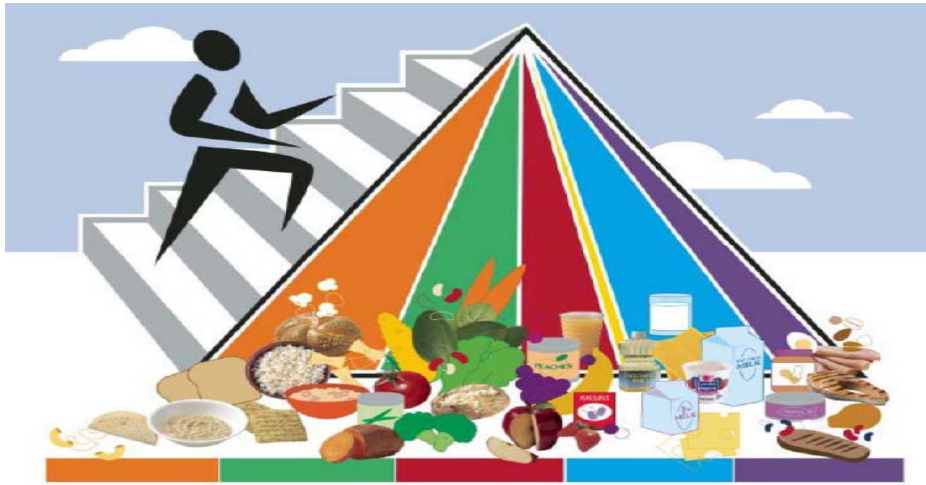


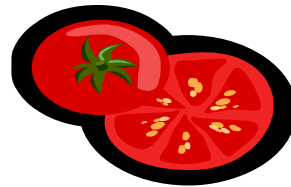
HARBORFIELDS

CSD



Traditional Menu Planning and Guidelines

- * Increase Whole Grains
- * Increase Fruits and Vegetables
- * Serve only Low-fat/Non-fat Dairy
- * Reduce Sodium
- * Increase Fiber
- * Reduce Cholesterol
- * Minimize Trans-Fats

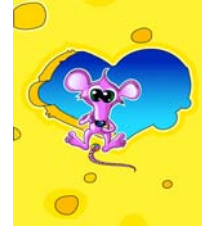


Menu Planning for School Meals

Food Based Lunch Menu Plan Identifies minimum serving portions:
Milk: Meat/Meat Alternate: Vegetables/Fruits; Grains/Breads



Meal Pattern Components



Milk; Calcium; Protein; B Vitamins

Must offer fluid milk in a variety of fat contents at lunch
(2 types at a minimum, any flavor: for example
Non-Fat Chocolate-----1% White

Meat / Meat Alternate Protein; Iron

Lean meat, Poultry or Fish
Cheese/Yogurt/Eggs
Cooked Dry Beans or Peas
Peanut Butter
Nuts or Seeds



Vegetables/Fruits Vitamins A & C; Fiber

Veggies & Fruits
Fresh, Frozen, Dried or Canned



Grains/Breads Iron; Fiber; Energy

Must offer at least 1 grain/bread serving every day
Good opportunity to add in whole grains!



must meet the Dietary Guidelines for Americans. All menu planning systems

including the one we use, Traditional, are designed to provide students with

approximat one-quarte for breakfast and one-third for lunch of the key nutrients

and calories as prescribed in the Recommended Dietary Allowances (RDA).