

Menus Best Practice Guide - Café 60

Standard Meal Patterns	
Meals must be prepared according to the recipes provided. Failing to do so can alter the nutritional content and impact nutritional requirements. In general, deep fryers should not be used for cooking healthy meals.	
Substitutions must be a like for like item (e.g., 1 oz whole grain bread for 1 oz whole grain pasta).	
Café meals must offer all food items from the meal patterns to meet the nutritional requirements.	
Restaurant prepared meals are frequently higher in fat, sodium, calories, and sugar due to cooking methods and ingredients used.	
Beverages	
All meals should offer	8oz milk- to be low-fat (1%) or fat free unflavored
	8oz Coffee or Tea
	8oz Water
Breakfast to include	4oz 100% juice
Fruits	
Canned	Purchase in water or juice (preferred), extra light syrup, or light syrup
Fresh	Fresh fruit may be substituted in place of canned fruit, whole fruit may be used in place of sliced or cubed fruit
Blends	Fruit cups may be substituted for single fruit (Fresh or canned)
Vegetables	
Canned	Purchase with no added salt
Fresh	Local and seasonal fresh vegetables are preferred and may be used in place of canned or frozen
Frozen	Preferred over canned
Blends	Vegetable blends may be substituted for single vegetable or for another vegetable blend
Salads	Should be made with dark green lettuce selections such as romaine, kale, spinach, and spring mix. Reduced calorie dressings are preferred
Grains	
Portion size	2oz whole grain serving per meal
Products	Bread, cereal, and pasta served should be whole grain
	Desserts may not be counted toward a grain serving
Meats	
Product	Purchase whole muscle or low-fat products
	Purchase low sodium processed meat (ex ham, bacon)
Portion Size	3oz serving size once cooked; may serve over 3oz if needed (example: 4oz chicken breast)
Condiments	
Dressings	Serve reduced calorie
Ketchup, Mustard, etc	Industry standard products recommended
Mayo, sour cream	Reduced fat is recommended