

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 1

| Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i> | Meal Components – Enter appropriate food item and amount under each serving below. | | | | | | | | | |
|---|--|--|--|---|--|---|---|--|--|------------------------------------|
| | Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i> | Veg. 1 <i>½ cup or equivalent</i> | Veg. 2 <i>½ cup or equivalent</i> | Fruit 1 <i>½ cup or equivalent</i> | Veg. 3 or Fruit 2 <i>½ cup or equivalent</i> | Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Dairy <i>Milk or milk alternate – 1 cup or equivalent</i> | Oils/fats <i>1 teaspoon or equivalent</i> | Other Ingredients (Optional) |
| <i>Tuna Salad, Garden Salad, Potato Wedges, Peaches, 2 slices WG bread, Milk, Margarine</i> | <i>3 oz Tuna Salad</i> | <i>4 oz Garden Salad</i> | <i>4 oz Potato Wedges</i> | <i>4 oz Peaches</i> | | <i>1 oz WG Bread</i> | <i>1 oz WG Bread</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Pinto Beans, Turnip Greens, Mashed Potatoes, Peaches, Cornbread, Oatmeal Cookie, Milk, Margarine</i> | <i>6 oz Pinto Beans</i> | <i>4 oz Turnip Greens</i> | <i>4 oz Mashed Potatoes</i> | <i>4 oz Peaches</i> | | <i>1 oz Cornbread</i> | <i>1 oz Oatmeal Cookie</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Breaded Chicken Patty, Mashed Potatoes, Green Beans, Applesauce, WG Roll, Milk, Margarine</i> | <i>3 oz Chicken Patty</i> | <i>4 oz Mashed Potatoes</i> | <i>4 oz Green Beans</i> | <i>4 oz Applesauce</i> | | <i>1 oz WG Roll</i> | <i>1 oz WG Roll</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>8 oz Vegetable Beef Stew, Garden Salad, Fruit Cocktail, Cornbread, Oatmeal Cookie, Milk, Margarine</i> | <i>3 oz Ground Beef</i> | <i>4 oz Mixed Vegetables</i> | <i>4 oz Garden Salad</i> | <i>4 oz Fruit Cocktail</i> | | <i>1 oz Cornbread</i> | <i>1 oz Oatmeal Cookie</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Taco Meat, Lettuce, Cheese, Tomatoes, Corn, Black Beans, Pears, WW Tortillas, Milk, Margarine</i> | <i>3 oz Ground Beef</i> | <i>4 oz Corn</i> | <i>4 oz Black Beans</i> | <i>4 oz Pears</i> | | <i>1 oz WW Tortillas</i> | <i>1 oz WW Tortillas</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | Lettuce, Tomato, Cheese |

I certify that to the best of my knowledge, the meals in the attached menu for the period noted above follow the most recent Dietary Guidelines for Americans and one third of Dietary Reference Intakes established by the National Academy of Sciences.

AAAD Upper Cumberland

Provider Alexandria Activity Center

Registration # 712486

Name Beth Walker RD/LDN

Signature Beth Walker, RD/LDN

Date 8/15/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 2

| Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i> | Meal Components – Enter appropriate food item and amount under each serving below. | | | | | | | | | |
|---|--|--|--|---|---|---|---|--|--|---------------------------------|
| | Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i> | Veg. 1 <i>½ cup or equivalent</i> | Veg. 2 <i>½ cup or equivalent</i> | Fruit 1 <i>½ cup or equivalent</i> | Veg. 3 or Fruit: 2 <i>½ cup or equivalent</i> | Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Dairy <i>Milk or milk alternate – 1 cup or equivalent</i> | Oils/fats <i>1 teaspoon or equivalent</i> | Other Ingredients (Optional) |
| <i>Fish, Mashed Potatoes, Green Beans, Fruit Cocktail, Cornbread, Oatmeal Cookie, Milk, Margarine</i> | <i>3 oz Fish</i> | <i>4 oz Mashed Potatoes</i> | <i>4 oz Green Beans</i> | <i>4 oz Fruit Cocktail</i> | | <i>1 oz Cornbread</i> | <i>1 oz Oatmeal Cookie</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Chicken Casserole, Corn, Carrots, Mandarin Oranges, WG roll, Milk, Margarine</i> | <i>6 oz Chicken Casserole</i> | <i>4 oz Corn</i> | <i>4 oz Carrots</i> | <i>4 oz Mandarin Oranges</i> | | <i>1 oz WG Roll</i> | <i>1 oz WG Roll</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>WW Spaghetti with Meat Sauce, Garden Salad, Broccoli, Peaches, Garlic Bread, Milk, Margarine</i> | <i>3 oz Meat Sauce</i> | <i>4 oz Garden Salad</i> | <i>4 oz Broccoli</i> | <i>4 oz Peaches</i> | | <i>1 oz Garlic Bread</i> | <i>1 oz WW Spaghetti</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Baked Pork Chop, Sweet Potatoes, Green Peas, Applesauce, WG Roll, Milk, Margarine</i> | <i>3 oz Baked Pork Chop</i> | <i>4 oz Sweet Potatoes</i> | <i>4 oz Green Peas</i> | <i>4 oz Applesauce</i> | | <i>1 oz WG Roll</i> | <i>1 oz WG Roll</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | |
| <i>Hamburger on WG Bun, Lettuce, Tomato, Onion, Cole Slaw, Potato Wedges, Fruit in Jello, Milk, Margarine</i> | <i>3 oz Beef Patty</i> | <i>4 oz Cole Slaw</i> | <i>4 oz Potato Wedges</i> | <i>4 oz Fruit in Jello</i> | | <i>1 oz WG Bun</i> | <i>1 oz WG Bun</i> | <i>1 c Milk</i> | <i>4 g Margarine</i> | Lettuce, Tomato, Onion |

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Signature Beth Walker, RD/LDN

Date 8/1/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 3

| Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i> | Meal Components -- Enter appropriate food item and amount under each serving below. | | | | | | | | | |
|--|---|--|--|---|--|---|---|--|--|---------------------------------|
| | Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i> | Veg. 1 <i>½ cup or equivalent</i> | Veg. 2 <i>½ cup or equivalent</i> | Fruit 1 <i>½ cup or equivalent</i> | Veg. 3 or Fruit 2 <i>½ cup or equivalent</i> | Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Dairy <i>Milk or milk alternate – 1 cup or equivalent</i> | Oils/fats <i>1 teaspoon or equivalent</i> | Other Ingredients (Optional) |
| Chicken Patty, Green Peas, Carrots, Applesauce, WG Bun, Milk, Margarine | 3 oz Chicken Patty | 4 oz Green Peas | 4 oz Carrots | 4 oz Applesauce | | 1 oz WG Bun | 1 oz WG Bun | 1 c Milk | 4 g Margarine | |
| BBQ Pork, Potato Wedges, Baked Beans, Mandarin Oranges, WG Bun, Milk, Margarine | 3 oz BBQ Pork | 4 oz Potato Wedges | 4 oz Baked Beans | 4 oz Mandarin Oranges | | 1 oz WG Bun | 1 oz WG Bun | 1 c Milk | 4 g Margarine | |
| Sausage Patty, Hashbrowns, Stewed Tomatoes, Cinnamon Apples, Biscuit and Gravy, Oatmeal Cookie, Milk, Margarine | 3 oz Sausage | 4 oz Hashbrowns | 4 oz Stewed Tomatoes | 4 oz Cinnamon Apples | | 1 oz Biscuit | 1 oz Oatmeal Cookie | 1 c Milk | 4 g Margarine | Gravy |
| Hamburger Steak w/ Brown Gravy, Mashed Potatoes, Green Peas, Pineapple Chunks, WG Roll, Milk, Margarine | 3 oz Hamburger Steak | 4 oz Mashed Potatoes | 4 oz Green Peas | 4 oz Pineapple Chunks | | 1 oz WG Roll | 1 oz WG Roll | 1 c Milk | 4 g Margarine | Brown Gravy |
| | | | | | | | | | | |

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 4

| Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i> | Meal Components – Enter appropriate food item and amount under each serving below. | | | | | | | | | |
|--|--|--|--|---|--|---|---|--|--|---------------------------------|
| | Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i> | Veg. 1 <i>½ cup or equivalent</i> | Veg. 2 <i>½ cup or equivalent</i> | Fruit 1 <i>½ cup or equivalent</i> | Veg. 3 or Fruit 2 <i>½ cup or equivalent</i> | Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Dairy <i>Milk or milk alternate – 1 cup or equivalent</i> | Oils/fats <i>1 teaspoon or equivalent</i> | Other Ingredients (Optional) |
| Oven Baked Chicken w/ Mushroom Gravy, Potato Wedges, Green Beans, Pears, WG Roll, Milk, Margarine | 3 oz Chicken | 4 oz Potato Wedges | 4 oz Green Beans | 4 oz Pears | | 1 oz WG Roll | 1 oz WG Roll | 1 c Milk | 4 g Margarine | Mushroom Gravy |
| Meatloaf, Mashed Potatoes, Corn, Peaches, WG Roll, Milk, Margarine | 3 oz Meatloaf | 4 oz Mashed Potatoes | 4 oz Corn | 4 oz Peaches | | 1 oz WG Roll | 1 oz WG Roll | 1 c Milk | 4 g Margarine | |
| Salisbury Steak, Sweet Potatoes, Mixed Vegetables, Pineapple Chunks, WG Roll, Milk, Margarine | 3 oz Salisbury Steak | 4 oz Sweet Potatoes | 4 oz Mixed Vegetables | 4 oz Pineapple Chunks | | 1 oz WG Roll | 1 oz WG Roll | 1 c Milk | 4 g Margarine | |
| BBQ Chicken Legs, Mashed Potatoes, Corn, Fruit in Jello, WG Roll, Milk, Margarine | 3 oz BBQ Chicken Legs | 4 oz Mashed Potatoes | 4 oz Corn | 4 oz Fruit in Jello | | 1 oz WG Roll | 1 oz WG Roll | 1 c Milk | 4 g Margarine | |
| Fish, Pinto Beans, Cole Slaw, Applesauce, Cornbread, Oatmeal Cookie, Milk, Margarine | 3 oz Fish | 4 oz Pinto Beans | 4 oz Cole Slaw | 4 oz Applesauce | | 1 oz Cornbread | 1 oz Oatmeal Cookie | 1 c Milk | 4 g Margarine | |

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Date 8/1/24

Title III/C/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 5

| Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i> | Meal Components – Enter appropriate food item and amount under each serving below. | | | | | | | | | |
|---|--|--|--|---|--|---|---|--|--|---------------------------------|
| | Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i> | Veg. 1 <i>½ cup or equivalent</i> | Veg. 2 <i>½ cup or equivalent</i> | Fruit 1 <i>½ cup or equivalent</i> | Veg. 3 or Fruit 2 <i>½ cup or equivalent</i> | Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i> | Dairy <i>Milk or milk alternate – 1 cup or equivalent</i> | Oils/fats <i>1 teaspoon or equivalent</i> | Other Ingredients (Optional) |
| Chicken Patty, Baked Beans, Potato Wedges, Pineapple Chunks, WG Bun, Milk, Margarine | 3 oz Chicken Patty | 4 oz Baked Beans | 4 oz Potato Wedges | 4 oz Pineapple Chunks | | 1 oz WG Bun | 1 oz WG Bun | 1 c Milk | 4 g Margarine | |
| Lasagna, Green beans, Garden Salad, Strawberries, Garlic Bread, Oatmeal Cookie, Milk, Margarine | 8 oz Lasagna | 4 oz Green Beans | 4 oz Garden Salad | 4 oz Strawberries | | 1 oz Garlic Bread | 1 oz Oatmeal Cookie | 1 c Milk | 4 g Margarine | |
| Fish Patty, Mashed Potatoes, Stewed Tomatoes, Peaches, WG Bun, Milk, Margarine | 3 oz Fish Patty | 4 oz Mashed Potatoes | 4 oz Stewed Tomatoes | 4 oz Peaches | | 1 oz WG Bun | 1 oz WG Bun | 1 c Milk | 4 g Margarine | |
| BBQ Pork, Corn, Garden Salad, Fruit Cocktail, WG Bun, Milk, Margarine | 3 oz BBQ Pork | 4 oz Corn | 4 oz Garden Salad | 4 oz Fruit Cocktail | | 1 oz WG Bun | 1 oz WG Bun | 1 c Milk | 4 g Margarine | |
| Chicken and Dumplings, Green Peas, Cole Slaw, Fruit in Jello, Oatmeal Cookie, Milk, Margarine | 3 oz Chicken | 4 oz Green Peas | 4 oz Cole Slaw | 4 oz Fruit in Jello | | 1 oz Dumplings | 1 oz Oatmeal Cookie | 1 c Milk | 4 g Margarine | |

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