



# TIP SHEET: MENU ITEMS

IMPORTANT TIME, FRUSTRATION, AND  
ALMOST LIFE SAVING TIPS IN MENU MODULE

**Take the following precautions before using or creating menu items in MENU Module.**

- When assigning a meal component contribution to a menu item, make sure that the recipe ingredients support the meal component contribution you assign to the menu item.
  - The ingredients used to make the recipe servings must provide the desired component contribution.
- Make sure to enter the meal “Food Component” “Contribution” information for fruit, vegetables, and milk menu items in cups.
  - For example,  $\frac{1}{2}$  cup of peaches contributes  $\frac{1}{2}$  cup of the fruit “Food Component.”
  - Make sure to indicate fruit or vegetable juice items by selecting the “Fruit Juice” or “Vegetable Juice” box.
  - Make sure to indicate the “Milk Type” for milk menu items by selecting an option from the “Milk Type” drop down box.
- Make sure to enter the meal “Food Component” “Contribution” information for meat/meat alternates and grain in ounce equivalents (oz. eq.).
  - For example,  $\frac{1}{2}$  cup of rice contributes 1 oz. eq. of the grain “Food Component.”
  - Make sure to indicate “Grain Based Dessert” items by selecting the “Grain Based Dessert” box.
- When entering the “Contribution” for fruits and vegetables, make sure to enter the actual “Contribution” amount provided by the serving size.
  - For example, do not say that a  $\frac{1}{2}$  cup serving of apples contributes 1 cup of fruit “Food Component.”  $\frac{1}{2}$  cup of apple contributes to  $\frac{1}{2}$  cup fruit “Food Component.”<sup>3</sup>
- Remember that serving size does not always equal meal contribution.
  - For example,  $\frac{1}{4}$  cup of raisins contributes to  $\frac{1}{2}$  cup of the fruit “Food Component.”
  - For example, 1 cup of spinach contributes to  $\frac{1}{2}$  cup the vegetable “Food Component.”



# TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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