PM 21-19 Menu Guidance for the Older Californians Nutrition Program
Sample Component Meal Pattern

Nutrition Provider:

Menu Approved by: Approved Date:

Menu Cycle Date: Week:

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
PROTEIN (2 oz equivalent) 2 oz equiv: · 2 oz meat · ½ cup beans					
VEGETABLES[1] (1 - 2 servings) 1 serving: · ½ cup cooked · 1 cup raw * indicates high in Vit C ** indicates high in Vit A					
FRUITS[1] (1 serving) 1 serving: · 1 medium fruit · ½ cup chopped * indicates high in Vit C ** indicates high in Vit A					
GRAINS (1 - 2 servings) 1 serving: · 1 slide bread · ½ cup rice or pasta * indicates whole grains (½ of daily grains as whole grains)					
Dairy and Soy Alternatives (1 serving) 1 serving: · 8 oz milk, yogurt, or soy beverage · 1½ ounce cheese					
Other (optional) (dessert, condiments)					
Sodium[2] ($\leq$ 760 mg/meal) List mg sodium per meal					

[1] Requirement for Vit C source (25 mg) per meal and Vit A source (233 µg) 2 - 3 times per week. Indicate foods high in Vit C (*) and Vit A (**).

[2] Meals containing $\geq$1000 mg sodium must be identified as high sodium on the menu (for example, by using salt shaker icon). Must not serve more than one high sodium meal per week.