# Salad Bar Signage Templates:

1. Print and then write in steps 2 and 3 OR type in steps 2 and 3 and then print
2. Determine the planned portion size for each item (e.g., ½ cup, ¼ cup, 1 ounce equivalent grain, 2 ounce equivalents meat/meat alternate [M/MA] servings)
   1. Fill this in on the second blank
3. Determine how many pieces of the item fill the selected standardized measuring utensil or meet the planned portion size
   1. Fill this in on the first blank
4. Production records should indicate the same portion sizes and crediting as salad bar signage Specify and standardize how items should be sliced/prepared (e.g., should bell pepper be sliced in strips or in rings? Should the oranges be halved or quartered? What case count are the apples?)
   1. See [Production Records](https://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/production-records) webpage for production record templates, if needed
   2. Utilize the [Food Buying Guide](https://foodbuyingguide.fns.usda.gov/) as needed
   3. Use [Exhibit A](https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf) to credit grain items, which must be whole-grain rich
   4. Credit vegetables to the appropriate [subgroup](https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/vegetable-subgroups.pdf)
      1. Raw, leafy green vegetables credit as ½ of their volume
      2. The meal planner must predetermine if beans/peas will credit as vegetable or as M/MA
5. Cut pages in quarters, laminate if desired, and hang on salad bar
6. Communicate planned portion sizes with staff at POS who ensure meals are reimbursable
7. Update existing signage and add more signage as necessary

# **Weight versus volume:**

Meat/meat alternate (M/MA) is credited by weight, not by fluid ounces. Spoodles measure fluid ounces, not ounces by weight, so it is not appropriate to use a 4 fluid ounce spoodle for an intended 4 ounce (by weight) serving of M/MA. Fluid ounces are a volume measure, while ounces are a weight measure. To ensure that students are receiving the adequate amount of M/MA, weigh the M/MA and then determine which scoop will hold that weight of product.

| ***WEIGHT AND VOLUME ARE NOT EQUAL OR INTERCHANGEABLE. OUNCES ≠FLUID OUNCES*Measurement** | **Applicable Meal Component** | **Units of Measurement** | **Conversions** | **Tools Used** |
| --- | --- | --- | --- | --- |
| **WEIGHT** How heavy is it? | Meat/meat alternates  Grains | Ounces (oz)  Grams (g)  Kilograms (kg)  Pounds (lb or #) | 1 lb = 16 oz  1 oz = 28 g | Scale |
| **VOLUME** How much space does it take up? | Fruits  Vegetables  Milk | Fluid ounces (fl oz)  Tablespoon (T or TBSP)  Teaspoon (t or tsp)  Cups (c)  Pint (pt)  Quart (qt)  Gallon (gal)  Liter (L) | 3 tsp = 1 TBSP  16 TBSP = 1 c  1 c = 8 fl oz  1 pint = 2 c  1 quart = 2 pints  1 gallon = 4 quarts | Spoodles,measuring cups, measuring spoons, scoops, dishers, ladles |

# Self-Serve Garden Bar

## You must select at least ½ cup of fruits, vegetables, or a combination to make a complete meal

| **½ cup of fruit** |  | **Total ½ cup of fruit and vegetable** |  | **½ cup vegetable** |
| --- | --- | --- | --- | --- |
| Apple slices  **½ cup** |  | **spinach**  **+**  **Blueberries**  **= ½ cup** |  | **Baby carrots**  **½ cup** |

|  |  |  |
| --- | --- | --- |
|  | This institution is an equal opportunity provider. | December 2021 |

|  |  |
| --- | --- |
| \_\_\_\_\_ pieces of BROCCOLI equals  \_\_\_\_\_ cup vegetable  Broccoli | \_\_\_\_\_ pieces of CAULIFLOWER equals \_\_\_\_\_ cup vegetable  Cauliflower |
| \_\_\_\_\_ CARROTS equals  \_\_\_\_\_ cup vegetable  Baby carrot | \_\_\_\_\_ CELERY sticks equals  \_\_\_\_\_ cup vegetable  Celery stick |
| \_\_\_\_\_ pieces of CUCUMBER equals  \_\_\_\_\_ cup vegetable  Cucumber slice | \_\_\_\_\_ pieces of RADISH equals  \_\_\_\_\_ cup vegetable  Radish |
| \_\_\_\_\_ pieces of PEPPER equals  \_\_\_\_\_ cup vegetable  Bell pepper strip | \_\_\_\_\_ TOMATOES equals  \_\_\_\_\_ cup vegetable  Cherry or grape tomato |
| \_\_\_\_\_ MUSHROOMS equals  \_\_\_\_\_ cup vegetable  Mushrooms | \_\_\_\_\_ SNAP PEAS equals  \_\_\_\_\_ cup vegetable  Snap/ podded pea |
| \_\_\_\_\_ slices of APPLE equals  \_\_\_\_\_ cup fruit  Apple slice | \_\_\_\_\_ BANANA equals  \_\_\_\_\_ cup fruit  Banana |
| \_\_\_\_\_ GRAPES equals  \_\_\_\_\_ cup fruit  Grape | \_\_\_\_\_ slices of ORANGE equals  \_\_\_\_\_ cup fruit  Orange wedge |
| \_\_\_\_\_ slice(s) of BREAD equals  \_\_\_\_\_ servings of grains  **Toast** | \_\_\_\_\_ ROLLS equals  \_\_\_\_\_ servings of grain  Roll |
| \_\_\_\_\_ CRACKERS equals  \_\_\_\_\_ servings of grain  Cracker | \_\_\_\_\_ BREADSTICK(S) equals  \_\_\_\_\_ servings of grain  Breadstick |
| \_\_\_\_\_ CROUTONS equals  \_\_\_\_\_ servings of grain  Croutons | \_\_\_\_\_ pieces of EGG equals  \_\_\_\_\_ servings of protein  **Hard-boiled egg** |
| \_\_\_\_\_ pieces of CUBED CHEESE equals \_\_\_\_\_ servings of protein  Cheese cubes | \_\_\_\_\_ scoops of CHEESE equals  \_\_\_\_\_ servings of protein  Shredded cheese |
| \_\_\_\_\_ scoops of MEAT equals  \_\_\_\_\_ servings of protein  Cubed meat | \_\_\_\_\_ pieces of TOFU equals  \_\_\_\_\_ servings of protein  Cubed tofu |
| \_\_\_\_\_ scoops of BEANS equals  \_\_\_\_\_ servings of protein  Beans | \_\_\_\_\_ scoops of SPINACH equals  \_\_\_\_\_ cup vegetable  Spinach leaves |
| \_\_\_\_\_ scoops of LETTUCE equals  \_\_\_\_\_ cup vegetable  Lettuce leaves |  |