

CM & HDM Meal Pattern Worksheet – VPAS: Staunton, Augusta, Waynesboro

Instructions: Enter menu items for each meal in first column. In the columns under each food group, list in detail the menu items and portion amounts intended to complete required meal pattern components. (See Sample Worksheet) In order to meet nutrient requirements, if all food groups and targeted amounts are not correctly represented, the menu must be adjusted before it is implemented. Duplicate as many Meal Pattern Worksheets and adjust spacing as needed to evaluate all meals. Keep on file with menus for monitoring purposes.

WEEK 1	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Meat Loaf with Tomato Gravy Sage Dressing Butter Beans Glazed Carrots, Fruit Whole Wheat Roll	½ cup Sage Dressing 1 Whole Wheat Roll	½ cup Fruit ½ cup Carrots ½ cup Butter Beans	1 cup Skim Milk ¼ cup Milk	4 oz. Meat Loaf (entrée: 16.3 grams)	1 tsp. Butter 1/8 cup Gravy 1 tsp. Olive Oil
Day 2	Chicken Stir Fry Oriental Vegetables, Brown Rice Mixed Greens Mandarin Oranges Whole Wheat Roll	½ cup Brown Rice 1 Whole Wheat Roll	½ cup Oriental Vegetables ½ cup Mandarin Oranges ½ cup Mixed Greens	1 cup Skim Milk	2 oz. Chicken Strips (entrée: 24.2 grams)	1 tsp. Butter
Day 3	Pork Barbeque Sandwich Black Eyed Peas Coleslaw Baked Cheese Grits Fruit Brownie Whole Wheat Bun	½ cup Cheese Grits 1 Whole Wheat Bun	½ cup Fruit ½ cup Black Eyed Peas ½ cup Cabbage	1 cup Skim Milk	4 oz. Pork (entrée: 22 grams)	1 TBsp Mayonnaise Brownie
Day 4	Chicken Divan Broccoli, Brown Rice Beet and Carrot Casserole Fruit Whole Wheat Roll	¼ cup Breadding ½ cup Brown Rice 1 Whole Wheat Roll	½ cup Broccoli ¼ cup Beets ¼ cup Carrots ½ cup Fruit	¼ cup Cheese Sauce 1 cup Skim Milk	4 oz. Chicken Breast (entrée: 25.1 grams)	1TBsp. French Dressing 1 tsp Butter
Day 5 FROZEN	Turkey Sausage w/ Peppers, Onions, Tomatoes Whole Grain Rotini Pasta Apple Chunks w/ Raisins Fruit Whole Wheat Roll	½ cup Whole Grain Rotini Pasta Whole Wheat Roll	Peppers, Onions, Tomatoes ½ cup Fruit ½ Apple Chunks w/ Raisins	1 cup Skim Milk	Turkey Sausage (entrée: 13 grams)	1 tsp. Butter

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WEEK 2	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Pepper Steak w/ Gravy Peas Broccoli Au Gratin Blueberry Muffin Whole Wheat Roll	¼ cup White Flour 1 Whole Grain Blueberry Muffin 1 Whole Wheat Roll	½ cup Peas ½ cup Broccoli	1 cup Skim Milk ¼ cup Cheddar Cheese ¼ cup Milk	4 oz. Pepper Steak Patty (entrée: 22.7 grams)	1 tsp. Butter 2 TBsp. Olive Oil
Day 2	Pinto Beans w/ Ham Mixed Greens Sweet Potatoes Corn Bread Fruit	2 Squares Corn Bread 2x2	½ cup Mixed Greens ½ cup Sweet Potatoes ½ cup Fruit	1 cup Skim Milk	1 oz. Diced Ham ½ cup Pinto Beans (entrée: 33.2 grams)	1 tsp. Butter
Day 3	Chicken and Rice Casserole Carrots Zucchini w/ Tomatoes Fruit Whole Wheat Roll	½ cup Brown Rice 1 Whole Wheat Roll	½ cup Carrots 1/8 cup Zucchini Squash 3/8 cup Tomatoes ½ cup Fruit	1 cup Skim Milk ¼ cup Milk	2 oz. Diced Chicken (entrée: 20.7 grams)	1 tsp. Butter 1 TBsp. Olive Oil
Day 4	Tuna Salad 2 Pieces Flat Bread Three Bean Salad Tossed Salad Oatmeal Cookie Fruit	2 Pieces Flat Bread Oatmeal Cookie	1 TBsp Diced Celery ½ cup Three Bean Salad 1 cup Mixed Lettuce ½ cup Fruit	1 cup Skim Milk	½ cup Tuna 1 TBsp Diced Egg (entrée: 16 grams)	1 TBsp. Relish 1 TBsp. Mayonnaise 1 TBsp. Dressing
Day 5 FROZEN	Chicken in Teriyaki Sauce Gingered Carrots Brown Rice w/ Chinese Vegetables Fruit Whole Wheat Roll	½ cup Brown Rice 1 Whole Wheat Roll	½ cup Carrots ½ cup Chinese Vegetables ½ cup Fruit	1 cup Skim Milk	3 oz Chicken (entrée: 26 grams)	¼ cup Teriyaki Sauce 1 tsp. Butter

ORANGE/RED Fruits/Vegetables

DARK GREEN Vegetables

BEANS AND PEAS

GRAINS

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WEEK 3	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Roasted Chicken Sage Dressing Navy Beans Sweet Potatoes Fruit Whole Wheat Roll	½ cup Sage Dressing 1 Whole Wheat Roll	½ cup Navy Beans ½ cup Sweet Potatoes ½ cup Fruit	1 cup Skim Milk	4 oz. Chicken Breast (entrée: 14.3 grams)	1 tsp Butter 1 tsp. Olive Oil
Day 2	Garlic Herb Pork Lion Stewed Tomatoes Turnip Greens Fresh Berries Banana Muffin Whole Wheat Roll	1 Whole Grain Banana Muffin 1 Whole Wheat Roll	½ cup Tomatoes ½ cup Turnip Greens ½ cup Berries	1 cup Skim Milk	3 oz. Pork (entrée: 14.6 grams)	1 tsp. Butter
Day 3	Lasagna Mixed Green Salad Brussels Sprouts Fruit Whole Wheat Roll	½ cup Whole Wheat Lasagna Noodles 1 Whole Wheat Roll	¼ cup Tomato Sauce 1 cup Mixed Lettuce ½ cup Brussels Sprouts ½ cup Fruit	¼ cup Ricotta Cheese 1 cup Skim Milk	2 oz. Beef (entrée: 16.4 grams)	1 tsp. Butter 1TBsp. Salad Dressing
Day 4	Hamburger on a Bun Lettuce, Tomato, Onion Scalloped Potatoes Baked Beans Berry Crisp	1 Whole Wheat Bun ½ cup Oatmeal Topping	Lettuce/Tomato/Onion ½ cup scalloped potatoes ½ cup Baked Beans ½ cup Berries	1 cup Skim Milk ¼ cup Milk 1/8 cup Cheese	4 oz. Hamburger Patty (entrée: 23.2 grams)	1 tsp. Butter 1 TBsp. Brown Sugar
Day 5 FROZEN	Mexican Bean Burrito Queso Spinach Souffle Parslied Corn Fruit Whole Wheat Roll	Floured Tortilla 1 Whole Wheat Roll	½ cup Spinach Souffle ½ cup Parslied Corn ½ cup Fruit	¼ cup Queso 1 cup Skim Milk	½ cup Beans (entrée: 28 grams)	1 tsp. Butter

ORANGE/RED Fruits/Vegetables

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BEANS AND PEAS

GRAINS

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WEEK 4	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Potato Crunch Pollack Rice Pilaf Pinto Beans Collard Greens Peach Slices Whole Wheat Roll	2 TBsp Breading ½ cup Rice Pilaf 1 Whole Wheat Roll	½ cup Pinto Beans ½ cup Collard Greens ½ cup Peaches	1 cup Skim Milk	3 oz. Pollack (entrée: 23.6 grams)	1 TBsp Mayonnaise 1 tsp. Butter
Day 2	Pork Cutlet Sage Dressing Butter Beans Coleslaw Fruit Whole Wheat Roll	2 TBsp. Breading ½ cup Sage Dressing 1 Whole Wheat Roll	½ cup Butter Beans ½ cup Cabbage ½ cup Fruit	1 cup Skim Milk	3 oz. Pork (entrée: 22.8 grams)	1 TBsp Mayonnaise 1 tsp. Butter
Day 3	Chicken Salad Sliced Tomato and Lettuce Potato Salad Pickle Orange 2 Whole Wheat Sandwich Rounds	2 Whole Wheat Sandwich Rounds	¼ cup Celery Sliced Tomato & Lettuce 1/2 cup Potatoes Orange	1 cup Skim Milk ¼ cup Egg	2 oz. Chicken (entrée: 15 grams)	1 TBsp Mayonnaise 1 TBsp Oil Pickle
Day 4	Spaghetti Marinara Broccoli Tossed Salad Fruit Whole Wheat Roll	½ cup Spaghetti 1 Whole Wheat Roll	¼ cup Marinara Sauce ½ cup Broccoli 1 cup Mixed Lettuce ½ cup Fruit	1 cup Skim Milk	2 oz. Beef (entrée: 16.4 grams)	1 tsp. Salad Dressing 1 tsp. Butter
Day 5 FROZEN	Oven Baked Chicken Green Beans w/ Red Peppers Yellow Rice w/ Tomatoes and Chives Fruit Whole Wheat Roll	½ cup Yellow Rice 1 Whole Wheat Roll	½ cup Green Beans ¼ cup Red peppers ¼ cup Tomatoes 1 tsp. Chives ½ cup Fruit	1 cup Skim Milk	31 grams Chicken	1 tsp. Butter

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WEEK 5	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Sliced Ham Baked Sweet Potatoes Broccoli Fresh Fruit Oatmeal Cookie Whole Wheat Roll	1 Oatmeal Cookie 1 Whole Wheat Roll	½ cup Sweet Potatoes ½ cup Broccoli 1 Piece Fresh Fruit	1 cup Skim Milk	4 oz. Ham (entrée: 21 grams)	1 tsp Butter 1 TBsp Brown Sugar
Day 2	Barbequed Chicken Mashed Potatoes Baked Beans Fruit Corn Bread	2 Squares Corn Bread 2x2	½ cup Mashed Potatoes ½ cup Baked Beans ½ cup Fruit	1 cup Skim Milk 1/8 cup Milk	3 oz. Chicken Thigh (entrée: 21.6 grams)	1/8 cup Barbeque Sauce 1 TBsp Olive Oil 1 tsp. Butter
Day 3	Turkey Sage Dressing Kale Cauliflower Au Gratin Fruit Dessert Whole Wheat Roll	½ cup Sage Dressing 2 TBsp. Granola 1 Whole Wheat Roll	½ cup Kale ½ cup Cauliflower ½ cup Fruit	1 cup Skim Milk ¼ cup Milk 1/8 cup Cheese	3 oz. Turkey (entrée: 23.1 grams)	1 tsp. Butter
Day 4	Cheddar Baked Fish Rice Tuscan Bean Salad Carrots Fruit Whole Wheat Roll	2 TBsp Breadding ½ cup Rice 1 Whole Wheat Roll	¼ cup Garbanzo Beans 1/8 cup Tomatoes ¼ cup Black Beans ½ cup Carrots ½ cup Fruit	1 cup Skim Milk 2 TBsp Cheddar Cheese	3 oz Pollack Fish (entrée: 16 grams)	1 tsp. Butter 1 TBsp Brown Sugar
Day 5 FROZEN	Cuban Black Beans and Rice Corn w/ Red Peppers Parslied Carrots Fruit Whole Wheat Roll	½ cup Rice 1 Whole Wheat Roll	½ cup Corn 1/8 cup Red Peppers ½ cup Carrots ½ cup Fruit	1 cup Skim Milk	½ cup Black Beans (16 Grams)	1 tsp. Butter

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DARK GREEN Vegetables

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WEEK 6	MENU	GRAINS	VEGETABLES AND FRUIT	DAIRY FOODS	PROTIEN FOODS	OILS, DESSERTS/EMPTY CALORIE FOODS
Day 1	Beef Tips w/ Gravy Brown Rice Mashed Pumpkin Spinach Fruit Orange Cake Whole Wheat Roll	¼ cup Flour ½ cup Brown Rice 1 Whole Wheat Roll	½ cup Pumpkin ½ cup Spinach ½ cup Fruit	1 cup Skim Milk ¼ cup Egg	3 oz. Beef Tips (entrée: 21.1 grams)	1/8 cup gravy ½ tsp. Butter and Olive Oil 1 pc Orange Cake 1 tsp Butter
Day 2	Oven Fried Chicken Great Northern Beans Harvard Beets Fruit Blueberry Muffin Whole Wheat Roll	Whole Grain Blueberry Muffin 1 Whole Wheat Roll	½ cup great Northern Beans ½ cup Beets ½ cup Fruit	1 cup Skim Milk	3 oz. Chicken (entrée: 21.2 grams)	1 tsp. Butter
Day 3	Turkey Salad Platter Mixed Green Salad Pasta Salad w/ Vegetables Fruit Whole Wheat Bread	½ cup Whole Wheat Pasta Whole Wheat Bread	¼ cup Celery 1 cup Mixed Lettuce ¼ cup California Blend Vegetables ½ cup Fruit	1 cup Skim Milk	2 oz. Turkey (entrée: 14 grams)	1 TBsp. Mayonnaise 2 Pickles 1 tsp. Butter
Day 4	Baked Fish Filet Rice Stewed Tomatoes Pinto Beans Fruit Whole Wheat Roll	½ cup Rice 1/8 cup Whole Wheat Bread 1 Whole Wheat Roll	½ cup Tomatoes ½ cup Pinto Beans ½ cup Fruit	1 cup Skim Milk ¼ cup Cheddar Cheese	4 oz Pangasias Fish (entrée: 16 grams)	1 tsp. Butter 1 tsp Olive Oil
Day 5 FROZEN	Macaroni and Beef Casserole Spinach California Blend Veggies Fruit Whole Wheat Roll	½ cup Whole Wheat Pasta 1 Whole Wheat Roll	½ cup Spinach ½ cup California Blend Vegetables ½ cup Fruit	1 cup Skim Milk	2 oz Ground Beef (entrée: 24 grams)	1 tsp. Butter

ORANGE/RED Fruits/Vegetables

DARK GREEN Vegetables

BEANS AND PEAS

GRAINS