

# Fall/Winter Menus

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Chili Con Carne w/ Beans Corn Bread Side Salad Choice of Fruit Milk	Chicken or Turkey Pot Pie Corn Choice of Fruit Milk	Pork Stir Fry Brown Rice Choice of Fruit Milk	Volcanic Meatloaf Roll/Bread Potatoes Au Gratin Brussel Sprouts Choice of Fruit Milk	Minestrone Soup Turkey Sandwich Peas Choice of Fruit Milk
Week 2	Chicken or Turkey and Noodles Carrots Cabbage Choice of Fruit Milk	Taco Soup w/ Cheese Crackers Corn Choice of Fruit Milk *	Kati-Kati Chicken Jollof Rice Sautéed Spinach w/ Tomatoes Cauliflower Choice of Fruit & Milk *	Breakfast Biscuit Hash Brown Cooked Apples Orange Juice Milk	Baked Fish Cuban Black Beans and Rice Side Salad Choice of Fruit Milk *
Week 3	Turkey and Beef Macaroni Cucumbers Choice of Fruit Milk	Cream of Potato Soup w/ Cheese Ham Slice Peas Choice of Fruit Milk	Beef Stew Roll/Bread Choice of Fruit Milk *	Beans Cornbread Choice of Greens Potatoes & Onions Choice of Fruit Milk	Chicken Alfredo Broccoli Carrots Choice of Fruit Milk
Week 4	Chicken or Turkey Tamale Pie Peas Cooked Carrots Choice of Fruit Milk *	Salisbury Steak Roll/Bread Mashed Potatoes Winter Greens Choice of Fruit Milk *	Tuna and Noodles Lima Beans Cabbage Choice of Fruit Milk	Chicken or Turkey Vegetable Soup Turkey Sandwich Celery Choice of Fruit Milk	Polish Sausage on Bun Sauerkraut Boiled Potatoes Baked Beans Choice of Fruit Milk
Week 5	Sloppy Joe w/ Cheese Carrots Side Salad Choice of Fruit Milk	Nachos w/ Chicken Refried Beans Tomato/Lettuce Mexican Corn Choice of Fruit Milk *	Beef Vegetable Soup Roast Beef Sandwich Peas Choice of Fruit Milk	White Bean Chicken Chili Corn Bread Spinach & Beets Choice of Fruit Milk *	Pork Chop/Tenderloin Roll/Bread Sweet Potato Coleslaw Choice of Fruit Milk *
Week 6	Lasagna w/ Ground Turkey Garlic Bread Side Salad Choice of Fruit Milk – Peanut Butter Pie	Chicken Rice Soup Roll/Bread/Crackers Brussel Sprouts Raw Vegetable Mix Choice of Fruit Milk	Tuna Cakes Rice Broccoli Cauliflower Choice of Fruit Milk *	Beef Stir Fry Noodles or Rice Peas Choice of Fruit Milk	Pepperoni Roll Cottage Cheese Marinara Sauce Pizza Green Beans&Corn Choice of Fruit Milk

Fall/Winter: Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Chili Con Corne w/ Beans Corn Bread Side Salad Choice of Fruit Milk	Chicken or Turkey Pot Pie Corn Choice of Fruit Milk	Pork Stir Fry Brown Rice Choice of Fruit Milk	Volcanic Meatloaf Roll/Bread Potatoes Au Gratin Brussel Sprouts Choice of Fruit Milk	Minestrone Soup Turkey Sandwich Choice of Fruit Milk

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 1

Meal Component/Nutrient (per meal)	Day 1 Chili con Carne with Beans	Day 2 Chicken or Turkey Pot Pie	Day 3 Pork Stir Fry	Day 4 Volcanic Meatloaf	Day 5 Minestrone Soup & Turkey Sandwich	Comments Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum 3 ounce edible portion serving	3 oz protein from recipe	3 oz from recipe	4 oz from recipe	3 oz from recipe	2 oz turkey  1 oz cheese	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium ( $\leq 2$ per month) <input type="checkbox"/> Ground meat ( $\leq 2$ times per week)
<b>Grains, Bread or Alternate</b>  1-2: One Ounce-Equivalent	2" cube corn bread	2 oz from recipe	1 cup cooked rice	1 oz whole wheat roll/bread	2 slices whole wheat 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
<b>Vegetable</b>  2-3: ½ Cup-Equivalent	½+ cup from recipe (red/orange)  1 cup side salad	3/8 cup from recipe  2/3 cup corn	1 cup from recipe (1/2 cup red/orange - ¼ cup dark green - ¼ cup other)	1-piece Potatoes Au gratin (1/2 cup vegetable)  ½ cup brussels sprouts	1 cup bean soup (1/2 cup vegetable)  ½ cup lettuce and tomato (for sandwich)	<input type="checkbox"/> Weekly total of $\geq 10$ vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week <input type="checkbox"/> Dark green vegetables $\geq 1$ time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) $\geq 1$ time per week <input type="checkbox"/> Serving a variety of vegetables

<b>Fruit</b>  <b>1-2:</b> 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
<b>Milk or Milk Alternates</b>  <b>1:</b> 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
<b>Oils</b>	Dressing for salad	Optional	Optional	Optional	Condiments for sandwich	<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
<b>Desserts</b>	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.

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Fall/Winter: Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 2	Chicken or Turkey and Noodles Carrots Cabbage Choice of Fruit Milk	Taco Soup w/ Cheese Crackers Corn Choice of Fruit Milk	Kati-Kati Chicken Jollof Rice Sautéed Spinach w/ Tomatoes Cauliflower Choice of Fruit & Milk *	Breakfast Biscuit Hash Brown Cooked Apples Orange Juice Milk	Baked Fish Cuban Black Beans and Rice Side Salad Choice of Fruit Milk *

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 2

<b>Meal Component/Nutrient</b> (per meal)	<b>Day 1</b> Chicken or Turkey and Noodles	<b>Day 2</b> Taco Soup	<b>Day 3</b> Kati-Kati Chicken	<b>Day 4</b> Breakfast Biscuit	<b>Day 5</b> Baked Fish	<b>Comments</b> Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum <b>3 ounce</b> edible portion serving	3 oz from recipe	2 oz from recipe  1 oz shredded cheese	3 oz chicken breast	1 oz sausage patty  1 oz cheese  1 oz egg	2-3 oz fish of choice – seasoned	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium ( $\leq 2$ per month) <input type="checkbox"/> Ground meat ( $\leq 2$ times per week)
<b>Grains, Bread or Alternate</b>  1-2: One Ounce-Equivalent	1.5 oz from recipe	1 oz crackers/corn bread/other	½ cup Jollof rice	1 oz biscuit	½ cup rice from 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
<b>Vegetable</b>  2-3: ½ Cup-Equivalent	1/8+ cup from recipe  ½ cup raw carrots  ½ cup cooked cabbage	½ cup from recipe (¼ cup red/orange and ¼ cup other)  ½ cup corn	¼ cup from rice recipe (1/8 cup red/orange and 1/8 cup other)  1/3 cup sautéed spinach with tomatoes  ½ cup cauliflower	1 oz hash brown or ½ cup cooked potatoes	2/3 cup Cuban Black Beans  1 cup side salad	<input type="checkbox"/> Weekly total of $\geq 10$ vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week <input type="checkbox"/> Dark green vegetables $\geq 1$ time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) $\geq 1$ time per week <input type="checkbox"/> Serving a variety of vegetables

<b>Fruit</b>  1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	½ cup cooked apples  ¾ cup orange juice	Choice of fruit	<input type="checkbox"/> Weekly total of ≥ 5 fruits <input type="checkbox"/> Raw or fresh fruits or vegetables ≥2 times per week
<b>Milk or Milk Alternates</b>  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
<b>Oils</b>	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
<b>Desserts</b>		Preferred Day	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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Fall/Winter: Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 3	Turkey and Beef Macaroni Cucumbers Choice of Fruit Milk	Cream of Potato Soup w/ Cheese Ham Slice Peas Choice of Fruit Milk	Beef Stew Roll/Bread Choice of Fruit Milk	Beans Cornbread Choice of Greens Potatoes & Onions Choice of Fruit Milk	Chicken Alfredo Broccoli Carrots Choice of Fruit Milk

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 3

Meal Component/Nutrient (per meal)	Day 1 Turkey and Beef Macaroni	Day 2 Cream of Potato Soup and Ham	Day 3 Beef Stew	Day 4 Beans and Cornbread	Day 5 Chicken Alfredo	Comments Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum <b>3 ounce</b> edible portion serving	<i>3 oz from recipe</i>	2-3 oz ham slice  1 oz shredded cheese (for soup)	<i>3 oz from recipe</i>	1 ½ bean soup of choice	3 oz chicken	<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)
<b>Grains, Bread or Alternate</b>  <b>1-2:</b> One Ounce-Equivalent	<i>1.5 oz from recipe</i>	1 oz whole wheat crackers/roll/bread	2" cube corn bread or 1oz whole wheat crackers/roll/bread	2" cube corn bread or 1oz whole wheat crackers/roll/bread	1 cup 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
<b>Vegetable</b>  <b>2-3:</b> ½ Cup-Equivalent	<i>¾ cup from recipe (red/orange)</i>  ½ cup cucumbers	<i>½ cup from soup recipe</i>  ½ cup peas	<i>1 cup from recipe</i>	½ cup choice of greens  ½ cup cooked potatoes and onions	½ cup cooked broccoli  ½ cooked carrots	<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

<b>Fruit</b>  1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of raw 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
<b>Milk or Milk Alternates</b>  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
<b>Oils</b>	Optional	Optional	Optional	Optional	Alfredo sauce for noodles	<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
<b>Desserts</b>			Preferred Day			Dessert are recommended to be provided but are not required

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Fall/Winter: Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 4	Chicken or Turkey Tamale Pie Peas Cooked Carrots Choice of Fruit Milk *	Salisbury Steak Roll/Bread Mashed Potatoes Winter Greens Choice of Fruit Milk *	Tuna and Noodles Lima Beans Cabbage Choice of Fruit Milk	Chicken or Turkey Vegetable Soup Turkey Sandwich Celery Choice of Fruit Milk	Polish Sausage on Bun Sauerkraut Boiled Potatoes Baked Beans Choice of Fruit Milk

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 4

Meal Component/Nutrient (per meal)	Day 1 Chicken or Turkey Tamale Pie	Day 2 Salisbury Steak	Day 3 Tuna and Noodles	Day 4 Chicken or Turkey Veg Soup	Day 5 Polish Sausage	Comments Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum <b>3 ounce</b> edible portion serving	<i>2 oz from recipe</i>  ½ cup peas or beans	<i>3 oz from recipe</i>	3 oz from recipe	0.5 from soup recipe  2 oz turkey  1 oz cheese	1 polish sausage  ½ cup baked beans	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium ( $\leq 2$ per month) <input type="checkbox"/> Ground meat ( $\leq 2$ times per week)
<b>Grains, Bread or Alternate</b>  1-2: One Ounce-Equivalent	<i>1 oz from recipe</i>	1 oz whole wheat roll/bread	<i>1.5 oz from recipe</i>	2 slices whole wheat bread	1 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
<b>Vegetable</b>  2-3: ½ Cup-Equivalent	<i>½ cup from recipe (1/4 cup red/orange and ¼ cup other)</i>  ½ cup cooked carrots	½ cup mashed potatoes  ½ cup winter greens	<i>1/8+ cup from recipe</i>  ½ cup lima beans  ½ cup cooked cabbage	<i>½ cup from soup (1/8 cup red/orange and 3/8 other)</i>  ½ raw celery sticks	½ cup boiled potatoes  ½ cup sauerkraut	<input type="checkbox"/> Weekly total of $\geq 10$ vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week <input type="checkbox"/> Dark green vegetables $\geq 1$ time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) $\geq 1$ time per week <input type="checkbox"/> Serving a variety of vegetables

<b>Fruit</b>  1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of raw fruit	<input type="checkbox"/> Weekly total of $\geq 5$ fruits <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week
<b>Milk or Milk Alternates</b>  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
<b>Oils</b>	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
<b>Desserts</b>	Preferred Day	Preferred Day				Dessert are recommended to be provided but are not required

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Fall/Winter: Week 5

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 5	Sloppy Joe w/ Cheese Carrots Side Salad Choice of Fruit Milk	Nachos w/ Chicken Refried Beans Tomato/Lettuce Mexican Corn Choice of Fruit Milk *	Beef Vegetable Soup Roast Beef Sandwich Peas Choice of Fruit Milk	White Bean Chicken Chili Corn Bread Spinach & Beets Choice of Fruit Milk *	Pork Chop/Tenderloin Roll/Bread Sweet Potato Coleslaw Choice of Fruit Milk *

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 5

Meal Component/Nutrient (per meal)	Day 1 Sloppy Joe	Day 2 Nachos with Chicken	Day 3 Beef Vegetable Soup and Sandwich	Day 4 White Bean Chicken Chili	Day 5 Pork Tenderloin or Chop	Comments Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum 3 ounce edible portion serving	2 oz from recipe  1 oz shredded cheese (for salad or sloppy joe)	3 oz from recipe	0.5 oz from soup recipe  2 oz roast beef  1 oz cheese	3 oz from recipe	3 oz seasoned pork	<input type="checkbox"/> At least 1 whole meat <input type="checkbox"/> Seafood <input type="checkbox"/> Limit high fat/high sodium ( $\leq 2$ per month) <input type="checkbox"/> Ground meat ( $\leq 2$ times per week)
<b>Grains, Bread or Alternate</b>  1-2: One Ounce-Equivalent	1 hamburger bun	1 oz nachos from recipe	2 slices whole wheat bread	2" cube corn bread	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
<b>Vegetable</b>  2-3: ½ Cup-Equivalent	¼ cup from recipe (1/8 cup red/orange and 1/8 cup other)  1 cup side salad	¼ cup Pico De Gallo  ¼ cup shredded lettuce  ¼ cup Mexican corn	½ cup from soup recipe (1/8 cup red/orange and 3/8 cup other)  ½ cup peas	½ cup choice of greens  ½ cup beets	½ cup quick baked sweet potatoes  ½ cup coleslaw	<input type="checkbox"/> Weekly total of $\geq 10$ vegetables <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week <input type="checkbox"/> Dark green vegetables $\geq 1$ time per week <input type="checkbox"/> Red and orange $\geq 2-3$ time per week <input type="checkbox"/> Legumes (bean & peas) $\geq 1$ time per week <input type="checkbox"/> Serving a variety of vegetables

<b>Fruit</b>  1-2: ½ Cup- Equivalent	Choice of fruit	Choice of fruit (must be ¾ cup or greater)	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
<b>Milk or Milk Alternates</b>  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
<b>Oils</b>	Dressing for salad	Sour cream and/or salsa	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
<b>Desserts</b>		Preferred Day		Preferred Day	Preferred Day	Dessert are recommended to be provided but are not required

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Fall/Winter: Week 6

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 6	Lasagna w/ Ground Turkey Garlic Bread Side Salad Choice of Fruit Milk – Peanut Butter Pie	Chicken Rice Soup Roll/Bread/Crackers Brussel Sprouts Raw Vegetable Mix Choice of Fruit Milk	Tuna Cakes Rice Broccoli Cauliflower Choice of Fruit Milk	Beef Stir Fry Noodles or Rice Peas Choice of Fruit Milk	Pepperoni Roll Cottage Cheese Marinara Sauce Pizza Green Beans&Corn Choice of Fruit Milk

# Weekly Menu Worksheet

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

Week Ending: Fall/Winter 6

Meal Component/Nutrient (per meal)	Day 1 Lasagna w/ Ground Turkey	Day 2 Chicken or Turkey Rice Soup	Day 3 Tuna Cakes	Day 4 Beef Stir Fry	Day 5 2 Pepperoni Rolls	Comments Mark the box <input type="checkbox"/> if the requirement was met
<b>Protein sources</b>  A minimum 3 ounce edible portion serving	1.75 from lasagna recipe  2 oz from peanut butter pie recipe	1.25 oz from recipe  2 oz chicken or turkey breast with choice of season	3.5 oz from recipe (us same recipe as salmon patties but sub tuna)	3 oz from recipe	2 oz from recipe  ½ cup cottage 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)
<b>Grains, Bread or Alternate</b>  1-2: One Ounce-Equivalent	1 oz grain from lasagna recipe  1 oz garlic bread	0.5 oz from soup recipe  1 oz whole wheat crackers/roll/bread	½ cup cooked rice	1 oz noodles or rice	2 oz from 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
<b>Vegetable</b>  2-3: ½ Cup-Equivalent	¾ cup from recipe (5/8 cup red/orange and 2/8 other)  1 cup side salad	3/8 vegetable from recipe  ½ cup Brussel sprouts  ¼- ½ cup raw mixed vegetables of choice	½ cup broccoli  ½ cup cauliflower	3/4 cup from recipe  ½ cup peas or lima beans	¼ cup marinara sauce  ½ cup pizza green beans  ½ cup corn	<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

<b>Fruit</b>  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 $\geq 5$ fruits <input type="checkbox"/> Raw or fresh fruits or vegetables $\geq 2$ times per week
<b>Milk or Milk Alternates</b>  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
<b>Oils</b>	Dressing for salad	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
<b>Desserts</b>			Preferred Day			Dessert are recommended to be provided but are not required

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