Functions of USDA approved menu planning and nutrient analysis software

- Conduct an accurate nutrient analysis of recipes and menus
- Flexibility and variety in menu planning
- Measure compliance with the dietary specifications
- Enter local recipes and processed foods
- Produce a menu report with serving sizes, number of servings, and total feeding figure

A menu planning approach that focuses on food components rather than specific nutrients

Food Based Menu Planning

5 food components used in food based menu planning for NSLP

1. Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Fluid Milk

4 food components used in food based menu planning for SFSP

1. Bread/Grain
2. Fruit/Vegetable
3. Meat/Meat Alternate
4. Fluid Milk

How minimum serving sizes for each food component per meal type (breakfast, lunch, supper, snack) is grouped for child nutrition programs

Age/grade groups

Grade group for School Breakfast and Lunch meal pattern **ONLY**

- Grades K-5
- Grades 6-8
- Grades 9-12

Age groups for CACFP meal pattern **ONLY**

- Infants
- Ages 1-2
- Ages 3-5
- Ages 6-12 & 13-18*
- Adults

*Age group effective October 2017

Requirements and best practices of Child Nutrition Program meal patterns

Greater variety of vegetables and fruit, more whole grains, and less added sugar, sodium and saturated fat

Required level of calories, saturated fat, Trans fat, and sodium for specific age/grade groups, for **School** meals only

Dietary Specifications

Spreadsheet designed to help sponsors calculate recipe ingredient contributions to the meal pattern. Replaces Appendix A from the Food Buying Guide.

Recipe Analysis Worksheet (RAW)

Menu planning system that is planned for a specific amount of time, and assists menu planners to offer consistent menus that meet meal pattern standards.

Cycle Menus