

Month

August

Meal Pattern Worksheet

Year #####

HDM Meal Pattern Worksheet – VPAS: Highland County

Day			Protein Food					Grains				Vegetables/Fruit						
Required			≥ 2 serv	Meas	Source	Ground Meat	High Sodium Meats	≥ 2 serv	Meas	Source	Whole Grain	≥ 1 ½ cup	Meas	Source	Fruit	Dark Green	Orange or Red Veg/ Fruit	Dried Beans and peas
						≤ 2/week	≤ 1 /month				Daily				Daily	≥ 2/week	≥ 2/week	≥ 2/week
Week	Day	Menu																
1	M	Meat Loaf with Tomato Gravy Brown Rice Glazed Carrots, Peas Fruit Whole Wheat Bread	4.0	oz	meatloaf	1		1.0	½ c	brown rice	1.00	0.50	¼ c	tomato sauce			0.50	
								1.0	slice	WW bread	1.00	1.00	½ c	carrots			1.00	
												1.00	½ c	peas				1.00
												1.00	½ c	fruit	1.00			
			4.0					2.0			2.00	3.5			1.00			
1	Tu	Baked Ziti Tuscan Bean Salad Mixed Green Salad Hot Fruit Cookie Whole Wheat Bread	2.0	piece	egg			2.0	piece	WW bun	2.00	1.00	½ c	lettuce		0.50		
												0.25	⅙ c	peppers				
												0.25	⅙ c	carrots			0.25	
												1.00	½ c	white beans				0.25
												1.00	½ c	fruit	1.00			
			2.0					2.0			2.00	3.5			1.00			
1	W	Pork Barbeque Sandwich Black Beans Coleslaw Hot Peaches Cookie Whole Wheat Bread	4.0	oz	pork			2.0	piece	WW bun	2.00	1.00	½ c	black beans				1.00
												1.00	½ c	cabbage		1.00		
												1.00	½ c	peaches	1.00		1.00	
			4.0					2.0			2.00	3.0			1.00			
1	Th	Lemon Pepper Chicken Sage Dressing Broccoli Mixed Vegetables Fruit Whole Wheat Bread	4.0	oz	chicken breast			1.0	½ c	dressing		1.00	½ c	broccoli		1.00		
								1.0	slice	WW bread	1.00	1.00	½ c	mixed vegetables				
												1.00	½ c	fruit	1.00			
			4.0					2.0			1.00	3.0			1.00			
1	F	Chicken Stir Fry Oriental Vegetables Rice Hot Fruit Whole Wheat Bread	2.0	oz	chicken strips			1.0	½ c	rice		2.00	1 c	oriental vegetables				
								1.0	slice	WW bread	1.00	1.00	½ c	fruit	1.00			
			2.0					2.0			1.00	3.0			1.00			
Week 1						1										2.50	2.75	2.25
2	M	Chicken Salad Platter Mixed Green Salad Pasta Salad with Vegetables Fruit Whole Wheat Bread	2.0	oz	chicken			1.0	½ c	pasta		0.50	¼ c	celery				
								1.0	slice	WW bread	1.00		1 Tbsp	raisins				
												1.00	½ c	lettuce		0.50		
												0.25	⅙ c	peppers			0.25	
												0.25	⅙ c	carrots			0.25	
												1.00	½ c	fruit	1.00			
			2.0					2.0			1.00	3.0			1.00			
2	Tu	Pepper Steak with Gravy Baked Cheese Grits Corn Green Beans Orange Whole Wheat Bread	4.0	oz	pepper steak			1.0	½ c	grits		1.00	½ c	corn				
								0.5	¼ c	white flour		1.00	½ c	green beans		1.00		
								1.0	slice	WW bread	1.00	1.00	piece	orange	1.00		1.00	
			4.0					2.5			1.00	3.0			1.00			
2	W	Hamburger on a Bun Lettuce, Tomato, Onion Baked Beans	4.0	oz	hamburger	1		2.0	bun	WW bun	2.00			lettuce/tomato/onion				
								0.5	¼ c	oatmeal		1.00	½ c	baked beans				1.00
												1.00	½ c	fruit	1.00			

Day			Protein Food				Grains				Vegetables/Fruit									
Required			≥ 2 serv	Meas	Source	Ground Meat	High Sodium Meats	≥ 2 serv	Meas	Source	Whole Grain	≥ 1 ½ cup	Meas	Source	Fruit	Dark Green	Orange or Red Veg/ Fruit	Dried Beans and peas		
						≤ 2/week	≤ 1 /month				Daily				Daily	≥ 2/week	≥ 2/week	≥ 2/week		
Berry Crisp											Daily					Daily	≥ 2/week	≥ 2/week	≥ 2/week	
			4.0					2.5			2.00	2.0			1.00					
2	Th	Baked Fish Fillet Rice Pilaf Black Beans Malibu Blend Vegetables Fruit Whole Wheat Bread	4.0	oz	Pangasias fish			1.0	½ c	rice		1.00	½ c	black beans				1.00		
								1.0	slice	WW bread	1.00	1.00	½ c	cauliflower, orange/yellow carrots and broccoli			0.25			
												1.00	½ c	fruit	1.00					
			4.0					2.0			1.00	3.0			1.00					
2	F	Pork Loin Sauce Robert Sweet Potato Chunks Spinach Fruit Oatmeal Cookie Whole Wheat Bread	3.0	oz	pork loin			0.5	½ c	oatmeal		1.00	½ c	sweet potato chunks			1.00			
								1.0	slice	WW bread	1.00	1.00	½ c	spinach		1.00				
												1.00	½ c	fruit	1.00					
			3.0					1.5			1.00	3.0			1.00					
Week 2															2.50 2.75 2.00					
3	M	Braised Pork Tips Rice Pilaf Sliced Carrots Brussels Sprouts Fruit Whole Wheat Bread	3.0	oz	pork tips			1.0	½ c	rice		1.00	½ c	carrots				1.00		
								1.0	slice	WW bread	1.00	1.00	½ c	brussel sprouts		1.00				
												1.00	½ c	fruit	1.00					
			3.0					2.0			1.00	3.0			1.00					
3	Tu	Chicken Noodle Casserole Lima Beans Stewed Tomatoes with Zucchini Fruit Whole Wheat Bread	2.0	oz	chicken			1.0	½ c	egg noodles		1.00	½ c	lima beans				1.00		
								1.0	slice	WW bread	1.00	0.75	¾ c	tomatoes			0.75			
												1.00	¼ c	zucchini						
												1.00	½ c	fruit	1.00					
			2.0					2.0			1.00	3.3			1.00					
3	W	Pinto Beans with Ham Greens Mixed Vegetables Corn Bread Fruit	1.0 2.0	oz ½ c	diced ham pinto beans		1	2.0	squares	corn bread		1.00 1.00 1.00	½ c ½ c ½ c	greens mixed vegetables fruit		1.00				
			3.0					2.0			-	3.0			1.00					
3	Th	Chicken Salad Salad Beets Potato Salad Fruit Brownie Whole Wheat Bread	2.0 0.5	oz ¼ c	chicken egg			2.0	slices	WW bread	2.00	1.00 1.00 0.25 1.00	½ c ½ c 2 Tbsp ½ c	beets potato salad diced celery fruit				1.00		
			2.5					2.0			2.00	3.3			1.00					
3	F	Macaroni & Cheese Baked Beans Peas Mixed Green Salad Fruit	2.0	½ c	baked beans			2.0	1 c	whole grain macaroni noo	2.00	1.00 1.00 0.25 0.25 1.00	½ c ½ c ½ c ½ c ½ c	peas lettuce peppers carrots fruit		1.00		1.00		
			2.0					2.0			2.00	3.5			1.00					
Week 3															3.00 3.25 2.00					
4	M	Chicken Tenders Baked Beans Squash Casserole Pasta Salad Fruit	4.0	oz	chicken			1.0	½ c	pasta		1.00	½ c	beans				1.00		
								1.0	slice	WW bread	1.00	0.50	¼ c	tomato sauce			0.50			
												1.00	½ c	fruit	1.00					
												0.50	¼ c	yellow squash						

Day			Protein Food				Grains				Vegetables/Fruit							
Required			≥ 2 serv	Meas	Source	Ground Meat	High Sodium Meats	≥ 2 serv	Meas	Source	Whole Grain	≥ 1 ½ cup	Meas	Source	Fruit	Dark Green	Orange or Red Veg/ Fruit	Dried Beans and peas
						≤ 2/week	≤ 1 /month				Daily				Daily	≥ 2/week	≥ 2/week	≥ 2/week
Whole Wheat Bread			4.0					2.0			1.00	3.0			1.00			
4	Tu	Beef Tips with Gravy	3.0	oz	beef tips			1.0	½ c	rice		1.00	½ c	pumpkin			1.00	
		Rice						1.0	slice	WW bread	1.00	1.00	½ c	lima beans				1.00
		Mashed Pumpkin										1.00	½ c	fruit	1.00			
		Lima Beans																
Fruit																		
Whole Wheat Bread			3.0					2.0			1.00	3.0			1.00			
4	W	Garlic Herb Pork Loin	3.0	oz	pork			1.0	piece	oatmeal muffin		1.00	½ c	kale		1.00		
		Kale						1.0	slice	WW bread	1.00	1.00	½ c	corn				
		Corn										1.00	½ c	fruit cocktail	1.00			
		Fruit Cocktail																
Oatmeal Muffin																		
Whole Wheat Bread			3.0					2.0			1.00	3.0			1.00			
4	Th	Breaded Fish Fillet	3.0	oz	pollack			0.1	1 Tbsp	breading		1.00	½ c	sweet potatoes			1.00	
		Rice Pilaf						1.0	½ c	rice pilaf		1.00	½ c	black eyed peas				1.00
		Whipped Sweet Potatoes						1.0	slice	WW bread	1.00	1.00	½ c	fruit	1.00			
		Black Eyed Peas																
Fruit																		
Whole Wheat Bread			3.0					2.1			1.00	3.0			1.00			
4	F	Lasagna	2.0	oz	beef	1		1.0	½ c	lasagna noodles		1.00	½ c	lettuce				
		Mixed Green Salad						1.0	slice	WW bread	1.00	0.25	⅓ c	peppers			0.25	
		Brussels Sprouts										0.25	⅓ c	carrots			0.25	
		Fruit										1.00	½ c	brussel sprouts		1.00		
Whole Wheat Bread													1.00	½ c	tomato sauce		1.00	
													1.00	½ c	fruit	1.00		
			2.0					2.0			1.00	4.5			1.00			
Week 4						1										2.00	4.00	3.00
Month 1							1											
5	M	Roasted Turkey	3.0	oz	turkey			1.0	½ c	dressing		1.00	½ c	sweet potatoes			1.00	
		Sage Dressing	1.0	1 tsp	peanut butter			1.0	slice	WW bread	1.00	1.00	½ c	green beans				
		Glazed Sweet Potatoes										1.00	½ c	apple sauce	1.00			
		Green Beans																
Cinnamon Apple Sauce																		
Peanut Butter Cookie																		
Whole Wheat Bread			4.0					2.0			1.00	3.0			1.00			
5	Tu	Pork Cutlet	3.0	oz	pork cutlet			0.3	2 Tbsp	breading		1.00	½ c	butter beans				1.00
		Brown Rice						1.0	½ c	brown rice	1.00	1.00	½ c	brussel sprouts		1.00		
		Butter Beans						1.0	slice	WW bread	1.00	1.00	½ c	fruit	1.00			
		Brussels Sprouts																
Fruit																		
Whole Wheat Bread			3.0					2.3			2.00	3.0			1.00			
5	W	Chicken and Rice Casserole	2.0	oz	diced chicken			1.0	½ c	rice		1.00	½ c	spinach		1.00		
		Spinach						1.0	slice	WW bread	1.00	0.50	¼ c	zucchini				
		Tomatoes with Zucchini										0.50	¼ c	tomatoes			0.50	
		Fruit										1.00	½ c	fruit	1.00			
Whole Wheat Bread																		
			2.0					2.0			1.00	3.0			1.00			
5	Th	Potato Crunch Pollack	3.0	oz	pollack			0.3	2 Tbsp	breading		1.00	½ c	pinto beans				
		Baked Cheese Grits						1.0	½ c	cheese grits		1.00	½ c	peas				1.00
		Pinto Beans						1.0	slice	WW bread	1.00	1.00	½ c	peaches	1.00			
		Peas																
Peach Slices																		
Whole Wheat Bread			3.0					2.3			1.00	3.0			1.00			

[illegible]

Month

HDM M

Day			Dairy			Other		
Required		Starchy Vegetable	1 serv	Meas	Source	1 - 2 serv	Meas	Oils/Desserts - <i>optional</i>
		≤ ½ c/meal						
Week	Day	Menu						
1	M	Meat Loaf with Tomato Gravy Brown Rice Glazed Carrots, Peas Fruit Whole Wheat Bread	1.00 0.25 1.00	1 c ¼ c	skim milk milk	1	1 tsp	butter
			1.00	1.25		1.00		
1	Tu	Baked Ziti Tuscan Bean Salad Mixed Green Salad Hot Fruit Cookie Whole Wheat Bread	1.00 0.50 0.75 0.75 0.38 -	1 c ¼ c ¼ c ¼ c ¼ c	skim milk ricotta cheese cheddar cheese mozzarella cheese parmesan cheese	1 1 1	1 Tbsp 1 tsp 1	salad dressing butter cookie
			-	3.38		3.00		
1	W	Pork Barbeque Sandwich Black Beans Coleslaw Hot Peaches Cookie Whole Wheat Bread	1.00 -	1 c	skim milk	1	1 Tbsp	mayonnaise
			-	1.00		1.00		
1	Th	Lemon Pepper Chicken Sage Dressing Broccoli Mixed Vegetables Fruit Whole Wheat Bread	1.00 -	1 c	skim milk	1	1 tsp	butter
			-	1.00		1.00		
1	F	Chicken Stir Fry Oriental Vegetables Rice Hot Fruit Whole Wheat Bread	1.00 -	1 c	skim milk	1	1 tsp	butter
			-	1.00		1.00		
Week 1								
2	M	Chicken Salad Platter Mixed Green Salad Pasta Salad with Vegetables Fruit Whole Wheat Bread	1.00 -	1 c	skim milk	1 2 1 1	1 Tbsp pieces 1 Tbsp 1 tsp	mayonnaise pickles salad dressing butter
			-	1.00		5.00		
2	Tu	Pepper Steak with Gravy Baked Cheese Grits Corn Green Beans Orange Whole Wheat Bread	1.00 0.75 0.25 1.00	1 c ¼ c ¼ c	skim milk cheddar cheese milk	1 1	1 tsp 2 Tbsp	butter gravy
			1.00	2.00		2.00		
2	W	Hamburger on a Bun Lettuce, Tomato, Onion Baked Beans	1.00 1.00	1 c	skim milk	1 1	1 tsp 1 Tbsp	butter brown sugar

NOTES



Day			Dairy			Other		
Required		Starchy Vegetable	1	Meas	Source	1 - 2	Meas	Oils/Desserts - <i>optional</i>
		≤ ½ c/meal						
		Berry Crisp						
		1.00	1.00			2.00		
2	Th	Baked Fish Fillet Rice Pilaf Black Beans Malibu Blend Vegetables Fruit Whole Wheat Bread	1.00	1 c	skim milk	1 1	1 tsp 1 tsp	butter olive oil
		-	1.00			2.00		
2	F	Pork Loin Sauce Robert Sweet Potato Chunks Spinach Fruit Oatmeal Cookie Whole Wheat Bread	1.00	1 c	skim milk	1 1 1	1 tsp 3 Tbsp 1 Tbsp	butter gravy brown sugar
		1.00	1.00			3.00		
Week 2								
3	M	Braised Pork Tips Rice Pilaf Sliced Carrots Brussels Sprouts Fruit Whole Wheat Bread	1.00	1 c	skim milk	1 1	1 tsp 2 Tbsp	butter olive oil
		-	1.00			2.00		
3	Tu	Chicken Noodle Casserole Lima Beans Stewed Tomatoes with Zucchini Fruit Whole Wheat Bread	1.00	1 c	skim milk	1	1 tsp	butter
		1.00	1.00			1.00		
3	W	Pinto Beans with Ham Greens Mixed Vegetables Corn Bread Fruit		1 c	skim milk	2	2 tsp	butter
		-	1.00			2.00		
3	Th	Chicken Salad Salad Beets Potato Salad Fruit Brownie Whole Wheat Bread	1.00	1 c	skim milk	1 1 1	1 Tbsp 1 Tbsp	mayonnaise oil brownie
		1.00	1.00			3.00		
3	F	Macaroni & Cheese Baked Beans Peas Mixed Green Salad Fruit	1.00	1 c 1.52 0.38	skim milk cheddar cheese parmesan cheese	1 1	1 Tbsp 1 Tbsp	brown sugar salad dressing
		1.00	2.89			2.00		
Week 3								
4	M	Chicken Tenders Baked Beans Squash Casserole Pasta Salad Fruit	1.00	1 c ¾ c ¾ c	skim milk cheddar cheese milk	1 1 1	1 tsp 1 tsp 1 Tbsp	butter olive oil mayonnaise

NOTES

Day			Dairy			Other		
Required		Starchy Vegetable	1	Meas	Source	1 - 2	Meas	Oils/Desserts - <i>optional</i>
		≤ ½ c/meal						
		Whole Wheat Bread	1.00	2.00		3.00		
4	Tu	Beef Tips with Gravy		1.00	1 c skim milk	1	1 tsp butter	
		Rice	1.00			0.5	½ tsp butter and olive oil	
		Mashed Pumpkin					gravy	
		Lima Beans						
		Fruit						
		Whole Wheat Bread	1.00	1.00		1.50		
4	W	Garlic Herb Pork Loin		1.00	1 c skim milk	1	1 tsp butter	
		Kale	1.00					
		Corn						
		Fruit Cocktail						
		Oatmeal Muffin						
		Whole Wheat Bread	1.00	1.00		1.00		
4	Th	Breaded Fish Fillet	1.00	1.00	1 c skim milk	1	1 tsp butter	
		Rice Pilaf				1	1 Tbsp brown sugar	
		Whipped Sweet Potatoes						
		Black Eyed Peas						
		Fruit						
		Whole Wheat Bread	1.00	1.00		2.00		
4	F	Lasagna		0.50	¾ c ricotta cheese	1	1 tsp butter	
		Mixed Green Salad		1.00	1 c skim milk	1	1 Tbsp salad dressing	
		Brussels Sprouts						
		Fruit						
		Whole Wheat Bread						
Week 4			-	1.50		2.00		
Month 1								
5	M	Roasted Turkey	1.00	1.00	1 c skim milk	1	1 tsp butter	
		Sage Dressing				1	cookie	
		Glazed Sweet Potatoes				1	1 Tbsp brown sugar	
		Green Beans						
		Cinnamon Apple Sauce						
		Peanut Butter Cookie						
		Whole Wheat Bread	1.00	1.00		3.00		
5	Tu	Pork Cutlet	1.00	1.00	1 c skim milk	1	1 tsp butter	
		Brown Rice				1	1 Tbsp mayonnaise	
		Butter Beans						
		Brussels Sprouts						
		Fruit						
		Whole Wheat Bread	1.00	1.00		2.00		
5	W	Chicken and Rice Casserole		1.00	1 c skim milk	1	1 tsp butter	
		Spinach		0.25	¼ c milk	1	1 tsp olive oil	
		Tomatoes with Zucchini						
		Fruit						
		Whole Wheat Bread		-	1.25	2.00		
5	Th	Potato Crunch Pollack	1.00	1.00	1 c skim milk	1	1 tsp butter	
		Baked Cheese Grits	1.00	0.75	¼ c cheddar cheese			
		Pinto Beans		0.25	¼ c milk			
		Peas						
		Peach Slices						
		Whole Wheat Bread	2.00	2.00		1.00		

NOTES

Day			Dairy			Other		
Required		Starchy Vegetable	1	Meas	Source	1 - 2	Meas	Oils/Desserts - <i>optional</i>
		≤ ½ c/meal						
5	F	Spaghetti with Meat Sauce	1.00	1 c	skim milk	1	1 tsp	butter
		Broccoli				1	1 Tbsp	salad dressing
		Tossed Salad	0.25	¼ c	milk			
		Fruit						
		Whole Wheat Bread						
		-	1.25			2.00		
Week 5								
6	M	Sliced Ham	1.00	1.00	1 c skim milk	1	1 tsp	butter
		Baked Sweet Potatoes				1	1 Tbsp	brown sugar
		Broccoli						
		Macaroni Salad						
		Fresh Fruit						
		Whole Wheat Bread	1.00	1.00		2.00		
6	Tu	Salisbury Steak	1.00	1.00	1 c skim milk	1		cookie
		Mashed Potatoes		0.33	2 Tbsp cheddar cheese	1	1 tsp	butter
		Carrots						
		Fruit						
		Oatmeal Cookie						
		Whole Wheat Bread	1.00	1.33		2.00		
6	W	Turkey	0.50	1.00	1 c skim milk	1	1 tsp	butter
		Sage Dressing	0.50	0.38	⅞ c cheese			
		Succotash		0.25	¼ c milk			
		Cauliflower Au Gratin						
		Fruit Dessert						
		Whole Wheat Bread	1.00	1.63		1.00		
6	Th	Macaroni & Cheese	1.00	1.00	1 c skim milk	1	1 Tbsp	brown sugar
		Baked Beans		1.52	½ c cheddar cheese	1	1 Tbsp	salad dressing
		Peas		0.38	⅞ c parmesan cheese			
		Mixed Green Salad						
		Fruit						
		1.00	2.89			2.00		
6	F	Barbequed Chicken	1.00	1.00	1 c skim milk	1	1 tsp	butter
		Collard Greens		0.25	¼ c milk	1	¼ c	barbeque sauce
		Baked Beans				1	1 Tbsp	olive oil
		Fruit						
		Cornbread						
		1.00	1.25			3.00		
Week 6								
Partial Month 3								

NOTES