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.