

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 9

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk</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>Chef Salad with boiled eggs, ham, turkey, cheese, carrots, cucumbers, onions, tomatoes Fresh apple Whole Wheat Crackers Salad Dressing Milk</i>	<i>3 oz Egg, Ham, Turkey</i>	<i>8 oz Lettuce</i>	<i>4 oz Carrots, tomatoes, cucumbers, onions</i>	<i>4 oz Apple</i>		<i>1 oz WW Crackers</i>	<i>1 oz WW Crackers</i>	<i>1 c Milk</i>	<i>4 g Salad Dressing</i>	
<i>Fish Sandwich on WW Bun Potato Chips Breaded Okra Glazed Carrots Mixed Fruit with Jello Tartar Sauce Milk</i>	<i>3 oz Fish</i>	<i>4 oz Breaded Okra</i>	<i>4 oz Glazed Carrots</i>	<i>4 oz Mixed Fruit with Jello</i>		<i>1 oz WW Bun</i>	<i>1 oz WW Bun</i>	<i>1 c Milk</i>	<i>4 g Tartar Sauce</i>	Potato Chips
<i>Omelet with peppers, onions, mushrooms and cheese Sausage Fresh Tomatoes Hash brown patty 6 oz Apple Crisp with oats Biscuit Milk and Butter</i>	<i>3 oz Eggs Sausage</i>	<i>4 oz Fresh tomato</i>	<i>4 oz Hash brown patty</i>	<i>4 oz Apple Crisp</i>		<i>1 oz Oats</i>	<i>1 oz Biscuit</i>	<i>1 c Milk</i>	<i>4 g Butter</i>	Onions, Mushrooms, Peppers, 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 Fentress Co Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature _____ Date _____