



Essentials for School Nutrition: Nutritional Quality and Meal Pattern Module

Practice Activity Lesson 7: Offer vs. Serve for Lunch





Meal or No Meal – Lunch

For each menu and meal below, indicate whether the planned and selected lunches meet the DAILY meal pattern requirements for the specific grade group. If “no”, explain and indicate modifications needed.




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| Menu #1 – grades K-5 | |
| <p>Planned Menu</p> <p>Tacos (1 oz. eq. m/ma and 1 oz. eq. grain per taco)</p> <p>Refried beans (1/4 cup)</p> <p>Shredded romaine (1 cup, credits as ½ cup)</p> <p>Orange (1/2 cup)</p> <p>Apple slices (1/2 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 1:</p> <p>2 tacos</p> <p>(2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Shredded romaine (1/2 cup)</p> <p>Refried beans (1/4 cup)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |

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| Menu #1 – grades K-5 | |
| Meal 2: 2 tacos (2 oz. eq. m/ma, 2 oz. eq. grain) 1% plain milk (8 fl. oz.) | <div data-bbox="626 249 964 476" data-label="Image"> </div> <div data-bbox="1047 241 1141 346" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> </div> |
| Meal 3: Apple slices (1/2 cup) Refried beans (1/4 cup) 1% plain milk (8 fl. oz.) | <div data-bbox="631 531 967 756" data-label="Image"> </div> <div data-bbox="1047 531 1141 636" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> </div> |
| Meal 4: 2 tacos (2 oz. eq. m/ma, 2 oz. eq. grain) Refried beans (1/4 cup) | <div data-bbox="631 821 967 1045" data-label="Image"> </div> <div data-bbox="1047 821 1141 926" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> </div> |

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| Menu #2 – grades 6-8 | |
| Planned Menu Chicken drummies (2 oz. eq. m/ma) Carrots (1/4 cup) Broccoli (1/2 cup) Mashed potatoes (1/2 cup) Grapes (1/2 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate | <div data-bbox="237 1518 862 1755" data-label="Image"> </div> <div data-bbox="1047 1255 1141 1360" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> </div> |





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| Menu #3 – grades 6-8 | |
| <p>Planned Menu</p> <p>Chicken drummies (2 oz. eq. m/ma)</p> <p>Carrots (1/4 cup)</p> <p>Broccoli (1/2 cup)</p> <p>Brown rice (1/2 cup)</p> <p>Grapes (1/2 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 1:</p> <p>Chicken drummies (2 oz. eq. m/ma)</p> <p>Carrots (1/4 cup)</p> <p>1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 2:</p> <p>Brown rice (1 oz. eq. grain)</p> <p>Broccoli (1/2 cup)</p> <p>Grapes (1/2 cup)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 3:</p> <p>Chicken drummies (2 oz. eq. m/ma)</p> <p>Carrots (1/4 cup)</p> <p>Grapes (1/2 cup)</p> <p>Fat-free chocolate milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |


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| Menu #4 – grades 6-8 | |
| <p>Planned Menu</p> <p>Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Spicy potato wedges (1/2 cup)</p> <p>Broccoli slaw (1/4 cup)</p> <p>Applesauce (1/2 cup)</p> <p>Kiwi (1/4 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 1:</p> <p>Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Spicy potato wedges (1/2 cup)</p> <p>Fat-free chocolate milk (8 fl. oz.)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 2:</p> <p>Spicy potato wedges (1/2 cup)</p> <p>Broccoli slaw (1/4 cup)</p> <p>Kiwi (1/4 cup)</p> <p>1% plain milk (8 fl. oz.)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 3:</p> <p>Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Applesauce (1/2 cup)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |


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| Menu #5 – grades 9-12 | |
| <p>Planned Menu</p> <p>Spaghetti with meat sauce (2 oz. eq. m/ma, 2 oz. eq. grain, ½ cup vegetable)</p> <p>Garlic bread (1 oz. eq. grain)</p> <p>Mixed green salad (1 cup, credits as ½ cup)</p> <p>Mixed fruit (1 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 1:</p> <p>Meat sauce (2 oz. eq. m/ma, ½ cup vegetable)</p> <p>Garlic bread (1 oz. eq. grain)</p> <p>Mixed green salad (1/2 cup)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 2:</p> <p>Spaghetti with meat sauce (2 oz. eq. m/ma, 2 oz. eq. grain, ½ cup vegetable)</p> <p>1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |




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| Menu #6 – grades 9-12 | |
| <p>Planned Menu</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Sweet potato fries (1/2 cup)</p> <p>Fresh veggie sticks (1/2 cup)</p> <p>Peach cup (1/2 cup)</p> <p>Strawberries (1 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 1:</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Fat-free chocolate milk (8 fl. oz.)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 2:</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Fresh veggie sticks (1/2 cup)</p> <p>Strawberries (1 cup)</p> <p>1% plain milk (8 fl. oz.)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 3:</p> <p>Fresh veggie sticks (1/2 cup)</p> <p>Strawberries (1 cup)</p> <p>Peach cup (1/2 cup)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |
| <p>Meal 4:</p> <p>Sweet potato fries (1/2 cup)</p> <p>Peach cup (1/2 cup)</p> <p>Fat-free chocolate milk (8 fl. oz.)</p> | <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> |


Practice Activity Lesson 7: Meal or No Meal – Lunch Answer Key




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| Menu #1 – grades K-5 | |
| <p>Planned Menu</p> <p>Tacos (1 oz. eq. m/ma and 1 oz. eq. grain per taco)</p> <p>Refried beans (1/4 cup)</p> <p>Shredded romaine (1 cup, credits as ½ cup)</p> <p>Orange (1/2 cup)</p> <p>Apple slices (1/2 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This menu is planned to contain all five components in at least the minimum required portion sizes.</p> |
| <p>Meal 1:</p> <p>2 tacos</p> <p>(2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>Shredded romaine (1/2 cup)</p> <p>Refried beans (1/4 cup)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup of fruit or vegetable plus two other full components.</p> |
| <p>Meal 2:</p> <p>2 tacos</p> <p>(2 oz. eq. m/ma, 2 oz. eq. grain)</p> <p>1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain at least ½ cup of fruit or vegetable. The student would need to select at least ½ cup of fruit or vegetable, or a combination of the two.</p> |
| <p>Meal 3:</p> <p>Apple slices (1/2 cup)</p> <p>Refried beans (1/4 cup)</p> <p>1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain two full components in addition to ½ cup of fruit or vegetable. At a minimum, the student would need to select an additional ½ cup of vegetable.</p> |

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|--|---|
| Menu #1 – grades K-5 | |
| <p>Meal 4:</p> <p>2 tacos (2 oz. eq. m/ma, 2 oz. eq. grain) Refried beans (1/4 cup)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain at least ½ cup of fruit or vegetable. At a minimum, the student would need to select an additional ¼ cup vegetable OR ¼ cup fruit.</p> |

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|---|---|
| Menu #2 – grades 6-8 | |
| <p>Planned Menu</p> <p>Chicken drummies (2 oz. eq. m/ma) Carrots (1/4 cup) Broccoli (1/2 cup) Mashed potatoes (1/2 cup) Grapes (1/2 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This menu does not contain a grain item; a grain item must be added to the planned menu.</p> |

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| Menu #3 – grades 6-8 | |
| <p>Planned Menu</p> <p>Chicken drummies (2 oz. eq. m/ma)</p> <p>Carrots (1/4 cup)</p> <p>Broccoli (1/2 cup)</p> <p>Brown rice (1/2 cup)</p> <p>Grapes (1/2 cup)</p> <p>Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This menu contains all five components in at least the minimum required portions sizes.</p> |
| <p>Meal 1:</p> <p>Chicken drummies (2 oz. eq. m/ma)</p> <p>Carrots (1/4 cup)</p> <p>1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain at least ½ cup of fruit or vegetable. At a minimum, the student would need to select an additional ¼ cup vegetable OR ¼ cup fruit.</p> |
| <p>Meal 2:</p> <p>Brown rice (1 oz. eq. grain)</p> <p>Broccoli (1/2 cup)</p> <p>Grapes (1/2 cup)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup of fruit or vegetable plus two other full components.</p> <p>Note: in this scenario, the ½ cup of broccoli counts as the ½ cup of fruit or vegetable and the ½ cup of fruit counts as one of two other full components (brown rice is the other full component).</p> |

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| Menu #3 – grades 6-8 | |
| <p>Meal 3:</p> <p>Chicken drummies (2 oz. eq. m/ma) Carrots (1/4 cup) Grapes (1/2 cup) Fat-free chocolate milk (8 fl. oz.)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup of fruit or vegetable plus two other full components.</p> |


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| Menu #4 – grades 6-8 | |
| <p>Planned Menu</p> <p>Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain) Spicy potato wedges (1/2 cup) Broccoli slaw (1/4 cup) Applesauce (1/2 cup) Kiwi (1/4 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This menu contains all five components in at least the minimum required portion sizes.</p> |
| <p>Meal 1:</p> <p>Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain) Spicy potato wedges (1/2 cup) Fat-free chocolate milk (8 fl. oz.)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup of fruit or vegetable plus two other full components.</p> |
| <p>Meal 2:</p> <p>Spicy potato wedges (1/2 cup) Broccoli slaw (1/4 cup) Kiwi (1/4 cup) 1% plain milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain at least ½ cup of fruit in addition to the two other full components (vegetable and milk). The student would need</p> |




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| Menu #4 – grades 6-8 | |
| | to select at least ¼ cup more fruit OR the full grain or m/ma component. |
| Meal 3: Hamburger on a bun (2 oz. eq. m/ma, 2 oz. eq. grain) Applesauce (1/2 cup) | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No This lunch contains at least ½ cup fruit or vegetable plus two other full components. |



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|---|---|
| Menu #5 – grades 9-12 | |
| Planned Menu Spaghetti with meat sauce (2 oz. eq. m/ma, 2 oz. eq. grain, ½ cup vegetable) Garlic bread (1 oz. eq. grain) Mixed green salad (1 cup, credits as ½ cup) Mixed fruit (1 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No This menu contains all five components in at least the minimum required portion size. |
| Meal 1: Meat sauce (2 oz. eq. m/ma, ½ cup vegetable) Garlic bread (1 oz. eq. grain) Mixed green salad (1/2 cup) | <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No This lunch does not contain two full components in addition to ½ cup fruit or vegetable. The student would need to select one more oz eq of grain OR 8 fl oz of milk OR ½ cup of fruit. |



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| Menu #5 – grades 9-12 | |
| <p>Meal 2:</p> <p>Spaghetti with meat sauce (2 oz. eq. m/ma, 2 oz. eq. grain, ½ cup vegetable) 1% plain milk (8 fl. oz.)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup of fruit or vegetable plus two other full components.</p> |

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| Menu #6 – grades 9-12 | |
| <p>Planned Menu</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain) Sweet potato fries (1/2 cup) Fresh veggie sticks (1/2 cup) Peach cup (1/2 cup) Strawberries (1 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This menu contains all five components in at least the minimum required portion size.</p> |
| <p>Meal 1:</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain) Fat-free chocolate milk (8 fl. oz.)</p>  | <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> <p>This lunch does not contain at least ½ cup of fruit or vegetable.</p> |
| <p>Meal 2:</p> <p>Turkey sub (2 oz. eq. m/ma, 2 oz. eq. grain) Fresh veggie sticks (1/2 cup) Strawberries (1 cup) 1% plain milk (8 fl. oz.)</p>  | <p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>This lunch contains at least ½ cup fruit or vegetable plus two other full components.</p> |

| Menu #6 – grades 9-12 | |
|---|---|
| <p>Meal 3:</p> <p>Fresh veggie sticks (1/2 cup) Strawberries (1 cup) Peach cup (1/2 cup)</p> | <div data-bbox="613 226 941 449" data-label="Image"> </div> <div data-bbox="1040 241 1135 344" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> </div> <p data-bbox="1000 382 1453 615">This lunch does not contain two full components in addition to ½ cup fruit or vegetable. The student would need to select the full grain component OR full m/ma component OR full milk component.</p> |
| <p>Meal 4:</p> <p>Sweet potato fries (1/2 cup) Peach cup (1/2 cup) Fat-free chocolate milk (8 fl. oz.)</p> | <div data-bbox="613 684 950 907" data-label="Image"> </div> <div data-bbox="1040 678 1135 781" data-label="List-Group"> <p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p> </div> <p data-bbox="1000 819 1453 1050">This lunch does not contain two full components in addition to ½ cup fruit or vegetable. At a minimum, the student would need to select an additional ½ cup fruit OR ½ cup vegetable.</p> |