**Tips on Creating a Menu**

 Use Word document, or Nutrition Analysis Menu Master for submitting menus for review to: constancer@ncnmedd.com. If any changes are needed to your menu to meet the nutrient requirements, they will be done during the menu review. Menus are reviewed on a first come, first serve basis so please try to turn them in at least 3 months prior to when you will need to use them. During the menu review, we will first check to see that the below required meal pattern has been followed. So when developing your menus, try to follow the required meal pattern to prevent too many changes to your menu.

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Standard Meal Pattern:

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| LUNCH MEAL PATTERN | GUIDE FOR WHAT COUNTS AS A SERVING |
| MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate required | 3 oz Meat / Cheese 1oz Meat = 1oz. Cheese OR 1/4c Cooked Beans OR 1 Medium Egg OR 2T Peanut/Soy/Nut Butter OR 1/4 cup Cottage Cheese OR 1/3 cup Nuts OR 1/4 cup Tofu OR 1/2 cup Yogurt 2 oz Meat = 1/2 cup Cooked Beans 3oz Meat = 3/4 cup Cooked Beans |
| VEGETABLES Two (1/2 cup) servings of vegetables required (cooked) or 1 cup raw (salad)  | 1 cup Vegetables (Starchy or Non-starchy) 1 Serving = 1/2 cup Vegetables or 1/2 cup Vegetable Juice or 3/4 cup. Tomato Soup |
| FRUITOne (1/2 cup) serving of fruit a minimum of 3 times per week | 1/2 cup fruit or 1 med size piece of fruit or 1/2 cup juice |
| BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed) | Need at least 1 Servings of Whole Grains, Enriched Bread or Bread Alternate \*\* Starchy Vegetables Don't Count\*\* 1 Serving = 1/2 cup pasta, 1/2 cup rice, 1/2 cup cooked cereal, 3/4 cup (1oz) cold cereal, 1oz / 1 Sl bread, 1 oz roll, 2 1/2" biscuit, 6" tortilla, 4" square waffle, 1/2 bun/bagel/English muffin, 4-6 (1oz) wheat crackers, 6 round crackers, 6 Saltine crackers, 8 animal crackers, 3 (2 1/2" square) graham crackers, 2" x 2" cornbread, 1/2 cup croutons, 4" across pancake, 1/2 (6" across) pita, 2 (4" across) rice cakes, 2.5 oz dumpling, 1oz. fry bread, 1/2 cup masa, 1 - 6" tortilla, 1oz pretzels / tortilla Chips |
| LOW FAT MILK 8 oz. (1 cup or 1/2 pint) of milk or equivalent | 1 cup Milk / Soy Milk / Almond Milk / Rice Milk |
| DESSERT One (1/2 cup) serving dessert on days fruit isn't served | 1/2 cup serving of dessert required on days fruit isn't served |
| FAT 1 teaspoon fat | 1 teaspoon of salad dressing / sauce / gravy / butter / margarine / etc. |

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| **BREAKFAST MEAL PATTERN** | GUIDE FOR WHAT COUNTS AS A SERVING |
| MEAT OR ALTERNATE When served without a lunch include 1oz of meat or meat alternate | 3 oz Meat / Cheese 1oz Meat = 1oz. Cheese OR 1/4c Cooked Beans OR 1 Medium Egg OR 2T Peanut/Soy/Nut Butter OR 1/4 cup Cottage Cheese OR 1/3 cup Nuts OR 1/4 cup Tofu OR 1/2 cup Yogurt 2 oz Meat = 1/2 cup Cooked Beans 3oz Meat = 3/4 cup Cooked Beans |
| VEGETABLES Two (1/2 cup) servings of vegetables required | 1 cup Vegetables (Starchy or Non-starchy) 1 Serving = 1/2 cup Vegetables or 1/2 cup Vegetable Juice or 3/4 cup. Tomato Soup |
| FRUITOne (1/2 cup) serving of fruit a minimum of t3 times per week | 1/2 cup fruit or 1 med size piece of fruit or 1/2 cup juice |
| BREADS OR ALTERNATESTwo or more servings of bread (whole grain desirable, enriched or bread alternate allowed) | Need at least 1 Servings of Whole Grains, Enriched Bread or Bread Alternate \*\* Starchy Vegetables Don't Count\*\* 1 Serving = 1/2 cup pasta, 1/2 cup rice, 1/2 cup cooked cereal, 3/4 cup (1oz) cold cereal, 1oz / 1 Sl bread, 1 oz roll, 2 1/2" biscuit, 6" tortilla, 4" square waffle, 1/2 bun/bagel/English muffin, 4-6 (1oz) wheat crackers, 6 round crackers, 6 Saltine crackers, 8 animal crackers, 3 (2 1/2" square) graham crackers, 2" x 2" cornbread, 1/2 cup croutons, 4" across pancake, 1/2 (6" across) pita, 2 (4" across) rice cakes, 2.5 oz dumpling, 1oz. fry bread, 1/2 cup masa, 1 - 6" tortilla, 1oz pretzels / tortilla Chips |
| LOW FAT MILK 8 oz. (1 cup or 1/2 pint) of milk or equivalent | 1 cup Milk / Soy Milk / Almond Milk / Rice Milk |
| DESSERT One (1/2 cup) serving dessert on days fruit isn't served | 1/2 cup serving of dessert required on days fruit isn't served |
| FAT 1 teaspoon fat | 1 teaspoon of salad dressing / sauce / gravy / butter / margarine / etc. |

Next, a nutrition analysis will be done on your menu to ensure the following nutrient requirements are met

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| Nutrient | Daily Lunch Requirement |
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| Calories | 700 or more |
| % Carbohydrates from Calories | 45-55% |
| % Protein from Calories | 15-25% |
| % Fat from Calories | 25-35% |
| Saturated Fat | less than 8g |
| Fiber | 10g or more |
| Vitamin B-12 | .8ug or more |
| Vitamin A | 300ug RAE or more |
| Vitamin C | 30mg or more |
| Iron | 2.6mg or more |
| Calcium | 400mg or more |
| Sodium | less than 766mg |

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| Nutrient | Daily Breakfast Requirement |
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| Calories | 450 or more |
| % Carbohydrates from Calories | 45-55% |
| % Protein from Calories | 15-25% |
| % Fat from Calories | 25-35% |
| Saturated Fat | less than 8g |
| Fiber | 10g or more |
| Vitamin B-12 | .8ug or more |
| Vitamin A | 300ug RAE or more |
| Vitamin C | 30mg or more |
| Iron | 2.6mg or more |
| Calcium | 400mg or more |
| Sodium | less than 766mg |