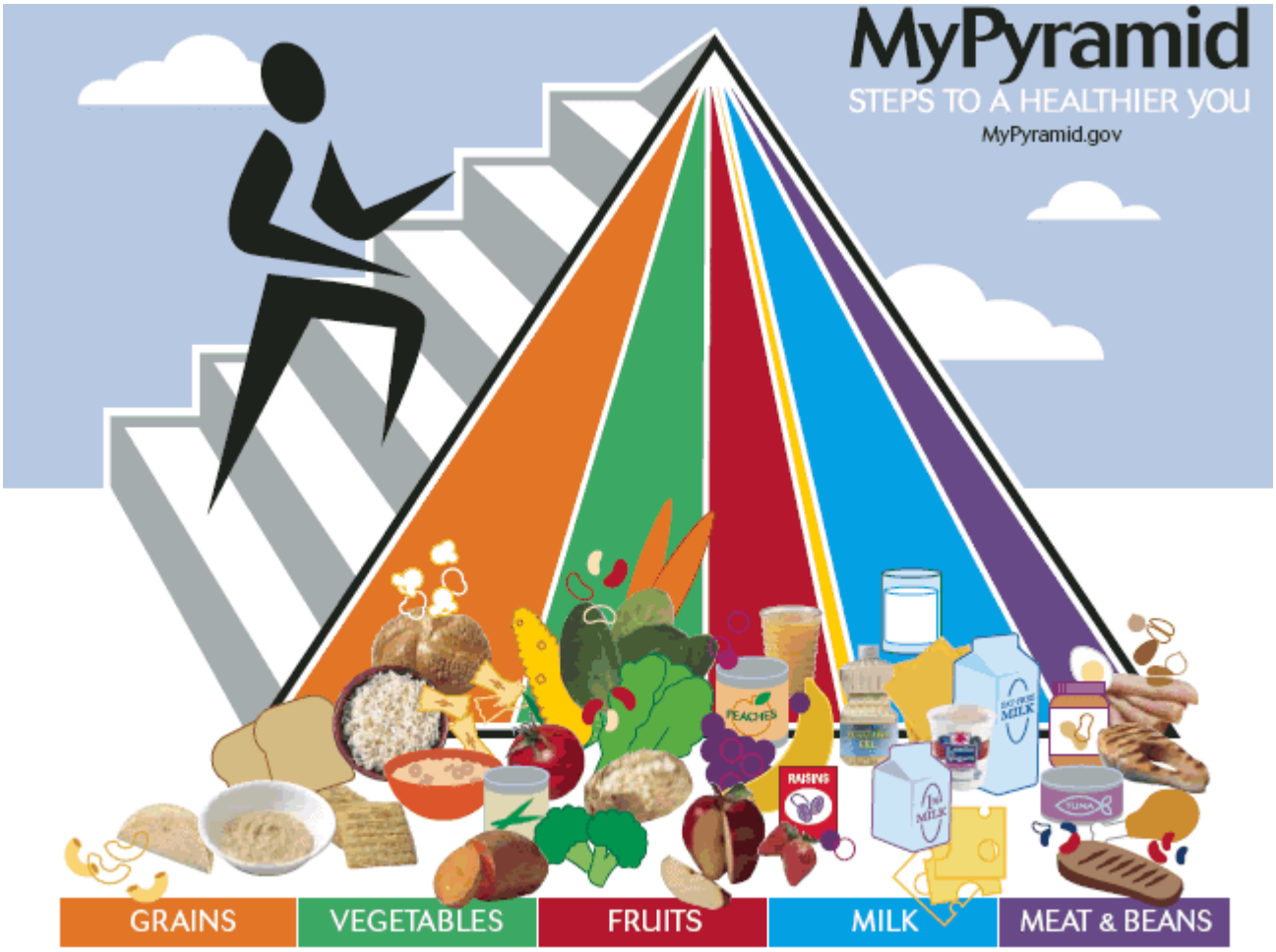
Kentucky Department of Education
Division of Nutrition & Health Services
2545 Lawrenceburg Road
Frankfort, Kentucky 40601

LUNCH
MENU AND PRODUCTION PLAN



SCHOOL NAME: _____

SCHOOL DISTRICT: _____

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Revised 05/2005

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GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine — choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-15

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MENU PLANNING IN THE NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Act mandates that school meals "safeguard the health and well-being of the Nation's children". Participating schools must serve lunches that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, lunches must provide, on average over each school week, at least 1/3 of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C. To provide local food service professionals with flexibility, there are four menu planning approaches to plan healthful and appealing meals. Schools choose one of the approaches below. The choice of what specific foods are served and how they are prepared and presented are made by local schools.

The Traditional Food-Based Menu Planning Approach

Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering five food items from four food components. These components are: meat/meat alternate, vegetables and/or fruits, grains/breads, and milk. Minimum portion sizes are established by ages and grade groups.

(See chart on following page)

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH–MEAL PATTERN FOR LUNCHES					
	MINIMUM QUANTITIES				RECOMMENDED QUANTITIES
FOOD COMPONENTS AND FOOD ITEMS	GROUP I AGES 1-2 PRESCHOOL	GROUP II AGES 3-4 PRESCHOOL	GROUP III, AGES 5-8 GRADES K-3	GROUP IV AGES 9 AND OLDER GRADES 4-12	GROUP V AGES 12 AND OLDER GRADES 7-12
Milk (as a beverage)	6 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat or Meat Alternate (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1½ ounces	1½ ounces	2 ounces	3 ounces
Alternate Protein Products[1]	1 ounce	1½ ounces	1½ ounces	2 ounces	3 ounces
Cheese	1 ounce	1½ ounces	1½ ounces	2 ounces	3 ounces
Large egg	½	¾	¾	1	1½
Cooked dry beans or peas	¼ cup	3/8 cup	3/8 cup	½ cup	¾ cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons	6 tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	6 ounces or ¾ cup	8 ounces or 1 cup	12 ounces or 1½ cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds=1 ounce of cooked lean meat, poultry, or fish)	½ ounce =50%	¾ ounce =50%	¾ ounce =50%	1 ounce =50%	1½ ounces =50%
Vegetable or Fruit: 2 or more servings of vegetables, fruits or both	½ cup	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads: (servings per week): Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week[2] -- minimum of ½ serving per day	8 servings per week[2] -- minimum of 1 serving per day	8 servings per week[2] -- minimum of 1 serving per day	8 servings per week[2] -- minimum of 1 serving per day	10 servings per week[2] -- minimum of 1 serving per day

[1] Must meet the requirements in appendix A of 7 CFR 210.
[2] For the purposes of this table, a week equals five days.

The Traditional Food-Based Menu Planning Approach is designed to meet nutritional standards set forth in program regulations.

The Enhanced Food-Based Menu Planning Approach

The Enhanced Food-Based Menu Planning Approach is a variation of the Traditional Menu Planning Approach. It is designed to increase calories from low-fat food sources in order to meet the Dietary Guidelines. The five food components are retained, but the component quantities for the weekly servings of vegetables and fruits and grains/breads are increased.

ENHANCED FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR LUNCHES					
MINIMUM REQUIREMENTS					OPTION FOR
FOOD COMPONENTS AND FOOD ITEMS	AGES 1-2	PRESCHOOL	GRADES K-6	GRADES 7-12	GRADES K-3
Milk (as a beverage)	6 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat or Meat Alternate (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Alternate protein products[1]	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Large egg	½	¾	1	1	¾
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup	½ cup	3/8 cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons	3 tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry or fish).	½ ounce =50%	¾ ounce =50%	1 ounce =50%	1 ounce =50%	¾ ounce =50%
Vegetable or Fruit: 2 or more servings of vegetables, fruits or both	½ cup	½ cup	¾ cup plus an extra ½ cup over a week[2]	1 cup	¾ cup
Grains/Breads(servings per week): Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week[2] – minimum of ½ serving per day	8 servings per week[2] – minimum of 1 serving per day	12 servings per week[2] – minimum of 1 serving per day[3]	15 servings per week[2]– minimum of 1 serving per day[3]	10 servings per week[2] – minimum of 1 serving per day[3]

[1] Must meet the requirements in appendix A of 7 CFR 210.
[2] For the purposes of this table, a week equals five days.
[3] Up to one grains/breads serving per day may be a dessert.

The Enhanced Food Based Menu Planning Approach is designed to meet the nutritional standards set forth in program regulations.

FOOD BASED MENU SYSTEM
LUNCH
MINIMUM QUANTITIES

At a minimum, schools shall serve meals in the quantities provided in the following chart

Meal Component	Ages 1-2	Preschool	Grades K-6	Grades 7-12
Milk	6 ounces	6 ounces	8 ounces	8 ounces
Meat/Meat Alternate	1 ounce	1 ½ ounces	2 ounces	2 ounces
Fruit/Vegetables	½ cup	½ cup	¾ cup plus additional ½ cup over a week	1 cup
Grains and Breads	5 servings per week – minimum of ½ per day [1]	8 servings per week – minimum of ½ per day [1]	12 servings per week – minimum of ½ per day [2]	15 servings per week – minimum of ½ per day [2]

1 For the purpose of this charge, week equals five days
2 Up to one Grain/Bread serving per day may be a dessert

CALORIE AND NUTRIENT LEVELS

At a minimum, schools shall provide the following calorie and nutrient levels over a school week

	Preschool	Grades K-6	Grades 7-12
Energy Allowances (Calories)	517	664	825
Total Fat (As a Percentage of Actual Total Food Energy) [1]			
Total Saturated Fat (As a Percentage of Actual Total Food Energy) [2]			
Protein (g)	7	10	16
Calcium (mg)	267	286	400
Iron (mg)	3.3	3.5	4.5
Vitamin A (RE)	150	224	300
Vitamin C (mg)	14	15	18

1 Not to Exceed 30% over a school week
2 Not to Exceed 10% over a school week

The Nutrient Standard Menu Planning Approach

Nutrient Standard Menu Planning (sometimes called "NuMenus") is a computer based menu planning system that uses approved computer software to analyze the specific nutrient content of menu items automatically while menus are being planned. It is designed to assist menu planners in choosing food items that create nutritious meals and meet the nutrient standards.

The Assisted Nutrient Standard Menu Planning Approach

Assisted Nutrient Standard Menu Planning (sometimes called "Assisted NuMenus") is a variation of Nutrient Standard Menu Planning. It is for schools that lack the technical resources to conduct nutrient analysis themselves. Instead, schools have an outside source, such as another school district, State agency or a consultant, plan and analyze a menu based on local needs and preferences. The outside source also provides schools with recipes and product specifications to support the menus. The menus and analyses are periodically updated to reflect any changes in the menu or student selection patterns.

Here are the required minimums for nutrients and calories for these nutrient standard menu planning approaches:

MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCHES NUTRIENT STANDARD MENU PLANNING APPROACHES (SCHOOL WEEK AVERAGES)				
	MINIMUM REQUIREMENTS			OPTIONAL
NUTRIENTS AND ENERGY ALLOWANCES	Preschoo l	Grades K-6	Grades 7-12	Grades K-3
Energy allowances (calories)	517	664	825	633
Total fat (as a percentage of actual total food energy)	[1]	[1, 2]	[2]	[1, 2]
Saturated fat (as a percentage of actual total food energy)	[1]	[1, 3]	[3]	[1, 3]
RDA for protein (g)	7	10	16	9
RDA for calcium (mg)	267	286	400	267
RDA for iron (mg)	3.3	3.5	4.5	3.3
RDA for Vitamin A (RE)	150	224	300	200
RDA for Vitamin C (mg)	14	15	18	15

[1] The Dietary Guidelines recommend that after 2 years of age "...children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat."
[2] Not to exceed 30 percent over a school week
[3] Less than 10 percent over a school week

Alternate Menu Planning Approach

This menu planning approach allows states and school districts to develop their own innovative approaches to menu planning, subject to the guidelines established in our regulations. These guidelines protect the nutritional and fiscal integrity of the program.

September 1, 2000

OVS: Who, When, and Where?

OVS is:

- Required for lunch at senior high schools
- Optional at lunch in lower grade levels
- Optional at breakfast in all grades

Who decides?

- School food authority decides:
  - whether to implement OVS when optional and in what grades
  - whether students below high school can decline 1 or 2 food items at lunch
- Students decide what foods to decline

What's for Lunch?

Students must be offered a lunch that contains:

- 5 food items…
- from the 4 food components…
- in at least the minimum serving sizes for the appropriate age/grade group.

The 4 food components at lunch are:

Component	*Abbreviation*
Meat/Meat Alternate	M/MA
Vegetables/Fruits	V/F
Grains/Breads	G/B
Milk	Milk

The 5 food items at lunch include:

- Meat/Meat Alternate
- Grains/Breads
- Vegetables/Fruits—two or more servings of different kinds of vegetables and/or fruits
- Milk

Reimbursable Lunches

General requirements for OVS at lunch are:

- Schools must offer at least the minimum serving sizes of all 5 food items.
- Students must select the minimum number of items required (at least 3 of 5 for senior high school; 3 or 4 of 5 for lower grades).
- Must take full servings to count toward a reimbursable meal.
- May decline any food item, including the entrée or milk.
- May take smaller portions of declined food items (does not affect price).
- Lunch must be priced as a unit.

Production Planning Tips

To achieve the OVS goal of less food waste:

- Keep accurate menu production records.
- Use forecasting to plan food quantities.
- Use cycle menus.

School Nutrition Staff Roles

Menu planners:

- Plan tasty, attractive menus featuring students' cultural and ethnic favorites.
- Include consistent numbers of food items and food item choices daily.
- Review menus to ensure meals meet daily and weekly requirements.
- Communicate menus to other staff.
- Educate students, teachers about OVS.

Cooks:

- Prepare the planned menu as directed.
- Follow standardized recipes.
- Portion foods accurately.

School Nutrition Staff Roles (continued)

Servers:

- Display food choices clearly, attractively.
- Ensure correct portion sizes.
- Encourage students to select a complete meal, via:
  - Enthusiastic comments
  - Merchandising

Cashiers:

- Review the planned menu:
  - Food items
  - Serving sizes
  - Reimbursable meals
- Remind students of choices and unit price.
- Practice!

Meal Service Efficiency

Issue: "OVS meal service takes too much time."

Solutions to try:

- Educate students, adults.
- Rearrange service area to improve flow.
- Add a cashier during rush times.
- Post choices at start of service line.
- Use posters, table tents, etc. to explain concept of OVS.

Issue: "Offer more choices?! Our serving space is already cramped!"

Solutions to try:

- Use smaller size serving pans.
- Use tiered shelving.
- Offer combination foods.
- Purchase mobile serving counters/carts.

Promoting to Parents

Concerns:

- Students should take and eat all foods.
- Students can't make wise food choices.
- Students lose benefits if they decline foods.
- Kids won't get enough to eat.
- Same price for less food.

Strategies:

- Presentation of goals, benefits.
- Invite them to observe meal service.
- Newsletter updates.
- Open communication.

Key messages:

- Students can make food selections, and will more likely eat what they select.
- Parents and other adults teach kids—by example—to make healthful choices.
- We encourage students to select all foods offered.
- Policy for extra portions at extra cost is unaffected by OVS.

LUNCH PRODUCTION PLAN

Date	5/25/2005	School	KY Dept. of Education	Menu items / Non-menu Items	
Menu				Extra Sales	# Meals Served
Cheese Pizza, Tuna Salad on Wheat/White Bread, Yogurt, Peanut Butter & Jelly Uncrustable/Tossed Garden Salad w/Low fat Dressing, Fresh Apple, Fresh Orange, Banana, Chilled Peaches, Orange Sherbet, Choice of Milk					Students 295
					Adults 30
					Non-revenue 4
				TOTAL Extra Sales 70	TOTAL MEALS 329

Offer-vs.-Serve	YES	x	NO	

Meal Component	Food Items	Recipe # / CN Label / FBG	Planned # / Portion Size	Temperature		Amt Prepared Food Used	Extra Sales	Comments +/-, Wasted
Meat/Meat Alternate	Tuna Salad Sandwich	USDA F-8A	50/2oz.			50		
	Cheese Pizza	CN/4.65oz.	250/4.65			280	40	Burned 16pc.D.O.
	Raspberry Yogurt	IPP/8oz.	30/8oz.			28		
	P&J Uncrustable	IPP/2.8oz.	20/2.8oz			10	5	
Vegetables/Fruits	Tossed Garden Salad	SRP V22A	200/1/2c			200		25 L.O. serve 5/26
	Fresh Orange/Apple	1PP 100ct 75 each	150/1/2c			150		
	Fresh Banana	IPP 100ct	75/1/2c			85		
	Chilled Peaches	IPP 4oz. Cups	75/1/2c			65		
Bread/Grains	Tuna Salad Sandwich	USDA F-8A	50/2oz.			50		
	Cheese Pizza	CN/4.65oz.	250/2oz.			280		
	P&J Uncrustable	IPP/2.8oz.	20/1oz.			10		
Milk	2% White, skim, 1% Chocolate	IPP/8oz.	350/8oz.			325	25	
Other Foods	Orange Sherbet	IPP/4oz.	300/4oz.			325		
	Choice of Dressing	IPP/1oz.	250/1oz.			200		

This production Plan Example was provided by Ashland Independent Child Nutrition Program. This is an example of Any Reasonable Approach Menu Planning

SAMPLE

KY School and Community Nutrition

001304 - TUNA SALAD SANDWICH

Source: USDA F-8 (A)
Number of Portions: 50.0000
Size of Portion: EACH

Meat/Alt 2 oz.
Grain/Bread 2 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

015121 TUNA,LIGHT,WATER PAK,DRAINED.....	2 CAN (66.5)	1. Drain and flake tuna.
011284 ONIONS,DEHYDRATED FLAKES..... 011143 CELERY,FRESH,RAW..... 011945 PICKLE RELISH,SWEET..... 000088 MUSTARD ,DRY..... 004622 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD..	1 1/8 OZ 2 LB 8 3/4 OZ 1 1/2 TSP 2 LB + 11 OZ	2. Combine tuna, onions, celery, pickle relish, dry mustard and mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use.
018069 BREAD WHITE..... 018075 BREAD WHOLE-WHEAT.....	50 slice 50 slice	4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread. MARKETING GUIDE: 50 Servings Celery: 2 Lb and 7oz purchased to yield 2 Lb chopped Bread, Sliced: 3 1/4 sandwich loaves (2 Lb each)

Calories	278		Iron	2.98	Mg	Protein	19.77	G	28.43% Calories from Prot
Cholesterol	27	Mg	Calcium	76	Mg	Carbohydrates	33.86	G	48.69% Calories from Carb
Sodium	784	Mg	Vitamin A	17	RE	Total Fat	7.16	G	23.17% Calories from T Fat
Dietary Fiber	3.18	G	Vitamin C	1.1	Mg	Saturated Fat	1.33	G	4.29% Calories from S Fat

KY School and Community Nutrition

000117 - TUNA SALAD SANDWICH

Source: USDA F-8
Number of Portions: 50.0000
Size of Portion: EACH

Meat/Alt 2 oz.
Grain/Bread 2 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

015121 TUNA,LIGHT,WATER PAK,DRAINED.....	2 CAN (66.5)	1. Drain and flake tuna.
011284 ONIONS,DEHYDRATED FLAKES..... 011143 CELERY,FRESH,RAW..... 011945 PICKLE RELISH,SWEET..... 000088 MUSTARD ,DRY..... 004026 MAYONNAISE.....	1 1/8 OZ 2 LB 8 3/4 OZ 1 1/2 TSP 2 LB + 11 OZ	2. Combine tuna, onions, celery, pickle relish, dry mustard and mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use.
018069 BREAD WHITE..... 018075 BREAD WHOLE-WHEAT.....	50 slice 50 slice	4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread. MARKETING GUIDE: 50 Servings Celery: 2 Lb and 7oz purchased to yield 2 Lb chopped Bread, Sliced: 3 1/4 sandwich loaves (2 Lb each)

Calories	389		Iron	2.96	Mg	Protein	19.87	G	20.44% Calories from Prot
Cholesterol	32	Mg	Calcium	78	Mg	Carbohydrates	29.06	G	29.89% Calories from Carb
Sodium	707	Mg	Vitamin A	33	RE	Total Fat	21.89	G	50.66% Calories from T Fat
Dietary Fiber	2.94	G	Vitamin C	1.1	Mg	Saturated Fat	2.67	G	6.19% Calories from S Fat

KY School and Community Nutrition

001301 - Pizza,4x6,Cheese,50/50,4.56oz.

Source: Williamstown
Number of Portions: 1
Size of Portion: each

Meat/Alt 2 oz.
Grain/Bread 2 SRV.
F/V/J 0.13 Cup
Milk 0 FLOZ

900235 Pizza, 4X6 Cheese, 50/50 96-4.56Z, SMART.....	1 per 4.56 oz. slice	

Calories	292		Iron	2.52	Mg	Protein	17.00	G	23.29%	Calories from Prot
Cholesterol	16	Mg	Calcium	310	Mg	Carbohydrates	32.00	G	43.84%	Calories from Carb
Sodium	890	Mg	Vitamin A	100	RE	Total Fat	11.00	G	33.90%	Calories from T Fat
Dietary Fiber	2.00	G	Vitamin C	0.6	Mg	Saturated Fat	4.00	G	12.33%	Calories from S Fat

KY School and Community Nutrition

001305 - Yogurt, Rasp., 8oz., Yopl

Source: Lawrence
Number of Portions: 1
Size of Portion: 8 oz.

Meat/Alt 2 oz.
Grain/Bread 0 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

900192 Yogurt RASP RAINBOW 4oz. YOPLA TRIX.....	2 each	

Calories	240		Iron	0.00	Mg	Protein	8.00	G	13.33%	Calories from Prot
Cholesterol	10	Mg	Calcium	200	Mg	Carbohydrates	46.00	G	76.67%	Calories from Carb
Sodium	110	Mg	Vitamin A	200	RE	Total Fat	3.00	G	11.25%	Calories from T Fat
Dietary Fiber	0.00	G	Vitamin C	0.0	Mg	Saturated Fat	2.00	G	7.50%	Calories from S Fat

KY School and Community Nutrition

000974 - Peanut Butter & Jelly Uncrust.

Source: Commodity
Number of Portions: 1
Size of Portion: 2.8 oz.

Meat/Alt 1 oz.
Grain/Bread 1 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

900224 UNCRUSTABLE, PB & J, 2.8 oz. USDA 489245....	1 2.8 oz. sandwich	

Calories	317		Iron	1.62	Mg	Protein	9.00	G	11.36%	Calories from Prot
Cholesterol	0	Mg	Calcium	20	Mg	Carbohydrates	33.00	G	41.64%	Calories from Carb
Sodium	354	Mg	Vitamin A	0	RE	Total Fat	16.00	G	45.43%	Calories from T Fat
Dietary Fiber	3.00	G	Vitamin C	0.0	Mg	Saturated Fat	3.00	G	8.52%	Calories from S Fat

KY School and Community Nutrition

001306 - TOSSED SALAD

Source: SCHOOL PORT.(A)
Number of Portions: 100.0000
Size of Portion: 1/2 CUP

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0.5 Cup
Milk 0 FLOZ

169002 LETTUCE,ICEBERG,FRESH.....	4 LB	TEAR LETTUCE INTO 1 INCH PIECES. CHOP SPINACH, ONION.
075071 SPINACH,FRESH.....	2 QT, chopped	PARE CUCUMBER AND DICE.
075062 ONIONS,FRESH.....	2 CUP, chopped	SLICE RADISHES.
000009 CUCUMBERS,Fresh.....	4 LB + 12 OZ	COMBINE ALL VEGETABLES; COVER AND CHILL.
169003 RADISHES,FRESH.....	2 QT, slices	SERVE WITH CHOICE OF DRESSING.
011090 BROCCOLI,FRESH,RAW.....	2 QT, flowerets	
011529 TOMATOES,FRESH,RED RIPE.....	1 QT, chopped	

Calories	12		Iron	0.38	Mg	Protein	0.73	G	23.69% Calories from Prot
Cholesterol	0	Mg	Calcium	17	Mg	Carbohydrates	2.48	G	80.16% Calories from Carb
Sodium	10	Mg	Vitamin A	51	RE	Total Fat	0.17	G	12.48% Calories from T Fat
Dietary Fiber	0.94	G	Vitamin C	11.7	Mg	Saturated Fat	0.02	G	1.60% Calories from S Fat

KY School and Community Nutrition

900201 - TOSSED SALAD

Source: SCHOOL PORT.
Number of Portions: 100.0000
Size of Portion: 1/2 CUP

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

169002 LETTUCE,ICEBERG,FRESH.....	4 LB	TEAR LETTUCE INTO 1 INCH PIECES. CHOP SPINACH, ONION.
075071 SPINACH,FRESH.....	2 QT, chopped	PARE CUCUMBER AND DICE.
075062 ONIONS,FRESH.....	2 CUP, chopped	SLICE RADISHES.
000009 CUCUMBERS,Fresh.....	4 LB + 12 OZ	COMBINE ALL VEGETABLES; COVER AND CHILL.
169003 RADISHES,FRESH.....	2 QT, slices	SERVE WITH CHOICE OF DRESSING.

Calories	9		Iron	0.31	Mg	Protein	0.51	G	22.91% Calories from Prot
Cholesterol	0	Mg	Calcium	13	Mg	Carbohydrates	1.77	G	79.21% Calories from Carb
Sodium	8	Mg	Vitamin A	38	RE	Total Fat	0.13	G	12.78% Calories from T Fat
Dietary Fiber	0.71	G	Vitamin C	5.3	Mg	Saturated Fat	0.02	G	1.72% Calories from S Fat

KY School and Community Nutrition

000086 - ORANGES

Source:
Number of Portions: 1.0000
Size of Portion: EACH

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0.5 Cup
Milk 0 FLOZ

009200 ORANGES,FRESH.....	1 each,2-5/8"dia	

Calories	62		Iron	0.13	Mg	Protein	1.23	G	8.00%	Calories from Prot
Cholesterol	0	Mg	Calcium	52	Mg	Carbohydrates	15.39	G	100.00%	Calories from Carb
Sodium	0	Mg	Vitamin A	28	RE	Total Fat	0.16	G	2.30%	Calories from T Fat
Dietary Fiber	3.14	G	Vitamin C	69.7	Mg	Saturated Fat	0.01	G	0.19%	Calories from S Fat

KY School and Community Nutrition

000064 - APPLES,Fresh

Source:
Number of Portions: 1.0000
Size of Portion: EACH

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0.5 Cup
Milk 0 FLOZ

009003 APPLES,FRESH,W/SKIN.....	1 EACH	

Calories	72		Iron	0.17	Mg	Protein	0.36	G	2.00%	Calories from Prot
Cholesterol	0	Mg	Calcium	8	Mg	Carbohydrates	19.06	G	106.23%	Calories from Carb
Sodium	1	Mg	Vitamin A	7	RE	Total Fat	0.23	G	2.94%	Calories from T Fat
Dietary Fiber	3.31	G	Vitamin C	6.3	Mg	Saturated Fat	0.03	G	0.35%	Calories from S Fat

KY School and Community Nutrition

000068 - BANANAS

Source:
Number of Portions: 1.0000
Size of Portion: EACH

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0.5 Cup
Milk 0 FLOZ

009040 BANANAS,RAW.....	1 EACH	

Calories	105		Iron	0.35	Mg	Protein	1.17	G	4.48%	Calories from Prot
Cholesterol	0	Mg	Calcium	7	Mg	Carbohydrates	26.71	G	101.87%	Calories from Carb
Sodium	1	Mg	Vitamin A	9	RE	Total Fat	0.55	G	4.70%	Calories from T Fat
Dietary Fiber	2.74	G	Vitamin C	10.4	Mg	Saturated Fat	0.21	G	1.81%	Calories from S Fat

KY School and Community Nutrition

000978 - Peaches, Diced, IPP Cups

Source: USDA
Number of Portions: 1
Size of Portion: 4 oz.

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0.5 Cup
Milk 0 FLOZ

009250 PEACHES,FRZ,SLICED,SWTND.....	4 OZ	

Calories	107		Iron	0.42	Mg	Protein	0.71	G	2.68%	Calories from Prot
Cholesterol	0	Mg	Calcium	3	Mg	Carbohydrates	27.19	G	102.04%	Calories from Carb
Sodium	7	Mg	Vitamin A	32	RE	Total Fat	0.15	G	1.24%	Calories from T Fat
Dietary Fiber	2.04	G	Vitamin C	106.8	Mg	Saturated Fat	0.01	G	0.10%	Calories from S Fat

KY School and Community Nutrition

000488 - MF Milk, Variety

Source: Local
Number of Portions: 100
Size of Portion: 1/2 pint

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

001104 MILK 1% CHOCOLATE.....	560 FL OZ	
069010 MILK 2% LOWFAT.....	28 carton,1/2 pint	
001085 MILK SKIM.....	16 FL OZ	

Calories	146		Iron	0.46	Mg	Protein	8.11	G	22.24%	Calories from Prot
Cholesterol	10	Mg	Calcium	290	Mg	Carbohydrates	21.79	G	59.76%	Calories from Carb
Sodium	143	Mg	Vitamin A	145	RE	Total Fat	3.07	G	18.92%	Calories from T Fat
Dietary Fiber	0.88	G	Vitamin C	2.2	Mg	Saturated Fat	1.89	G	11.66%	Calories from S Fat

KY School and Community Nutrition

001307 - ORANGE SHERBET CUPS

Source: Gabbard
Number of Portions: 1
Size of Portion: each

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

104137 ORANGE SHERBET CUPS.....	4 FL OZ	

Calories	117		Iron	0.00	Mg	Protein	0.40	G	1.37%	Calories from Prot
Cholesterol	4	Mg	Calcium	21	Mg	Carbohydrates	26.49	G	90.58%	Calories from Carb
Sodium	34	Mg	Vitamin A	8	RE	Total Fat	0.99	G	7.65%	Calories from T Fat
Dietary Fiber	0.00	G	Vitamin C	0.4	Mg	Saturated Fat	0.49	G	3.79%	Calories from S Fat

KY School and Community Nutrition

001308 - Choice of Salad Dressings

Source: Gabbard
Number of Portions: 100
Size of Portion: 1 oz.

Meat/Alt 0 oz.
Grain/Bread 0 SRV.
F/V/J 0 Cup
Milk 0 FLOZ

084631 Ranch Dressing, Reduced Calorie.....	50 OZ	
900016 Honey Mustard FF T. Marzeiii's.....	25 OZ	
085425 Italian Dressing, Fat Free.....	25 OZ	

Calories	61		Iron	0.00*	Mg	Protein	0.00*	G	0.00%	Calories from Prot
Cholesterol	5	Mg	Calcium	1*	Mg	Carbohydrates	4.83	G	31.92%	Calories from Carb
Sodium	176	Mg	Vitamin A	0*	RE	Total Fat	4.07	G	60.42%	Calories from T Fat
Dietary Fiber	0.16	G	Vitamin C	0.0*	Mg	Saturated Fat	0.69	G	10.19%	Calories from S Fat

* - Denotes Missing Nutrient Values

LUNCH PRODUCTION PLAN

Date:		Offer versus Serve		YES		NO
Menu						

Meal Components	Food Items	Yield From FBG/CN/ Recipe#	Planned # / Portion size		Amount Prepared (Food Used)	Cost per Unit	Comments (+/-) Wasted	Extra Sales	Cost Per Meal Items
			GRIII	GRIV					
Milk 1/2 Pint		1/2 pts Available							
MEAT/MEAT ALTERNATE									
VEG./FRUITS									
BREAD and GRAINS									
OTHER FOODS									
				TOTAL FOOD VALUE					

Reimbursable Meals Served

GR II (K-3)	
GR IV (4-12)	
Total reimbursable Meals	0

None-reimbursable meals served and extra food sold:

Extra Milk		
Extra Sales (Menu Items)		
Extra Sales (Non-menu Items)		
*Adult/Misc./Meals		
*Non-revenue Meals		= 0

Total Meals Served

TOTAL A LA Carte 0

LUNCH MENU AND PRODUCTION PLAN

1 Date:		2 Offer Versus Serve:		Yes		No	3 Total Reimbursement Meals	
Menu:								

Components	4 Food Items	5 Recipe # / CN Label / FBG	6 Planned # / Portion Size	7 Amount Prepared (Food Used)	8 Extra Sales	Comments +/- , Wasted
Milk	1/2 pts Available					
Vegetables/Fruits						
Bread and Grains						
Meat/Meat Alternate						
Other Foods						

Non reimbursable Meals Served and Extra Food Sold:

Extra Milk	
Extra Sales (Menu Items)	
Extra Sales (Non-Menu Items)	

Adult Misc. Meals	
Non Revenue Meals	
TOTAL Ala Carte	0

LUNCH MENU AND PRODUCTION PLAN

1 Date:	2 Offer Versus Serve:	Yes	No	3 Total Reimbursement Meals
Menu:				

ALA CARTE SALES

Food	Amt	Price	Total
			$0.00
			$0.00
			$0.00
			$0.00
			$0.00
			$0.00
			$0.00
			$0.00
		GRAND TOTAL	$0.00

	PLANNED	ACTUAL
Students		
Adults		
Non-Revenue		
TOTAL	0	0

Components	4 Food Items	5 Recipe # / CN Label / FBG	6 Planned # / Portion Size	7 Amount Prepared (Food Used)	8 Extra Sales	Comments +/- , Wasted
Milk	1/2 pts Available					
Vegetables/Fruits						
Bread and Grains						
Meat/Meat Alternate						
Other Foods						

This production plan example was provided by Hardin County Child Nutrition Program.

LUNCH PRODUCTION PLAN

Date		School		Menu items / Non-menu Items			
Menu				Extra Sales		# Meals Served	
						Students	
						Adults	
						Non-revenue	
				TOTAL Extra Sales	0	TOTAL MEALS	0

Offer-vs-Serve ☐ YES ☐ NO

Meal Component	Food Items	Recipe # / CN Label / FBG	Planned # /Portion Size	Temperature		Amt Prepared Food Used	Extra Sales	Comments +/-, Wasted
Meat/Meat Alternate								
Vegetables/Fruits								
Bread/Grains								
Milk								
Other Foods								

This production Plan Example was provided by Ashland Independent Child Nutrition Program

LUNCH PRODUCTION PLAN

Date:		**Offer versus Serve**		YES		N0

Menu

Meal Components	Food Items	Yield From FBG/CN/ Recipe#	Planned # / Portion size		Amount Prepared (Food Used)	Comments (+/-) Wasted	Extra Sales
			GRIII	GRIV			
Milk 1/2 Pint		1/2 pts Available					
MEAT/MEAT ALTERNATE							
VEG./FRUITS							
BREAD and GRAINS							
OTHER FOODS							

TOTAL FOOD VALUE

Reimbursable Meals Served

GR II (K-3)	
GR IV (4-12)	
Total reimbursable Meals	0

None-reimbursable meals served and extra food sold:

Extra Milk			
Extra Sales (Menu Items)			
Extra Sales (Non-menu Items)			
*Adult/Misc./Meals			
*Non-revenue Meals		=	0
TOTAL A LA Carte	0		

LUNCH PRODUCTION PLAN

Date:		**Offer versus Serve**		YES		N0

Menu

Meal Components	Food Items	Yield From FBG/CN/ Recipe#	Planned # / Portion size		Amount Prepared (Food Used)	Cost per Unit	Comments (+/-) Wasted	Extra Sales	Cost Per Meal Items
			GRIII	GRIV					
Milk 1/2 Pint		1/2 pts Available							
MEAT/MEAT ALTERNATE									
VEG./FRUITS									
BREAD and GRAINS									
OTHER FOODS									

TOTAL FOOD VALUE

Reimbursable Meals Served

GR II (K-3)	
GR IV (4-12)	
Total reimbursable	0

None-reimbursable meals served and extra food sold:

Extra Milk			
Extra Sales (Menu Items)			
Extra Sales (Non-menu Items)			
*Adult/Misc./Meals			
*Non-revenue Meals		=	0
TOTAL A LA Carte	0		

LUNCH MENU AND PRODUCTION PLAN

Weekly Date:	
Salad Bar	
Potato Bar	
Extra Food	

Planned	Number of Meals Served	
	Students	Adults

Meal Components	Check Available Foods					Portion Size/ Planned #	Amount Prepared					Comments (+/-) Wasted
	M	T	W	TH	F		M	T	W	TH	F	
MILK AVAILABLE												
MEAT/MEAT ALTERNATE												
VEGETABLES												
FRUITS												
BREADS												
OTHER												

OPTIONAL FORM

Division of School & Community Nutrition

Kentucky Department of Education

RECORD OF STUDENT/PARENT/COMMUNITY INVOLVEMENT ACTIVITIES*

DATES	ACTIVITY	RESULTS

***Student involvement is a regulatory requirement. This form is provided for documenting activities involving students and parents. Use of this form is optional. An alternate method may be used to document student/parent involvement activities.**

OPTIONAL FORM

Division of School & Community Nutrition

Kentucky Department of Education

RECORD OF TRAINING SESSIONS AND IN-SERVICE

DATES	ACTIVITY	RESULTS