

HSA Menu Planning Worksheet for SFSP

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/meat alternate: 2oz. serving Lunch 1oz. serving Snack					
Fruit:** ½ cup Breakfast* ¾ cup Snack, Lunch* <i>*Juice once per week</i>					
Vegetable:** ½ cup Breakfast ¾ cup Snack, Lunch					
Additional Vegetable: Total of 1 cup weekly					
<ul style="list-style-type: none"> • Dark/Green 					
<ul style="list-style-type: none"> • Red/Orange 					
<ul style="list-style-type: none"> • Beans, Peas (Legumes) 					
Grains: <i>Daily, with 3 different types of grains served each week</i>					
<ul style="list-style-type: none"> • Non-Whole Grain-Rich 					
<ul style="list-style-type: none"> • Whole Grain-Rich 					
Milk: 2 varieties 1 cup Snack, Lunch					

**Although the Fruit/Vegetable daily required servings may be combined in SFSP, you must keep in mind the specific requirements of HSA for the quantities, forms and types of fruit and vegetables that must be served daily/weekly.