



# Using Iowa USDA Foods to Help You Meet the New Meal Pattern



The following foods are available through Iowa USDA Foods and the Department of Defense (DoD). This list can help you plan healthy menus that meet the new meal pattern requirement for vegetable subgroups and whole grain-rich foods and meet the HealthierUS School Challenge criteria.

## Fresh Dark Green Vegetables

### **DoD (Loffredo)**

Broccoli Florets (15R22/15004)  
Romaine (15D40)  
Spinach (16L24)

## Fresh Red & Orange Vegetables

### **DoD (Loffredo)**

Carrots  
(15A34/16108/16W24/15P31/17572)  
Red Peppers (16357)  
Squash (18C66/16B54)  
Diced Yams (18C65)  
Tomatoes (15Q21)

## Frozen Red & Orange Vegetables

### **Iowa USDA Foods**

Carrots (A099/100352)  
Sweet Potatoes, frozen, mashed  
(A225/100354)  
Sweet Potatoes, frozen, random cuts  
(A224/100353)

## Canned Red & Orange Vegetables

### **Iowa USDA Foods**

Sweet Potatoes, Extra Light Syrup, Low-sodium (A220)

## Dry Beans & Peas

### **Iowa USDA Foods**

Black Beans (A908/100359)  
Garbanzo Beans (A089/100360)  
Kidney Beans (A086/100370)  
Pinto Beans (A079/100365)  
Refried Beans (A085/100362)  
Vegetarian Navy Beans (A091/100364)  
*Processed item* - Bean and Cheese Burrito

## Whole Grains

### **Iowa USDA Foods**

Flour, Whole Wheat (B351/100407)  
Brown Long Grain Rice (B537/100500)  
Rotini, WG (B435/100434)  
Spaghetti, WG (B836/100427)  
Oatmeal (B444/100467)  
Tortilla, WG (B153/100938)

### *Processed Whole Grain items:*

Peanut Butter & Jelly, WG  
Cheese Filled Breadsticks, WG  
Chicken Nuggets, WG  
Chicken Patties, WG

**USDA Fact Sheets - <http://www.fns.usda.gov/fdd/schfacts/default.htm>**

**Iowa Gold Star Cycle Menu and Recipes : <http://www.tinyurl.com/iowagoldstarmenu>**

**HealthierUS School Challenge - <http://teamnutrition.usda.gov/HealthierUS/index.html>**

**For additional USDA Foods information contact**

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