PM 21-XX Menu Guidance for the Older Californians Nutrition Program Sample Component Meal Pattern

Nutrition Provider:

Menu Approved by: Menu Cycle Date:

Approved Date: Week:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Group** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **PROTEIN** (2 oz equivalent)2 oz equiv: **·** 2 oz meat**·** ½ cup beans |  |  |  |  |  |
| **VEGETABLES**1 (1 - 2 servings)1 serving: **·** ½ cup cooked**·** 1 cup raw\* indicates high in Vit C\*\* indicates high in Vit A |  |  |  |  |  |
| **FRUITS**1 (1 serving)1 serving: **·** 1 medium fruit**·** ½ cup chopped\* indicates high in Vit C\*\* indicates high in Vit A |  |  |  |  |  |
| **GRAINS** (1 - 2 servings)1 serving: **·** 1 slide bread**·** ½ cup rice or pasta\* indicates whole grains (½ of daily grains as whole grains) |  |  |  |  |  |
| **Dairy and Soy Alternatives** (1 serving)1 serving: **·** 8 oz milk, yogurt,or soy beverage**·** 1½ ounce cheese |  |  |  |  |  |
| **Other** (optional)(dessert, condiments) |  |  |  |  |  |
| **Sodium**2 (< 760 mg/meal)List mg sodium per meal |  |  |  |  |  |

1 Requirement for Vit C source (25 mg) per meal and Vit A source (233 μg) 2 - 3 times per week. Indicate foods high in Vit C (\*) and Vit A (\*\*).

2 Meals containing >1000 mg sodium must be identified as high sodium on the menu (for example, by using salt shaker icon). Must not serve more than one high sodium meal per week.