

# Oregon Menu Component Review

February 2026

Site/Program:

Date:

## Serving size reference guide

**Bread/Grains:** 1 serving equals 1 slice bread; one-half cup cooked pasta, rice, or cereal; or 1 cup cold cereal. At least 1 serving should be whole grain.

**Vegetables:** 1 serving equals one-half cup cooked vegetables; 1 cup leafy greens; or three-fourths cup 100% vegetable juice. If serving starchy vegetables (corn, peas, squash), count as a grain and include another vegetable.

**Fruit:** 1 serving equals one medium whole fruit; one-half cup chopped, cooked, or canned fruit; or one-half cup 100% fruit juice.

**Milk/Calcium Alternate:** 1 serving equals 1 cup fluid milk; 1 cup yogurt; 1 cup tofu processed with calcium salt; or 1½ oz natural cheese. Select low or nonfat products.

**Meat/Meat Alternate:** 1 serving equals 2.5–3 oz meat, fish, or poultry; three-fourths cup cooked beans, peas, or lentils; 3 Tbsp peanut butter; 3 eggs; or 1½ cups tofu.

## Meal planning worksheet

| Food Group       | Required Servings | Meal 1 | Meal 2 | Meal 3 |
|------------------|-------------------|--------|--------|--------|
| Bread/Grains     | 2 servings        | 1.     | 1.     | 1.     |
|                  |                   | 2.     | 2.     | 2.     |
| Vegetables       | 2 servings        | 1.     | 1.     | 1.     |
|                  |                   | 2.     | 2.     | 2.     |
| Fruit            | 1 serving         |        |        |        |
| Milk/Alternative | 1 serving         |        |        |        |
| Meat/Alternative | 1 serving         |        |        |        |

## Food preparation tips and guidelines

- Offer a variety of foods, emphasizing fruits, vegetables, and whole grains.
- Use scoops or servers to provide appropriate portions.
- Serve water with meals and avoid sugary drinks like punch, lemonade, sodas, and sports drinks.
- Prepare foods without added salt; use herbs, spices, or citrus for flavor.
- When using high-sodium condiments (ketchup, barbecue sauce, pickles, etc.), balance the menu with lower-sodium items.
- Choose light soy sauce sparingly and avoid using MSG.
- Select low-sodium canned soups, vegetables, tomatoes, and dressings. When possible, make low-sodium, low-fat stocks, sauces, and gravies without added fat; thicken with starch mixed into cold liquid.
- Limit grain-based and dairy desserts to once or twice a week; serve fruit on other days.
- Use low-fat cooking methods such as baking, broiling, and steaming; avoid adding fat to cooked foods.
- Choose fish, lean meats, and skinless poultry.
- Replace some meat with beans, peas, or lentils in recipes.
- Select low-fat, low-sodium bread and cheese when possible.
- Use vegetable oils instead of shortening and soft margarine instead of butter; avoid lard.
- Choose products with zero trans-fat and no partially hydrogenated oils.