤ 2 times per week)
Grains, Bread or Alternate 1-2: One Ounce-Equivalent	1 oz from recipe	½ cup cooked rice	1 oz from recipe 1 (1 oz) piece macaroni and cheese	1.5 oz from recipe	¾ cup (0.5 oz) Arroz con Queso 1 oz whole wheat roll/bread	<input type="checkbox"/> Weekly total of 5-10 grains <input type="checkbox"/> 50% grains, whole grains Recommend 1 grain on days when serving starch vegetables
Vegetable 2-3: ½ Cup-Equivalent	5/8 from recipe ¾ cup marinated black bean salad (provides ½ cup of vegetables)	½ cup cooked carrots ½ cup cooked cabbage	½ cup corn ½ cup broccoli	¾ cup from recipe (red/orange) 1 cup side salad	¼ cup from recipe (rice) ¾ cup mixed vegetables	<input type="checkbox"/> Weekly total of ≥ 10 vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables ≥ 2 times per week <input type="checkbox"/> Dark green vegetables ≥ 1 time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) ≥ 1 time per week <input type="checkbox"/> Serving a variety of vegetables

Fruit 1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥ 2 times per week
Milk or Milk Alternates 1: One Cup- Equivalent	Milk	Milk	Milk	Milk	Milk	<input type="checkbox"/> Milk or milk alternate provided daily <input type="checkbox"/> Milk fortified with Vitamin A and D
Oils	Optional	Optional	Optional	Dressing	Optional	<input type="checkbox"/> Use of soft and liquid fats instead of solid fats <input type="checkbox"/> Baked, broil, steams or stew foods in place of frying <input type="checkbox"/> Condiments, when possible in low fat versions
Desserts	Preferred Day	Preferred Day				Dessert are recommended to be provided but are not required

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Signature: _____

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