

COMBINATION FOODS

Definitions:

- Σ COMBINATION FOOD -- any single serving of food that contains two or more of the required meal components.

- Σ HOMEMADE = HM – if not listed as HM we assume they are not be creditable for all components. All combination foods that contain a meat/meat alternate must be homemade and contain adequate serving sizes, and be listed as HM. To write HM on your menus implies that you have ensured adequate serving sizes.

Requirements for meals:

1. Combination foods served as an entree or main dish may be credited for a maximum of TWO of the following required meal components if amounts of each are sufficient to meet meal pattern requirements:
 - Meat/meat alternate component
 - Bread/bread alternate component
 - Fruit/vegetable component (ONLY one)

Examples:

HM Beef Stew –(canned beef stew is not creditable for the meat component) with beef, carrots, potatoes, and onions; are creditable as:

1. Meat/meat alternate component
2. Fruit/vegetable component (ONLY one)

HM Hamburger Hot dish -- with beef, rice, tomatoes, onions, and celery; are creditable as: PICK TWO

1. Meat/meat alternate component
OR
2. Bread/bread alternate component
OR
3. Fruit/vegetable component (ONLY one)

Taco -- beef, cheese, taco shell, lettuce, tomatoes; are creditable as:

PICK TWO

1. Meat/meat alternate component
OR
2. Bread/bread alternate component
OR
3. Fruit/vegetable component (ONLY one)

HM Chicken Vegetable Soup -- chicken, rice, carrots, celery, tomatoes, onion; are creditable as: PICK TWO

1. Meat/meat alternate component
OR
2. Bread/bread alternate component
OR
2. Fruit/vegetable component (ONLY one)

*HM Pizza -- cheese, sausage, crust, tomato sauce, mushrooms, green peppers, onions, olives, and pineapple are creditable as:

PICK TWO

1. Meat/meat alternate component
OR
2. Bread/bread alternate component
OR
3. Fruit/vegetable component (ONLY one)

*Frozen or Store-bought pizza is creditable as a bread/bread alternate only.

Examples:

Mixed Vegetables – (i.e. Carrots & Peas); creditable as:

1. One fruit/vegetable component

HM Vegetable Noodle Soup -- enriched egg noodles; potatoes, carrots, corn, celery, creditable as:

1. Bread/bread alternate component
2. One fruit/vegetable component

Tossed Salad - lettuce, celery, tomato, carrots, peas, cabbage; creditable as:

1. One fruit/vegetable component

Fruit Salad - watermelon, cantaloupe, honeydew, grapes; creditable as:

1. One fruit/vegetable component

*If serving a salad, list the type of salad served. Example: egg, garden, tuna, fruit, green or tossed or side salad, etc.

COMBINATION REMINDERS

Purchased combination meat/pasta dishes such as spaghetti, pizza, lasagna, and ravioli will be counted as bread only. For homemade dishes to be creditable, all components must be listed. For example, spaghetti with meat sauce should be listed as HM hamburger, spaghetti, tomato, or spaghetti sauce.

Regardless of the number of vegetables/fruit in combination dishes, they meet only one of the 2 servings of fruits/vegetables required at lunch and supper. An additional fruit or vegetable must be served.

Purchased combination meat/tortilla dishes, (i.e. burritos) will also be counted as bread only.

Purchased meat or meat alternate/rice dishes will be creditable as bread only.

HOMEMADE DISHES FOR THESE COMBINATIONS MUST BE MARKED AS HM AND ALL COMPONENTS LISTED IN ORDER TO BE CREDITED.

Bread/bun/sandwich must be listed when sandwiches are served. (Hot dog w/bun, hamburger w/bun, grilled cheese sandwiches, peanut butter sandwiches, etc.)