

SFSP Five Day Lunch Menu Planning Template

Components (Serve all 4)	Minimum Per Day	Notes & Best Practices	†Non-Creditable*
Fluid Milk (Whole, reduced fat, low-fat, fat free)	1 cup (½ pint, 8 fluid ounces)	Milk served as a beverage. Must be pasteurized. Can be shelf stable and served chilled. - Recommend two or more choices daily to increase participation. May include: - Unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-free or lactose-reduced milk, or acidophilus milk. Best Practice: offer 2 or more choices from fat free and low-fat options. ✓ Fat-free or low-fat (1% fat content) is recommended for age 2 and older.	“Dairy beverage” “Milk drink” - Chocolate drink - Milkshakes
Fruits, Vegetables, 100% Juices	¾ cup Total (from 2 or more items)	Any combination of fruits(s), vegetable(s), and 100% juices but must serve two or more different fruit/vegetable items and 100% juice portion credit is limited in program Lunch/Supper meals. - Vegetable(s) and fruit(s) can be fresh, frozen, canned, dried, or prepared from dehydrated. Best Practice: plan meals with both fruits and vegetables offered (i.e., ¾ cup fruit cup + ¾ cup vegetable) 100% juice may can only be counted for <u>one-half</u> of the portion requirement (50 percent of ¾ cup) ✓ Example: 4 oz. juice = ¾ c. credit, 6 oz. juice = ¾ c., 8 oz. juice = ¾ c. credit + ¾ cup non-juice item.	“Fruit drinks” “Fruit beverages” - Juice cocktails “Fruit snacks” “Veggie Straws”
Grains, Breads, Pastas, Rice	1 slice or 1 serving	Creditable grains and breads must be whole grain, whole grain-rich or enriched, or made from whole grain or enriched flour or meal. Best Practice: offer whole grain choices daily. One serving or more from items such as: - Sliced bread, buns, or rolls (25 grams or 0.9 oz.) - Biscuits or tortillas/wraps (25 grams or 0.9 oz.) - Tortilla and corn chips (0.7 oz) - Cornbread (31 grams or 1.1 oz.) - Cooked pasta, noodles, brown or white rice (1/2 cup cooked)	- Potato chips - Potatoes - Popcorn “Veggie Straws”
Meats Meat Alternates	2 oz. eq.	Meat/meat alternate items must offer 2 oz. equivalent portions with: - Contribution in ounce equivalent (oz. eq.) for the cooked or edible portion amount from lean meats/poultry/fish. ✓ Consider the yield factor: 1.36 oz. raw ground beef (no more than 20% fat) yields 1 oz. <u>cooked</u> beef and credits for 1 oz. eq. M/MA. Plan about 2.75 oz raw beef/beef patty for 2 oz eq. M/MA. - Can serve nuts/seeds for the first 1 oz. eq. but the second 1 oz. eq. M/MA requirement must be from another source. - The following amounts of <u>deli meat</u> credit as 2 oz. eq. M/MA: ✓ 3.4 oz. USDA Foods/commodity turkey ham ✓ 2.2 oz. USDA Foods/commercial pork ham with 15% added water. Check USDA Food Buying Guide for more information for higher percentages of added water products. The following amounts of <u>meat alternates</u> credit as 2 oz. eq. M/MA: 2 oz. natural cheese by weight. (Best Practice: look for low or reduced fat and/or reduced sodium options) ✓ Note for shredded cheese, a 1/4 cup portion equals 1 oz. eq. and 1/2 cup equals 2 oz. eq. 1/2 cup of cottage cheese 1 large egg 1/2 cup of mature beans, dried peas, lentils, or legumes (i.e., kidney, black, chickpea, refried beans, baked beans) 8 ounces/ 1 cup of yogurt (all types)	- Bacon~ - Cream cheese~ - Imitation cheese (main ingredient is oil) - Peanut butter spread (less than 90% peanuts) - Sweet Peas (starchy) ~High fat/low protein

Creditable – a food item that meets program requirements as a reimbursable meal component that is allowed for “credit” toward meeting one of the required meal or snack components necessary to meet the minimum portion sizes.

†Non-creditable - a food or food item, such as condiment, sauce, topping, dressing, etc., or low nutrient dense food, such as bacon, cream cheese, cheese sauce, juice drinks, etc., that is not allowed for service and “credit” toward meeting one of the required meal or snack components, but is allowed for service to complement or enhance the reimbursable meal or snack.

*This list is not exhaustive, please see the USDA Food Buying Guide for more information.

For Submission to State Agency

If your sponsorship would like to have your menu plans reviewed for approval by a Registered Dietitian for adequate Components and acceptable products, please contact your FNW Program Eligibility Specialist for more information.

Abbreviations: oz. eq. = ounce equivalent, WG = whole grain, WGR = whole grain-rich, M/MA = meat/meat alternate

FDACS Updated 3/2022

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Sponsor #	Sponsor Name	Contact Name

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Ham & Cheese Pinwheels	Chicken Salad w/Crackers	Italian Sub	Ham & Cheese Wraps	Pita Pockets
Meats Meat Alternates Minimum: 2 oz. eq. per day	Item	Ham and Swiss Cheese Pinwheels	Chicken Salad	Italian Sub (Mozzarella Cheese, Pepperoni, Turkey)	Ham & American Cheese Wrap	Tuna or Chicken Salad Pita Pocket
	Portion size or wt.	1.25 oz./1 oz.	3 oz. Chicken (CN)	½ oz., 1 oz., 1 oz.	1.25 oz./1 oz.	½ cup = 2 oz.
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.
Grains Breads Pasta Rice Minimum: 1 serving per day	Item	WG Tortilla Wrap	Crackers	Sub Bun	WG Tortilla Wrap	½ Large Pita
	Portion	1.8 oz	1 oz.	2.5 oz	1.8 oz	1.5 oz.
	Contribution (servings)	2 servings	1.25 servings	2.75 servings	2 servings	1.5 servings
	2 nd Item if planned					
	Portion					
	Contribution (servings)					
Fruits Vegetables 100% Juices Minimum: ¾ cup per day	Item	Fresh Broccoli Florets	Garden Salad	Cucumber Coins	Baby Carrots	Garden Salad
	Portion in cups	½ cup	1 cup	¼ cup	3/8 cup (1.6 oz. wt.)	½ cup
	2 nd Item if planned	Red Apple	Raisins	Diced Pears	Fruit Cocktail	Fresh Plum
	Portion in cups	½ cup	¼ cup	½ cup	½ cup	¼ cup
	3 rd Item if planned					
	Portion in cups					
Other Foods/ Condiments	Item	Light Ranch Dressing	Light Salad Dressing	Light Mayo	Light Ranch Dressing	Light Salad Dressing
	Portion size	1 TBSP	2 TBSP	1 tsp.	1 TBSP	1 TBSP

Daily Milk		White	Chocolate	Strawberry	Other (specify)
	Fat Content	Low-fat	Fat-free		
	Fluid oz.	8 fl. oz	8 fl. oz.		

Notes

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Sponsor #	Sponsor Name	Contact Name

		Day 6	Day 7	Day 8	Day 9	Day 10
COMPONENTS ↓	MENU NAME →	Yogurt & PB Muffin	Southwest Wrap	Chef Salad w/Crackers	Chicken Bacon Ranch	Pizza Dippers
Meats Meat Alternates Minimum: 2 oz. eq. per day	Item	Low-fat Yogurt	Southwest Wrap (Black Beans/Cheddar)	Chef Salad Ham, Egg, Shredded Cheese	Chicken Bacon Ranch Sandwich	String Cheese
	Portion size or wt.	4 oz. or ½ cup	¼ cup/1 oz.	1 oz., ½ large hard boiled, ½ oz.	3 oz. deli chicken	1 oz.
	Contribution (oz. eq.)	1 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.
	Item	Peanut Butter				Turkey Pepperoni
	Portion size or wt.	2 TBSP				1 oz.
	Contribution (oz. eq.)	1 oz. eq.				1 oz. eq.
Grains Breads Pasta Rice Minimum: 1 serving per day	Item	WG English Muffin	WG Tortilla Wrap	Snack Crackers	WG Hamburger Bun	Soft Garlic Breadstick
	Portion	1.8 oz.	1.8 oz.	0.7 oz.	1.8 oz.	1.5 oz.
	Contribution (servings)	2 servings	2 servings	1 serving	2 servings	1.5 servings
Fruits Vegetables 100% Juices Minimum: ¾ cup per day	Item	Fresh Cauliflower	Salsa	Lettuce Mix	Fresh Broccoli Florets	Green Salad
	Portion in cups	½ cup	¼ cup	1 cup	½ cup	½ cup
	2 nd Item if planned	Strawberry Cup	Green & Purple Grapes	Fresh Banana Half	Pineapple	Orange Slices
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
	3 rd Item if planned				Lettuce & Tomato	
	Portion in cups				¼ cup	
Other Foods/ Condiments	Item	Light Ranch Dressing	Light Sour Cream	Light Salad Dressing	Bacon, Light Ranch Dressing	Marinara Sauce
	Portion size	1 TBSP	1 oz.	2 TBSP	1 slice, 1 TBSP	2 TBSP

Daily Milk		White	Chocolate	Strawberry	Other (specify)
	Fat Content	Low-fat	Fat-free		
	Fluid oz.	8 fl. oz	8 fl. oz.		

Notes
