Chart that shows oz eq for a variety of bread/grain products based on 16 grams of creditable weight

Exhibit A

Chart that shows equivalents for variety of bread/grain products based on 14.75 grams of creditable weight

Grain/Bread Chart

Healthy meals support learning;

Healthy eating patterns in childhood = healthy eating patterns as adults

Benefits of Child Nutrition meal patterns

Foods/ingredients that contribute to one of the food components of the meal pattern

Creditable Ingredient

Raw and/or bulk foods processed into a variety of convenient, ready-to-use end products i.e. breaded chicken nuggets

Processed Foods

A single serving of a food item that contains two or more of the required meal components

Combination Food

Evidence based recommendations about the components of a healthy diet; Focus on disease prevention, not treatment; Inform federal food, nutrition, health policies

Dietary Guidelines for Americans (DGA)

Series of menus repeated over a specific period of time, such as 4 weeks; Menu is different each day during the cycle and repeats at the end

Cycle Menus

Variety; Familiar and new foods; Shapes, colors, textures, tastes, temperature, form; Cost; Seasonality; Culturally relevant foods

Menu Planning Basics

1 of the food groups that comprise a reimbursable meal.

Ex: meat/meat alternate; grain; fruit; vegetable; and fluid milk.

Food Component

A specific food offered within the food components.

Ex: hamburger patty on a bun is one food item with two food components (meats/meat alternate and grain)

Food Item

Foods available to Schools/Child Nutrition Programs which support American agriculture producers

USDA (Commodity) Foods