

Sample Component Meal Pattern PSA 30

PROJECT:									
MENUS APPROVED BY:		PROJECT NUTRITIONIST:			DATE:		PROJECT COUNCIL CHAIRPERSON:		DATE:
MENU PATTERN									
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
MEAT (**3 oz cooked edible portion) List portion size & food components of all extended entrees. (e.g. casseroles)									
VEGETABLES¹ (1-2 half cup cooked servings or 1 cup raw leafy vegetables)									
Fruit (1 half cup serving)									
BREAD /GRAIN² (1-2 servings)									
DESSERT³ (Optional)									
FORTIFIED MILK (8 oz serving) Non-Fat, Low-Fat, or Buttermilk									
Key Nutrients Specify total mg of vitamin C and mg of Sodium contained in the meal.	mg Vit.C		mg Vit. C		mg Vit. C		mg Vit. C		mg Vit C
	mg Sodium		mg Sodium		mg Sodium		mg Sodium		mg Sodium

NOTE: This menu pattern is designed for a 70+ year old female whose activity level is sedentary. 3oz Meat local PSA 30 requirement**

Vitamin A Source – 233 µg three times per week *

Vitamin C Source – 25 mg daily +

¹ USDA recommends eating a variety of vegetables, especially dark green vegetables, red and orange vegetables, and beans and peas

² One half of all Bread/Grains must be whole grains

³ Use fruit as a dessert as often as possible, limit sweets – The fruit and grains served in dessert can count towards the fruit and/or grain requirement.