



Date 07/29/11

Type of Meal       Breakfast       Lunch       Snack       Dinner

First Meal Served (Time) 12:04 PM      Last Meal Served (Time) 12:48 PM

Number of Meals Served

Student

Adult

First Meals 42      Program Adults 2      Total Meals Planned 50

Second Meals 0      Non-program Adults 0      Total Meals Served 44

Menu Beef lasagna, baby carrots, mixed fruit and milk

**TIP:** Write the serving size of what you used to meet the requirements, not just a rehashing of the requirements.

**For example:** If you serve a meat sauce, it should say 1/2 cup meat sauce, then list Components under Column Two to show how much meat was used. If it is a meat patty, it should say 4-ounce breaded chicken patty. If it is a fruit or vegetable, it should say 1 banana or 1 apple, not 1/4 cup fruit, etc.

**TIP:** Use this column to show how much is leftover.

Planned Serving Size	Components	Total Quantity Food Used	Total Number of Servings
	<i>Meat/Meat Alternate (2 oz. minimum)</i>		
1 square lasagna (1/25 of a 12" x 20" x 2 1/2" pan)	2 oz. ground beef	8.5 lbs.	44
	<i>Fruits and Vegetables (3/4 cup minimum, at least 2 different kinds)</i>		
1 square lasagna	1/4 cup diced tomatoes	4 #2 1/2 cans	44
Baby carrots	1/4 cup	4 lbs.	44
Mixed fruit (peaches, pears, grapes)	1/4 cup	8 #300 cans	44
	<i>Bread/Grain (1 oz./day minimum)</i>		
1 square lasagna	1/2 cup lasagna noodles	4 lbs.	44
	<i>Fluid Milk (specify type, 8 oz. minimum)</i>		
1 carton white milk	8 oz.		28
or			
1 carton chocolate milk	8 oz.		16
	<i>Other Food (not in meal pattern)</i>		

