

THESE ARE FOR: LUNCH SUPPER

MENU PLAN for LUNCH or SUPPER

NM Summer Food Service Program

Sponsoring Organization: _____

Week of: _____

	DAY _____	DATE _____	DAY _____	DATE _____	DAY _____	DATE _____
COMPONENT	ITEM	SERVING SIZE	ITEM	SERVING SIZE	ITEM	SERVING SIZE
MILK						
VEGETABLES/ FRUITS ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
VEGETABLES/ FRUITS ²						
GRAINS/ BREADS ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
MEAT/MEAT ALTERNATES ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ⁴		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN

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MILK				
VEGETABLES/ FRUITS ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN
VEGETABLES/ FRUITS ²				
GRAINS/ BREADS ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN
MEAT/MEAT ALTERNATES ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ⁴		<input type="checkbox"/> CN		<input type="checkbox"/> CN

The minimum amount for components and serving size to be served at **lunch or supper** follows:¹

MILK	1 CUP
VEGETABLES/FRUITS ²	3/4 CUP
GRAINS/BREADS ³	1 SLICE or EQUIVALENT
MEAT/MEAT ALTERNATES ³	2 OZ. or EQUIVALENT

- For specific information on components or serving size, consult the Admin. Guidance for Sponsors, Menu Record Book, USDA Food Buying Guide for Child Nutrition Programs or the NM Purchasing & Production Guide.
- Serve two (2) or more *different* fruit(s) and/or vegetable(s); i.e., one fruit and one vegetable or two vegetables or two fruits.
- For equivalents and alternates, consult the Menu Record Book or the USDA Food Buying Guide for Child Nutrition Programs.
- Record food items that are not required components or those served but not counted toward meal pattern requirements.