

Question and Answers
Tools of the Trade for Menu Planning
8/11/2011

1. *Question: What is the meal pattern contribution for apples that are 163 count since they are not listed in USDA's Food Buying Guide (FBG)?*

Answer: Smaller apples would of course require a larger serving to equal ¼ or ½ cup than stated in the FBG which references 125-138 count apples only. The required serving for 163 count apples is as follows and is based on calculations using the FBG as a reference.

Food as Purchased	Purchase Unit	Servings per purchase unit, EP	Serving Size per Meal Contribution	Purchase Units for 100 Servings	Additional Information
Apples, Fresh 163 Count Whole	Pound	8.1	¼ cup raw, unpeeled fruit (1/2 apple)	12.34	1 lb AP = .91 lb (3 2/3 cups) ready to cook or serve raw, cored, unpeeled apple

2. *Question: It is allowable to mix and match grains/breads and meat/meat alternate servings at breakfast to meet the required meal pattern of 2 grains/breads OR 2 meat/meat alternate OR one grains/bread and one meat/meat alternate? For example a pancake on a stick might credit as 1 ½ grains bread and ½ meat/meat alternate. Would this equal adequate components to meet the requirements?*

Answer: Yes you are allowed to offer a combination of meat/meat alternate and grains/breads at breakfast to meet the total serving requirement for the day. The reference for this is listed in USDA's Offer vs. Serve Toolkit in the Resource Manual <http://teamnutrition.usda.gov/Resources/OVS%20Resource%20Guide.pdf> on page 7 and says:

What are the OVS requirements by food component?

For the SBP, a full serving of the meat/meat alternate component is not required when combined with the grains/breads component. Schools may offer a **total** of 2 servings of meat/meat alternate//grains/breads. For example, if the school offers a muffin (1½ servings of grains/breads) with ½ ounce of cheese. This combination **totals** 2 servings of these components and is credited as providing 2 of the 4 required food items.