

What are Meal Components and Quantities Worksheets (MCQW)?

Meal Component and Quantity Worksheets (MCQW) are tools that are used by School Nutrition administrators to demonstrate compliance with current meal patterns required by USDA in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). These worksheets are completed for one week of either breakfast or lunch menus and include specific menu items, portion sizes, and how the food items credit toward the required components in the meal pattern. Required components may include Meat/meat alternate, Grains, Fruits, Vegetables, and Milk. MCQW's are completed for each "distinct menu" served within each meal pattern used for specific age/grade groups in a school or school district. MCQW's are used to certify menus before a school is allowed to participate in the NSLP or SBP. They are also used during Administrative Reviews conducted by the state agency and they accompany twice yearly nutrient analysis reports to show compliance with the meal pattern components.