

**Meal Pattern  
Reimbursable Lunches  
Grades K-8**

**SFA Name:  
K-8 Menu #:**

Enter each reimbursable lunch offered during the reference week and select or enter the quantity of each component.

Each reimbursable meal consists of all required food components: any grain/meat/meat alternates in a main dish and/or side dish, total amount of fruit offered with this meal, total amount of vegetables in a main dish and/or side dish, and amount of milk. The vegetable subgroups and types of milk will be recorded on a different tab.

[Click here to go the Food Buying Guide Calculator](#)

[Click here to go the Instructions](#)

[Click here to the Weekly Report](#)

1	2	3	3a	3b	4	4a	5	5a	6
Meal Name <i>Enter the name of each reimbursable meal as found on the weekly menu. Select the first blank if the component was not offered with the meal. ** DO NOT DELETE ROWS**</i>	Meat/Meat Alternate (oz equivalents)  Enter the total meat/meat alternate ounces offered with this meal	Grains (oz equivalents)			Fruit (cups) <b>**NOTE: Enter the CREDITABLE amount of dried fruit</b>		Vegetables (cups)		Fluid Milk (cups)  Enter the number of cups of fluid milk offered with this meal
		Enter the total grains ounce equivalents including whole grain rich and desserts offered with this meal	Of the grains offered with this meal, enter the number of ounce equivalents that are whole grain rich	Of the grains offered with this meal enter number of ounce equivalents that are grain based desserts	Select the number of cups of fruit including fruit juice offered with this meal	ONLY select the cups of fruit juice	Select the number of cups of vegetables including vegetable juice offered with this meal	ONLY select the cups of vegetable juice	
<i>Example: Chicken nuggets w/ roll and honey sauce</i>	2.00	2.50	2.00	0.50	1	1/2	1		1
1 Teriyaki BBQ Pizza on Whole Wheat Crust / Fresh Local Bread / Carrot Sticks / Fruit / Milk	2.00	1.00	2.00		1/2		3/4		1
2 Brown Rice / WW Roll / Japanese Beef Curry / Salad / Potatoes / Carrots / Fruit	2.00	2.00	2.00		1/2		3/4		1
3 Tuna Salad Sandwich on whole wheat Bun / Salad / Broccoli / Fruit / Milk	1.00	1.00	2.00		1/2		3/4		1
4 Whole Wheat Spaghetti / Meat Sauce / WW Roll / Salad / Asparagus / Fruit / Milk	2.00	2.00	2.00		1/2		3/4		1
5 Brown Rice / BBQ Chicken / Salad / Corn / Fruit / Milk	2.00	2.00	2.00		1/2		3/4		1
6 Hawaiian Grilled Chicken / Brown Red Rice / Chicken / Salad / Cauliflower / Fruit / Milk									
7 Yakisoba / WW Roll / Grilled Chicken / Salad / Sautee Bok Choy / Fruit / Milk									
8 Hamburger on WW Bun / Salad / Carrot Sticks / Fruit / Milk									
9 Whole Wheat Penne in Meat Sauce & WW Roll / Salad / Cucumber Sticks / Fruit / Milk									
10 Brown Rice / Baked Ham / Salad / Corn / Fruit / Milk									
11 Bacon Lettuce Tomatoe on a Whole Wheat Bread / Salad / Potato Wedges / Fruit / Milk									
12 Brown Rice / Asian Stir Fry Beef / Salad / Sauteed Bok Choy / Fruit / Milk									
13 Ham & Cheese Sandwich / Salad / Carrot Sticks / Fruit / Milk									
14 WW Spaghetti / Meatballs / WW Roll / Salad / Corn / Fruit / Milk	1.00								
15 Brown Red Rice / Lemon Garlic Baked Fish / Salad / Cucumber Sticks / Fruit / Milk	2.00								
16 Turkey Taco Salad with Whole Wheat Corn / Salad / Fruit / Milk	2.00	2.00			1/2		3/4		1
17 Brown Rice / Fish in SweetNSour Sauce / Salad / Sautee Spinach / Fruit / Milk	1.00	2.00			1/2		3/4		1
18 Chicken Nuggets / Brown Rice / Salad / Cucumber Salad / Fruit / Milk	2.00	1.00			1/2		3/4		1
19 Creamy Alfredo w/ WW Penne / Grilled Chicken / Salad / Cauliflower / Fruit / Milk	2.00	2.00			1/2		3/4		1
20 Brown Rice / Beef Broccoli / Salad / Broccoli / Fruit / Milk	2.00	2.00			1/2		3/4		1
21									