

# RESTAURANT



# PROPOSAL PACKET



South Carolina  
**DEPARTMENT  
ON AGING**

August 2022

# Restaurant Partnership Cost Proposal

Name of Restaurant:

Date:

Address:

Name of owner:

Phone:

Email:

Does your foodservice establishment have internet access?

Website:

**Please include details below for the service(s) you are proposing to provide.**

Service Provided	Reimbursement Price (Per Meal)	Contact Name:
<b>Dine-in Meals (Congregate Meals)</b> *AAA may also allow "take-out" meals for HDM participants.		
<b>Meals Delivered to Homes (Home Delivered Meals)</b> (Cost should include a set delivery fee)		

**Please include the following attachments to this Cost Proposal:**

- Proposed Menu (see pages 4-7 for menu sample and menu breakdown)
- Dietitian Signed Menu Pattern Checklist (see page 3)
- Last SC DHEC Food Safety & Sanitation Inspection Report
- Copy of Business License

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Name

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Signature

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Date

## Menu Pattern Checklist

Use the checklist below to determine if prepared choice menu meets the meal pattern requirements. This checklist must be completed by a Registered Dietitian.

Choice Menu Pattern		
FOOD GROUP OR SUBGROUP		CRITERIA MET <input checked="" type="checkbox"/>
<b>Vegetables</b>	2 vegetable servings per meal (a fruit serving may be substituted for a vegetable serving- see below)  A variety of vegetable types are offered	<input type="checkbox"/>
Dark-Green Vegetable		
Red & Orange Vegetable		
Beans, Peas, Lentils		
Starchy Vegetable		
Other Vegetables		
<b>Fruits</b>	1 fruit serving per meal	<input type="checkbox"/>
<b>Grains</b>	1-2 grain servings per meal	<input type="checkbox"/>
	Whole grain options are provided	<input type="checkbox"/>
<b>Dairy and Alternates</b>	1 dairy serving per meal	<input type="checkbox"/>
<b>Protein Foods</b>	2-3 oz (equiv.) serving options per meal	<input type="checkbox"/>
	Menu provided lean meat options	<input type="checkbox"/>
<b>Vitamin A- good sources</b> ◆ <b>Vitamin C- good sources</b> ◆	3 high Vitamin A options are available on the menu	<input type="checkbox"/>
	3 high Vitamin C options are available on the menu	<input type="checkbox"/>
<b>Dessert</b>	Optional	
<b>Beverage</b>	Optional	

Prepared by: \_\_\_\_\_

I certify that this choice menu meet the nutrition requirements as specified in the SCDOA Meal Specifications for compliance with the *DGA-1/3 DRIs*.

\_\_\_\_\_  
Registered Dietitian Nutritionist

\_\_\_\_\_  
RDN License Number

\_\_\_\_\_  
Month/Day/Year

**SAMPLE**



THE  
PALMETTO  
BASKET

**BREAKFAST**

Columbia, South Carolina

**MAINS (PICK 1)**

*Served with seasonal fruit cup, roasted veggie breakfast potatoes, slice of toast*

2 egg omelet (pick 3 ingredients)

Choice of Onions, Tomatoes, Onion/Bell Pepper Mix, Mushrooms , Black Beans,  
Bacon, Ham, Sausage, Turkey Sausage, Cheddar Cheese

Ham, Bacon, Sausage, or Turkey Sausage with egg and cheese on Texas Toast

2 eggs (cooked any style) with or without cheese

*Choice of white, whole wheat or Rye Toast.*

Milk



## BREAKFAST

### Meal Pattern Breakdown

Food Group or Subgroup	Serving Size	Menu
Protein Foods	2-3 oz edible portion per meal	<p style="text-align: center;"><b><u>Pick 1</u></b></p> <p>2 egg omelet + 1 oz. Bacon, Sausage or Ham</p> <p>1 oz. Ham, Sausage or Bacon + 1 egg +1 oz. cheese</p> <p>2 eggs (cooked any style)</p>
Vegetables	1-2 servings per meal (1/2 cup)	<p>Onion (<i>other</i>)</p> <p>Tomatoes (<i>Red &amp; Orange, Vitamin A and C</i>)</p> <p>Onion/Bell Pepper (<i>other</i>)</p> <p>Black Beans (<i>Beans, Peas, Lentils</i>)</p>
Fruits	1 serving per meal (1/2 cup or 1 whole piece)	<p style="text-align: center;"><b><u>Standard</u></b></p> <p>Seasonal Fruit Cup</p> <ul style="list-style-type: none"> <li>• Cantaloupe (<i>Vitamin A and C</i>)</li> <li>• Honey dew Melon (<i>Vitamin A and C</i>)</li> <li>• Orange Slices (<i>Vitamin C</i>)</li> <li>• Watermelon (<i>Vitamin A and C</i>)</li> </ul> <p style="text-align: center;"><b><u>Optional</u></b></p> <p>Orange Juice</p>
Grains	1-2 servings per meal (1-2 oz)	<p style="text-align: center;"><b><u>Standard</u></b></p> <p>White Toast (1)</p> <p>Whole Wheat Toast (1) (<i>Whole Grain</i>)</p> <p>Rye Toast (1)</p>
Dairy and Alternates	1 serving per meal (8 oz., 1.5 oz. cheese)	<p>Skim, 1% or whole milk</p> <p>Cheddar Cheese</p>

**SAMPLE**



## THE PALMETTO BASKET

### MAINS (PICK 1)

*Served with lettuce, tomato, and onion.  
Seasonal Fruit Cup served on the side.*

- Grilled Chicken Sandwich
- Cod Fish Sandwich
- Smoked BBQ Pulled Pork Sandwich
- Tuna or Chicken Salad Sandwich
- Cheeseburger

*Choice of white or whole grain hamburger  
bun. Choice of white, whole wheat or Rye  
bread.*

# LUNCH

Columbia, South Carolina

### SIDES (PICK 1)

- Coleslaw
- Pea Salad
- Potato Salad
- Tomato and Cucumber Salad
- Spicy Kale Salad
- Side Salad

### BEVERAGES

Milk



## LUNCH

### Meal Pattern Breakdown

Food Group or Subgroup	Serving Size	Menu
Protein Foods	2-3 oz edible portion per meal	<b><u>Pick 1</u></b> Grilled Chicken Cod Pork BBQ Tuna Salad Chicken Salad Cheeseburger
Vegetables	1-2 servings per meal (1/2 cup or 1 cup leafy greens)	<b><u>Standard</u></b> Lettuce, Tomato, & Onion ( <i>other</i> ) <b><u>Pick 1</u></b> Coleslaw ( <i>Other, Vitamin C</i> ) Pea Salad ( <i>Starchy, Vitamin C</i> ) Potato Salad ( <i>Starchy, Vitamin C</i> ) Tomato and Cucumber Salad ( <i>Red &amp; Orange, Vitamin A &amp; C</i> ) Kale Salad ( <i>Dark-Green, Vitamin C</i> ) Side Salad ( <i>Other</i> )
Fruits	1 serving per meal (1/2 cup or 1 whole piece)	<b><u>Standard</u></b> Seasonal Fruit Cup <ul style="list-style-type: none"> <li>• Cantaloupe (<i>Vitamin A and C</i>)</li> <li>• Honey dew Melon (<i>Vitamin A and C</i>)</li> <li>• Orange Slices (<i>Vitamin C</i>)</li> <li>• Watermelon (<i>Vitamin A and C</i>)</li> </ul>
Grains	1-2 servings per meal (1-2 oz)	<b><u>Pick 1</u></b> White Hamburger Bun (2) Whole Wheat Hamburger Bun (2) ( <i>Whole Grain</i> ) White Bread (2) Whole Wheat Bread (2) ( <i>Whole Grain</i> ) Rye Bread (2)
Dairy and Alternates	1 serving per meal (8 oz., 1.5 oz. cheese)	<b><u>Standard</u></b> Skim, 1% or whole Milk Cheese

## Menu Planning Guidance

Use the chart below as well as the information found on pages 9-13 to develop your choice menu for this proposal.  
(Source: Dietary Guidelines for Americans 2020-2025).

Meal Pattern		
FOOD GROUP OR SUBGROUP		Recommendations and Notes
<b>Vegetables</b>	2 vegetable serving options per meal	<p>The menu should include a variety of vegetable types (see examples listed in the column on left). More information regarding vegetable types (subgroups) are found on pages 9 &amp; 10.</p> <p><b>A fruit serving may be substituted for a vegetable serving.</b></p>
Dark-Green Vegetable		
Red & Orange Vegetable		
Beans, Peas, Lentils		
Starchy Vegetable		
Other Vegetables		
<b>Fruits</b>	1 fruit serving option per meal	Fruit types include fresh, canned, dried and juice.
<b>Grains</b>	1-2 grain serving options per meal	Whole grains should be offered on the menu. Example: Grilled Chicken Sandwich on a Whole Wheat Bun.
<b>Dairy and Alternates</b>	1 dairy serving option per meal	Products offered should be mostly fat-free and low-fat options.
<b>Protein Foods</b>	2-3 oz (equiv.) serving options per meal	Most of the selections should come from lean protein sources rather than processed meats. Beans and peas may be used as a protein source, but may not count as both a protein and a vegetable in the same meal.
<b>Vitamin A- good sources</b> ◆ <b>Vitamin C- good sources</b> ◆	3 high Vitamin A options are available on the menu 3 high Vitamin C options are available on the menu	Refer to Vegetable and Fruit categories on next pages for good sources of Vitamin A and C. A single fruit or vegetable may count as both a source of vitamin A and C on the menu.
<b>Dessert</b>	Optional	Should come from existing food groups such as fruit, grain, and milk groups
<b>Beverage</b>	Optional	Water, Tea, Coffee in addition to those listed in other food groups



## Vegetables

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Canned vegetables are usually high in sodium; low sodium varieties are available and are encouraged. *Fresh* vegetables (not canned or frozen) provide additional fiber.

Nutrients provided include potassium, dietary fiber, and vitamin A ◆ & C ◆, potassium, calcium, and B vitamins amongst others.

### Vegetable Serving Sizes:

- ½ cup cooked, drained fresh, frozen, canned or raw
- 1 cup leafy raw vegetable (lettuce, spinach, etc.)
- ½ cup (4 oz) 100% tomato or vegetable juice (low sodium preferred)

Vegetables are organized into 5 subgroups based on their nutrient content: Dark-Green, Red & Orange, Beans, Peas and Lentils, Starchy, and Other.

Vegetable Subgroups	
<p style="text-align: center;"><b>Dark-Green</b> <i>Forms: Fresh - Frozen – Canned</i></p>	<p style="text-align: center;"><b>Red &amp; Orange</b> <i>Forms: Fresh - Frozen - Canned</i></p>
<p>Bok Choy (cooked <span style="color: green;">◆</span>)                      Broccoli <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Chard <span style="color: orange;">◆</span>                      Collard greens <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Escarole <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Kale <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)</p> <p>Mesclun                      Mustard greens <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Romaine lettuce <span style="color: green;">◆</span> <span style="color: orange;">◆</span>                      Spinach <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Turnip greens <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Watercress <span style="color: orange;">◆</span></p>	<p>Acorn squash <span style="color: green;">◆</span> <span style="color: orange;">◆</span>                      Butternut squash <span style="color: green;">◆</span> <span style="color: orange;">◆</span>                      Carrots (raw or cooked <span style="color: green;">◆</span>)                      Carrots and Peas <span style="color: green;">◆</span>                      Pumpkin <span style="color: orange;">◆</span> (cooked <span style="color: green;">◆</span>)                      Red <span style="color: green;">◆</span> or Orange Bell Pepper                      Sweet potatoes <span style="color: green;">◆</span> <span style="color: orange;">◆</span>                      Tomatoes <span style="color: green;">◆</span> <span style="color: orange;">◆</span>                      100% Tomato Juice <span style="color: green;">◆</span> <span style="color: orange;">◆</span></p>
<p style="text-align: center;"><b>*Beans, Peas, Lentils</b> <i>Forms: Cooked from dry – Canned</i></p>	<p style="text-align: center;"><b>Starchy Vegetables</b> <i>Forms: Fresh - Frozen - Canned</i></p>
<p>Black beans                      Black-eyed peas                      Edamame                      Garbanzo beans (Chickpeas)                      Kidney beans                      Lentils                      Lima beans (mature)</p> <p>Baked Beans                      Navy beans                      Pigeon Peas                      Pinto beans                      Soy beans                      Split peas                      Tofu (bean curd made from soybeans)                      *subgroup does not include green beans or green peas</p>	<p>Corn                      Green peas <span style="color: orange;">◆</span>                      Lima beans (green <span style="color: orange;">◆</span>)                      Potatoes <span style="color: orange;">◆</span>                      Rutabagas <span style="color: orange;">◆</span>                      Yams</p>
<p><span style="color: green;">◆</span> Vitamin A sources, <span style="color: orange;">◆</span> Vitamin C sources</p>	

Vegetable Subgroups	
Other	
Forms: Fresh - Frozen – Canned	
Artichokes Asparagus ♦ Avocado Beets Brussels sprouts ♦ Cabbage (green ♦, red ♦, napa, savoy) Cauliflower ♦ Celery Cucumbers Eggplant Green beans ♦ Green peppers ♦	Iceberg (head) lettuce Mushrooms Okra ♦ Onions (raw ♦) Parsnips Radicchio Snow Peas ♦ Summer Squash ♦ Turnip ♦ Wax beans Zucchini
♦ Vitamin A sources, ♦ Vitamin C sources	

## Fruits

Meals should include a variety of fruits—whether fresh, frozen, canned, pureed or dried—rather than fruit juice for most of the fruit choices. When canned fruit is served, it must be in water or 100% juice—not light or heavy syrup. *Fresh* fruits (not canned or frozen) provide additional fiber.

Nutrients provided include potassium, dietary fiber, and vitamin A ♦ & C ♦

### Fruit Serving Sizes:

½ cup of cooked, frozen or canned, drained fruit

1/2 cup (4 oz) of 100% fruit juice

¼ cup dried fruit

15 grapes

Medium piece of fresh fruit (banana, pear, orange, apple, etc.)

Fruits			
Forms: Fresh – Frozen – Canned – Dried			
Apple (raw ♦) Apricot ♦ Asian pear Banana ♦ Blackberries (raw ♦) Blueberries (raw ♦) Cantaloupe ♦ ♦ Cherries ♦ Citrus Juice ♦ Dates	Figs Fruit Juices (100%) Guava (raw ♦) Grapes Grapefruit ♦ Honeydew melon ♦ ♦ Kiwifruit ♦ Mandarin Oranges ♦ ♦ Mango ♦ ♦	Nectarine ♦ ♦ Orange ♦ Papaya ♦ ♦ Passion Fruit Peach (frozen & raw ♦) Pear ♦ Pineapple (fresh or canned ♦) Plantain Plum ♦ ♦	Prunes ♦ Raisins Raspberries ♦ Rhubarb Star fruit Strawberries ♦ Tangerine ♦ Watermelon ♦ ♦
♦ Vitamin A sources, ♦ Vitamin C sources			

## Grains

Grains are divided into two subgroups, whole grain and refined grains.

- **Whole grains** contain the entire grain kernel – the bran, germ and endosperm.
  - Provide a higher fiber and potassium content
- **Refined grains** have been milled, a process that removes the bran and germ.
  - **Enriched grains**- B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back in after processing. Fiber is not added back in.

**Grain serving sizes:**

1 slice (1 oz) of bread	3/4 cup (1 oz) of ready-to-eat-cereal
½ cup cooked rice	½ cup cooked cereal (grits, oatmeal)
1 biscuit (2 inch diameter)	½ cooked pasta (noodles, macaroni, spaghetti)
1 small muffin (2 oz)	½ bagel/English Muffin (1 oz)
Cornbread (2” cube)	1 tortilla, 6” diameter
½ large hotdog/hamburger bun (1 oz)	½ cup bread dressing/stuffing
4-6 Crackers (1 oz)– saltine type	2 pancakes, 4” diameter
	1 waffle, 7” diameter

NOTE: Limit use of breads that are relatively high in fat such as biscuits, muffins, cornbread, & dressings.

Grain Subgroups	
Whole Grains	Refined Grains
All whole-grain products and whole grains used as ingredients:  amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, triticale, whole-grain cornmeal, whole-wheat bread, whole grain multi-grain bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice.	All refined-grain products and refined grains used as ingredients:  white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice. Refined-grain choices should be <b>enriched</b> .

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## Dairy or Alternates

### What foods are included:

All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk, yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

Nutrients provided include, calcium, vitamin A, vitamin D, and potassium amongst others.

### Dairy/Alt. serving sizes:

1 cup (8 oz) milk

- skim, 1%, low-fat chocolate or buttermilk (higher in sodium), lactose-reduced, lactose-free, calcium fortified soy/rice/almond milk (fat free or 1%/flavored)

½ cup (4 oz) evaporated milk

1 cup (8 oz) yogurt- fruited or non (a 4-6 oz container represents as ½ - ¾ of a serving)

1/3 cup non-fat dry milk powder

½ cup calcium processed tofu

1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)

1/3 cup cheddar cheese

2 ounces processed cheese (American)- higher in sodium

½ cup ricotta cheese- higher in sodium

1 cup pudding made with milk- higher in sugar

Note: Most dairy choices should be fat-free or low-fat (use skim or 1% milk).

## Protein

All foods made from meat, poultry, fish, dry beans and peas, eggs, processed soy products, nuts, and seeds are considered part of this group. Dry beans and peas are also part of the vegetable group. If being used in the protein category of the meal pattern, it may not count as a vegetable in the same meal.

**Ounce equivalents:**

1 ounce of meat, poultry or fish (excluding breading, bones)	¼ cup cooked dry beans or peas
1 egg	2 Tbsp peanut butter
½ ounce of nuts or seeds	¼ cup tuna
¼ cup of tofu	¼ cup roasted soybeans
2 Tbsp hummus	

**Note:** Breading does not count towards meeting the serving requirement (nor the grain).

Protein Subgroups		
Meat, Poultry, Eggs	Seafood	Nuts, Seeds, Soy Products
<p>Common meat selections include beef, liver and pork. Poultry includes chicken and turkey. Eggs include chicken eggs and other birds' eggs. Meats and poultry should be lean or low-fat.</p> <hr/> <p><b>Processed meats</b></p> <ul style="list-style-type: none"> <li>Bologna</li> <li>Canned, pressed luncheon meat</li> <li>Corndogs</li> <li>Hot dogs</li> <li>Pepperoni</li> <li>Polish Sausage</li> </ul>	<p>Common seafood include sea bass, catfish, cod, flounder, haddock, hake, pollock, salmon, sardine, sole, tilapia, light tuna, and whiting.</p>	<p>Nuts and seeds include all nuts (tree nuts and peanuts), nut butters, seeds (e.g., chia, flax, pumpkin, sesame, and sunflower), and seed butters (e.g., sesame or tahini and sunflower). Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate, and soy concentrate. Nuts should be unsalted.</p>

## Sodium and Oils (Fats)

The Dietary Guidelines recommends moderate sodium (e.g. salt) intake. To assist in determining if food products meet the sodium limits, please refer to chart below, and review the Protein Foods section. Herbs and spices should be used more often to flavor food rather than salt.

Food and Drug Administration Regulations for Low Sodium Labeling Terminology

TERMS	SODIUM AMOUNT
"Sodium Free"	Less than 5 milligrams per serving
"Very low sodium"	35 milligrams or less per serving
"Low sodium"	140 milligrams or less per serving
"Reduced Sodium"	Usual sodium level is reduced by 25%
"Unsalted, no-salt-added, or without added salt"	Made without the salt that is normally used, but contains the sodium that is a natural part of the food itself.

**Oils** are important to consider as part of a healthy dietary pattern as they provide essential fatty acids. Acceptable oil use for food preparation includes canola, corn, olive, peanut, safflower, soybean, and sunflower oils. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados. Meals preparation should limit the use of butter, shortening, lard, coconut oil, palm kernel oil, and palm oil (contain a higher percentage of saturated fat than do other oils).