

The Traditional Food-Based Menu Planning Approach

Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering four food items from the following food components: vegetables and/or fruits; milk; and two servings of meat/meat alternate, two servings of grains/breads OR one serving of each of these components. Minimum portion sizes are established by ages and grade groups

Food Components and Food Items	Ages 1-2	Ages 3, 4, and 5
MILK (fluid) as a beverage, on cereal or both	4 fluid ounces	6 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup
Select one serving from each of the following components, two from one component, or an equivalent combination:		
GRAINS/BREADS:		
<ul style="list-style-type: none"> • Whole-grain or enriched bread 	½ slice	½ slice
<ul style="list-style-type: none"> • Whole-grain or enriched biscuit, roll, muffin, etc. 	½ serving	½ serving
<ul style="list-style-type: none"> • Whole-grain, enriched or fortified cereal 	¼ cup or 1/3 ounce	1/3 cup or ½ ounce
MEAT OR MEAT ALTERNATES:		
<ul style="list-style-type: none"> • Meat/poultry or fish 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Alternate protein products^a 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Cheese 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Large egg 	½	½
<ul style="list-style-type: none"> • Peanut butter or other nut or seed butters 	1 Tablespoon	1 Tablespoon
<ul style="list-style-type: none"> • Cooked dry beans and peas 	2 Tablespoons	2 Tablespoons
<ul style="list-style-type: none"> • Nuts and/or seeds (as listed in program guidance)^b 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Yogurt, plain or flavored, unsweetened or sweetened 	2 ounces or ¼ cup	2 ounces or ¼ cup

^a Must meet the requirements in appendix A of 7 CFR 210.

^b No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Traditional Food-Based Menu Planning Approach is designed to meet nutritional standards set forth in program regulations.

The Enhanced Food-Based Menu Planning Approach

The Enhanced Food-Based Menu Planning Approach uses the same meal pattern and age groups as the Traditional Food-Based Menu Planning Approach.

Food Components and Food Items	Ages 1-2	Preschool
MILK (fluid) (as a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup
Select one serving from each of the following components, two from one component or an equivalent combination:		
GRAINS/BREADS:		
<ul style="list-style-type: none"> • Whole-grain or enriched bread 	½ slice	½ slice
<ul style="list-style-type: none"> • Whole-grain or enriched biscuit, roll, muffin, etc. 	½ serving	½ serving
<ul style="list-style-type: none"> • Whole-grain, enriched or fortified cereal 	¼ cup or 1/3 ounce	1/3 cup or ½ ounce
MEAT OR MEAT ALTERNATES:		
<ul style="list-style-type: none"> • Meat/poultry or fish 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Alternate protein products^a 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Cheese 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Large egg 	½	½
<ul style="list-style-type: none"> • Peanut butter or other nut or seed butters 	1 Tablespoon	1 Tablespoon
<ul style="list-style-type: none"> • Cooked dry beans and peas 	2 Tablespoons	2 Tablespoons
<ul style="list-style-type: none"> • Nuts and/or seeds (as listed in program guidance)^b 	½ ounce	½ ounce
<ul style="list-style-type: none"> • Yogurt, plain or flavored, unsweetened or sweetened 	2 ounces or ¼ cup	2 ounces or ¼ cup

^a Must meet the requirements in appendix A of 7 CFR 210.

^b No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Enhanced Food Based Menu Planning Approach is designed to meet the nutritional set forth in program regulations.

The Nutrient Standard Menu Planning Approach

Nutrient Standard Menu Planning (sometimes called “NuMenus”) is a computer based menu planning system that uses approved computer software to analyze the specific nutrient content of menu items automatically while menus are being planned. It is designed to assist menu planners in choosing food items that create nutritious meals and meet the nutrient standards.

The Assisted Nutrient Standard Menu Planning

Assisted Nutrient Standard Menu Planning (sometimes called “Assisted NuMenus”) is a variation of Nutrient Standard Menu Planning. It is for schools that lack the technical resources to conduct nutrient analysis themselves. Instead, schools have an outside source, such as another school district, State agency or a consultant, plan and analyze a menu based on local needs and preferences. The outside source also provides schools with recipes and product specifications to support the menus. The menus and analyses are periodically updated to reflect any changes in the menu or student selection patterns.

Here are the required minimums for nutrients and calories for these nutrient standard menu planning approaches:

Nutrients and Energy Allowances	Preschool
Energy allowances (calories)	388
Total fat (as a percentage of actual total food energy)	^a
Saturated fat (as a percentage of actual total food energy)	^a
RDA for protein (g)	5
RDA for calcium (mg)	200
RDA for iron (mg)	2.5
RDA for Vitamin A (RE)	113
RDA for Vitamin C (mg)	11
^a The Dietary Guidelines recommend that after 2 years of age “...children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat.”	