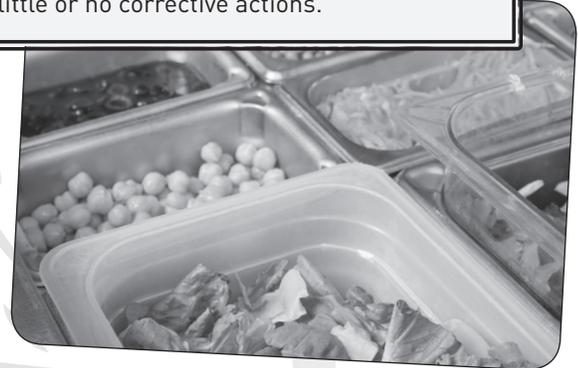




THE SCHOOL MEALS INITIATIVE (SMI) AND THE MICHIGAN NUTRITION STANDARDS

One of the benefits of implementing the *Michigan Nutrition Standards* is to assist schools with the federally mandated School Meals Initiative (SMI). The SMI is a nutrition review of a week's worth of menus that is currently conducted every five years. The SMI looks at specific nutrient standards. The Healthy, Hunger Free Kids Act of 2010 recommends a nutrition review every three years. The effective date for that change has not been determined. The SMI and *Michigan Nutrition Standards* both reflect the 2005 *Dietary Guidelines for Americans*.

Following the *Michigan Nutrition Standards* will position schools to meet the SMI with little or no corrective actions.



HERE ARE SOME GENERAL GUIDELINES THAT WILL HELP WITH MENU PLANNING!

INCREASE THE VARIETY OF ENTREES OFFERED

HOW THIS HELPS MEET THE STANDARDS:

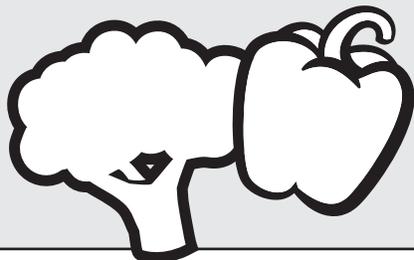
- Keeps total fat, saturated fat and sodium within goal ranges for the week

- Plan more school-prepared items and/or look for new commercially prepared products that meet the standards to increase variety.
- Choose more low-fat, low-sodium products.
- Use low-fat cheeses, dairy products, and lower fat meats.
- Explore the possibility of offering entrée salads or a salad bar.
- Where multiple entrée options are not offered, limit processed meats/meat alternates that have not been modified to reduce fat and/or sodium to once a week.

PLAN MORE FRESH FRUITS AND VEGETABLES ON YOUR MENU EACH DAY

HOW THIS HELPS MEET THE STANDARDS:

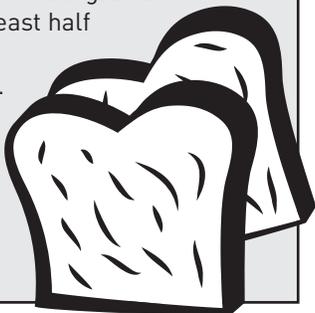
- Provides greater variety of fruits and vegetables
- Offers more whole fruits and vegetables
- Provides fruits and vegetables with specific health benefits such as dark green and deep yellow/orange



- Increase the amounts and variety of fruits and vegetables offered because fruits and vegetables differ in nutrient content.
- Offer a dark green or deep orange vegetable three to four times a week.
- Plan a vitamin C-rich vegetable or fruit daily.
- Offer cut-up fruit or dried fruit as a topping for yogurt.
- Offer fruits high in potassium often, such as bananas, prunes, prune juice, dried peaches, dried apricots, cantaloupe, honeydew melon, oranges, and orange juice.
- Offer fruit often as snacks if you provide reimbursable snacks for an afterschool program.
- Frequently offer fresh vegetable salads or fresh vegetables with a low-fat dip such as low-fat salad dressings, yogurt, or hummus.
- Frequently offer fresh fruits using a variety of presentations, such as orange smiles, apple wedges, fresh fruit cups, red and green grape combos, and banana halves.

**PLAN AT LEAST ONE MENU ITEM CONTAINING A WHOLE GRAIN EACH DAY****HOW THIS HELPS MEET THE STANDARDS:**

- Increases whole grains to be at least half of grain offerings.



- Plan a variety of breads and bread alternates such as whole wheat breads, whole grain breads, brown bread, and brown rice.
- Increase the variety of whole-grain cooked and ready-to-eat cereals offered at breakfast.
- Offer school-baked bread, replacing most of the white flour with whole-wheat flour. Begin slowly by replacing one-third of the white flour with whole-wheat and gradually increasing until the whole-wheat part is greater than 50 percent. Some schools report success with increasing the whole-wheat flour up to 80 percent. More leavening ingredients and liquids may be required as percentage of whole-grain flour increases.

PLAN TWO SERVINGS OF COOKED DRIED BEANS OR PEAS EACH WEEK**HOW THIS HELPS MEET THE STANDARDS:**

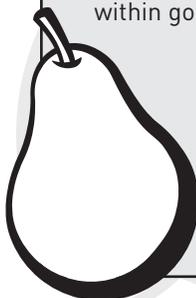
- Legumes must be offered two times per week.



- Offer more cooked dried beans and peas.
- Provides low-fat protein option as a meat/meat alternate that increases fiber and iron.
- Explore the great variety available such as black beans, Great Northern beans, red kidney beans, lima beans (mature), Navy beans, pinto beans, black-eyed peas, lentils, split peas, and garbanzo beans (also called chick peas).
- Offer beans and peas on salad bars; as a vegetable such as Boston baked beans; add to soups; serve as frijoles with Mexican food menu items; or serve as beans and rice.
- Grind or puree beans (pinto, kidney or red) in a food processor and add them to sauces and chili, or puree chickpeas and make a batch of homemade hummus for a vegetable dip.

OFFER AS MANY HEALTHY ALTERNATE CHOICES AS YOUR OPERATION ALLOWS**HOW THIS HELPS MEET THE STANDARDS:**

- Keeps total fat and saturated fat within goal ranges for the week.



- Reduce the number of times pre-fried potato products (French fries, tater tots, smiles) are offered.
- Offer baked potatoes, baked sweet potatoes, or seasoned baked potato or sweet potato wedges more often.
- Offer low-fat or fat free sour cream or plain yogurt for a topping in place of full-fat sour cream.
- Offer low-fat salad dressings in addition to regular salad dressing. Control portion size by pre-proportioning in 1-ounce cups or offering dressing in portion control packets.
- Offer only flavored or unflavored fat-free or one percent low-fat milk at each meal.

Adapted from USDA *The Road to SMI Success—A Guide for School Foodservice Directors—Chapter 4: Daily Practices for Meeting SMI Nutrition Goals for All Menu Planning Approaches*