



Summary of Menu Requirements 2022

1. Protein (meat, fish, seafood, poultry, legumes, eggs, beans, peas, soy products, nuts, seeds, and cheese)

- a. Minimum **3 oz.** of lean meat, fish, seafood, poultry (without bone and/or skin), reduced fat cheese OR 15 grams protein.
- b. Extra lean beef and pork (total fat \leq 5%) and at least 90% lean ground beef is recommended.

2. Breads/Grains

- a. At least one (1) serving of 100% whole grain per meal.
- b. Starchy vegetables such as potatoes and yams CANNOT be counted as breads or grains.

3. Vegetables

- a. One to two servings per meal (1/2 cup each).
- b. Raw leafy vegetables must be 1 cup per serving.
- c. 100% vegetable juice (low sodium) is limited to a maximum 8-ounce container per serving.

4. Fruits

- a. One (1) serving per meal.
- b. One (1) serving is equal to:
 - i. 1 medium sized whole fruit, the size of a tennis ball.
 - ii. 2 small sized whole fruits.
 - iii. 1/2 cup fresh, chopped, cooked, frozen or canned, drained fruit.
 - iv. 1/2 cup 100% fruit juice.

5. Milk

- a. Each meal shall include 8 ounces of fortified fat free milk, low fat milk, buttermilk, calcium fortified soy milk OR calcium fortified orange juice.
- b. No flavored milk will be served.

6. Vitamin A

233 µg (retinol equivalent) per meal, three (3) times per week for a 5-day meal program

7. Vitamin C

25 mg each meal

8. Dessert (Optional)

- a. Use fruit as dessert; Limit sweets to 1 small serving per week.
- b. Angel food cake, sorbet, frozen 100% fruit bars are specifically considered by the County as dessert.
- c. When dessert contains ½ cup of fruit, it may be counted as a serving of fruit (such as fruited gelatin).
- d. When dessert contains a serving of whole grain such as oatmeal, it may be counted as a serving of whole grain.

9. Kilocalories (Kcal)

An average of at least 533 kcal per meal



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10. Fat

- a. Fat is **optional**. May use vegetable oil such as olive or canola oil.
- b. Choose lean meats, low fat, and fat free products such as cheeses, gravies, and salad dressings.
- c. Baking, roasting, boiling, steaming, grilling, poaching, and stir frying are recommended
- d. Deep fat frying and pan frying are not allowed except when approved by an SNP dietitian in order to retain the authenticity of an ethnic recipe; once a month may be allowed.
- e. SHOULD NOT use shortening, lard, butter, or other hydrogenated fats.

11. Sodium

- a. Omit or limit the use of salt in cooking. Use iodized salt if salt is used or offered.
- b. Only use low sodium products such as soup and gravy bases or dilute soy sauce with water to produce low sodium soy sauce.
- c. Only use herbs, spices, and seasonings without added salt for flavoring.
- d. Rinse food items packaged with sodium as a preservative (e.g., beans).
- e. Sodium content goal for a meal should be less than 800 mg.
- f. Limit high sodium foods. May offer ONE (1) high sodium meal every two weeks.
- g. If a meal contains more than 1000 mg sodium, an icon (noting a high sodium meal) must be placed on the menu including all menus published in newsletters.
- h. A meal must not exceed 1200 mg sodium.
- i. Sodium content goal for portioned controlled items and other convenience foods (e.g., fish fillets, pork chops, stuffed peppers and cabbage, lasagna, chile relleno) is ≤ 480 mg.
- j. Sodium content goal for individual frozen, whole meals is ≤ 700 mg (Meals on Wheels).
- k. Sodium content goal for canned and frozen tuna, salmon and other seafood is ≤ 290 mg.
- l. Sodium content goal for canned meat is ≤ 480 mg.
- m. Sodium content goal for a serving of bread and baked goods is ≤ 215 mg.
- n. Sodium content goal for a serving of canned vegetables is ≤ 290 mg.
- o. Use low sodium items wherever possible.
- p. Limit the use of preserved foods.

12. Condiments

- a. Condiments should be “served on the side.”
- b. Only serve lower sodium and lower fat versions of salad dressings, mayonnaise, ketchup, soy sauce, mustard, etc.

13. Miscellaneous

- a. No soda or alcohol beverages will be served.
- b. When foods are donated, whenever feasible, accept only minimally processed foods that are made or produced without added sugar and with less sodium
- c. All donated foods used in the production of an older adult nutrition meal must meet the established nutrition requirements.
- d. Sugar substitutes may be made available.