

# GRAINS IN SCHOOL NUTRITION PROGRAMS



School Nutrition Programs  
Office of School Support Services  
Michigan Department of Education

# GRAINS



# Grain Requirements for the NSLP and SBP: USDA Memo SP 30-2012

- Addresses the new implementation of “ounce equivalencies” (oz eq) in the school meal programs and defines “whole grain-rich” (WGR)
- Quantities of grains are based on ounce equivalencies in a manner that is consistent with the DGAs and MyPlate food guidance system
- Beginning **July 1, 2013**, all grains must be credited using “oz eq” method

# Ounce Equivalencies

# Calculating Ounce Equivalencies

- Can credit ounce equivalencies based on:
  - 1) ounce weights of products listed in SP 30-2012 & updated Exhibit A
  - 2) grams of creditable grain in each product portion
    - Documented by standardized recipe
    - Product formulation statement signed by manufacturer

# Exhibit A: School Lunch and Breakfast

## Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup>

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Savory crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: Weights apply to bread in stuffing.</li> </ul>	<p>1 oz eq = 22 g or 0.8 oz            3/4 oz eq = 17 g or 0.6 oz            1/2 oz eq = 11 g or 0.4 oz            1/4 oz eq = 6 g or 0.2 oz</p>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	<p>1 oz eq = 28 g or 1.0 oz            3/4 oz eq = 21 g or 0.75 oz            1/2 oz eq = 14 g or 0.5 oz            1/4 oz eq = 7 g or 0.25 oz</p>
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies,<sup>3</sup> cobbler,<sup>3</sup> fruit turnovers,<sup>4</sup> and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<p>1 oz eq = 34 g or 1.2 oz            3/4 oz eq = 26 g or 0.9 oz            1/2 oz eq = 17 g or 0.6 oz            1/4 oz eq = 9 g or 0.3 oz</p>

<sup>1</sup> The following food quantities from Groups A-C, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

**Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup> (continued)**

<b>GROUP D</b>	<b>OZ EQ FOR GROUP D</b>
<ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
<b>GROUP E</b>	<b>OZ EQ FOR GROUP E</b>
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
<b>GROUP F</b>	<b>OZ EQ FOR GROUP F</b>
<ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
<b>GROUP G</b>	<b>OZ EQ FOR GROUP G</b>
<ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
<b>GROUP H</b>	<b>OZ EQ FOR GROUP H</b>
<ul style="list-style-type: none"> <li>Cereal grains (barley, quinoa, etc)</li> <li>Breakfast cereals (cooked)<sup>5,6</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
<b>GROUP I</b>	<b>OZ EQ FOR GROUP I</b>
<ul style="list-style-type: none"> <li>Ready-to-eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole grain, or whole grain and enriched or fortified cereal.

# Ounce Equivalent Standards

Grain products must be credited using the oz eq method

- Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
  - Breads
  - Biscuits
  - Bagels
- Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is  $\frac{1}{2}$  cup cooked
  - Oatmeal
  - Pasta
  - Brown rice
- Ready-to-eat cereal - 28 grams *or* 1.0 ounce of product is considered an ounce equivalent
  - 1 cup of flakes or rounds
  - 1  $\frac{1}{4}$  cups puffed cereal
  - $\frac{1}{4}$  cup granola



# Comparing the Two Methods of Calculating Ounce Equivalencies

### Sample Product 1:

#### Whole-Grain Bread

- One slice weighs 0.9 oz
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains

#### 1. Calculating based on total weight of creditable product:

Because this product contains the required 16 grams of creditable grain per ounce equivalent for Groups A-G of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products (see page 23).

Calculation:  $0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$

0.9 oz rounds down to **0.75 oz eq grains** per slice.



#### 2. Calculating based on grams of creditable grain ingredient:

The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead (or schools may retain a copy of their standardized recipe). Sample product formulation statements are provided starting on page 25.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.

Calculation:  $17 \text{ g} \div 16 \text{ g} = 1.06$

1.06 rounds down to **1.0 oz eq grains** per slice.

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014

*Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)*

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_

I. Does the product meet the whole grain-rich criteria:  Yes  No

*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*

II. Does the product contain noncreditable grains:  Yes  No How many grams: \_\_\_\_\_

*(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-C use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount A + B
Total Creditable Amount <sup>1</sup>			

<sup>1</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014

#### Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005

Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75oz)

I. Does the product meet the whole grain-rich criteria:  Yes  No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains:  Yes  No How many grams: \_\_\_\_\_

(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (RTE breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount <sup>1</sup> A + B
Pancakes	50 grams	34 grams	1.47
<b>Total Creditable Amount<sup>2</sup></b>			<b>1.25</b>

<sup>1</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent grains. I further certify that noncreditable grains are **not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_  
 Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_  
*(raw dough weight may be used to calculate creditable grain amount)*

- I. Does the product meet the whole grain-rich criteria:**  Yes  No  
*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*
- II. Does the product contain noncreditable grains:**  Yes  No **How many grams:** \_\_\_\_\_  
*(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals).** *(Different methodologies are applied to calculate servings of the grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

Description of Creditable Grain Ingredient <sup>a</sup>	Grams of Creditable Grain Ingredient per Portion <sup>b</sup> A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g) <sup>c</sup> B	Creditable Amount A + B
<b>Total Creditable Amount<sup>3</sup></b>			

<sup>a</sup> Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>b</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>c</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded *down* to the nearest quarter (0.25) oz eq. Do *not* round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes -50g (1.75oz)  
 (raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the Whole Grain-Rich Criteria:  Yes  No  
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains:  Yes  No How many grams: \_\_\_\_\_  
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-C or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup> A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>2</sup> B	Creditable Amount A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enriched flour (22%)	11	16	.6875
			2.15
<b>Total Creditable Amount<sup>3</sup></b>			<b>2.00</b>

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz. eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that noncreditable grains are **not** above 0.24 oz eq. per portion. Products with more than 0.24 oz. equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

# Whole Grain-Rich Criteria

# What is a Whole Grain?

## Whole Grain Kernel

---

### **Bran**

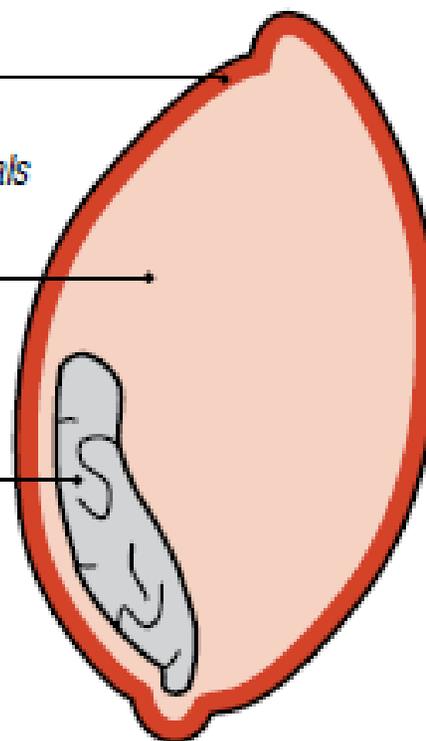
"Outer shell" protects seed  
*Fiber, B vitamins, trace minerals*

### **Endosperm**

Provides energy  
*Carbohydrates, protein*

### **Germ**

Nourishment for the seed  
*Antioxidants, vitamin E,  
B-vitamins*



# Whole Grain-Rich vs Whole Grain

- Beginning SY 2014-2015: All grains must be whole grain-rich (not 100% whole grain) unless:
  - The SFA has an approved WGR exemption or pasta waiver for certain products.

# Whole Grain-Rich vs Whole Grain

Beginning SY 2014-2015:

All grains served in school breakfast and lunch programs must be whole grain-rich.

1. This **does not** mean the product has to be 100% whole grain.
2. Whole grain-rich is defined as a product with at least 50% whole grain.
3. The rest of product/blend must be enriched.

# What Foods Meet Whole Grain-Rich Criteria?

- Contain **100% whole grain**

OR

- Contain a blend of **whole-grain meal and/or flour** and **enriched meal and/or flour** of which at least 50% is whole grain.
  - Remaining 50% or less of grains must be enriched

# Considered Whole Grains

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Quinoa
- Millet
- Amaranth
- The word *whole* listed before a grain - e.g. *whole* wheat
- *Berries* & *groats* are used to designate whole grains – e.g. wheat *berries* or oat *groats*
- Rolled oats & oatmeal (includes old-fashioned, quick cooking, instant)
- Brown rice, brown rice flour, wild rice
- Triticale, teff
- Sorghum
- Buckwheat

# NOT Whole Grains

Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable):

flour

white flour

wheat flour

all-purpose flour

unbleached flour

bromated flour

enriched bromated flour

enriched flour

instantized flour

phosphated flour

self-rising flour

self-rising wheat flour

enriched self-rising flour

bread flour

cake flour

durum flour

corn grits

hominy grits

hominy

farina

semolina

degerminated corn meal

enriched rice

rice flour

couscous

# Noncreditable Grains

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.

# Whole Grain-Rich Product Checklist

- **Meets Element 1 criteria:** The food item must meet the oz eq requirements as defined in Exhibit A
- AND**
- **Meets one of Element 2 criteria:**
    1. Whole grains per serving must be  $\geq 8$  grams for Groups A-G
    2. Contains FDA health claim:  
*“Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers.” or “Diets rich in whole grain foods and other plant foods, and low in saturated fate and cholesterol, may help reduce the risk of heart disease.”*
    3. Whole grain is first ingredient in the product listing or all whole grains combined are primary ingredient by weight.

# Determining if Products Meet Whole Grain-Rich Requirements

- Ingredient declaration from a product carton that shows a whole grain as the primary ingredient by weight.
- Copy of a food label showing amount of whole grain in grams for NSLP/SBP serving size.
- Copy of food label displaying one of the FDA whole-grain health claims.
- Recipe that includes the ingredients & ingredient amounts by weight & volume.
- Customized product formulation statement on mfg letterhead.
- USDA Foods Fact Sheet (applicable for foods indicated as meeting the whole grain-rich criteria. Fact sheets must be accompanied by acceptable mfg documentation if it is not clear the item meets whole grain-rich criteria)
- USDA authorized CN labels for entrée items that include grains.

# Fortification of Cereals

- A ready-to-eat breakfast cereal must be fortified to meet program requirements
  - 100% whole grain cereals do not need to be fortified
  - Check cereal products for an ingredient statement on the side or back of the box
  - Sample ingredient list:
    - Whole grain wheat, sugar, psyllium seed husk, oat fiber, contains 2% or less of salt, baking soda, caramel color, annatto color, BHT for freshness. Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride)

# **Which of the Following Products are Whole Grain-Rich?**

# White Whole-Wheat Breadsticks

## Nutrition Facts

Serving Size: 2 Breadsticks (48g)

### Amount Per Serving

**Calories** 130      Calories from Fat 15

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 280mg      **12%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 3g      **12%**

Sugars 4g

### Proteins 5g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 8%

Ash 0%      • Folate 6%

Niacin 10%      • Riboflavin 4%

Thiamin 10%      •

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Calories per gram:

Fat 9      Total Carbohydrate 4      Protein 4



### Ingredients for U.S. Market:

Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less than 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

# Whole-Grain Chicken Corn Dog

## Nutrition Facts

Serving Size 4 oz (112g)

Servings Per Case: 72

### Amount Per Serving

**Calories** 240      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 20mg      **7%**

**Sodium** 590mg      **25%**

**Total Carbohydrate** 33g      **11%**

Dietary Fiber 5g      **20%**

Sugars 9g

**Proteins** 9g      **18%**

Calcium      15%

Iron      15%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



### Batter Ingredients:

Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.

### Chicken Frank Ingredients:

Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains: Wheat

# All Natural Whole-Wheat Pasta

## Nutrition Facts

Serving Size 2 oz

Amount Per Serving

**Calories** 200      Calories from Fat 15

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 41g      **14%**

Dietary Fiber 6g      **24%**

Sugars 2g

**Proteins** 7g

Vitamin A      0%

Vitamin C      0%

Calcium      0%

Iron      10%

Not a significant source of Cholesterol, Vitamin A, Vitamin C

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



### Ingredients:

Whole grain wheat flour, wheat flour, oat fiber.

## Whole-Grain Cereal Bar

### Nutrition Facts

Serving Size 1 bar (28g)

Amount Per Serving

**Calories** 105      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3g      **5%**

Saturated Fat 1g      **6%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 75mg      **3%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Proteins** 1g

Calcium      **8%**

Iron      **2%**

Not a significant source of Cholesterol, Vitamin A, Vitamin C

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.



#### Ingredients:

Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.

## Reduced Carb Wheat Tortilla

<b>Nutrition Facts</b>			
Serving Size: 1 Tortillia (102g)			
Servings Per Package: 12			
Amount Per Serving			
<b>Calories</b> 280	Calories from Fat 70		
% Daily Value*			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 880mg			<b>37%</b>
<b>Total Carbohydrate</b> 43g			<b>14%</b>
Dietary Fiber 30g			<b>120%</b>
Sugars 0g			
<b>Proteins</b> 12g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 20%	•	Iron 6%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:



### Ingredients:

Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, contains 1% or less of salt, cellulose gum, cornstarch, distilled monoglycerides

## White Corn Tortillas

### Nutrition Facts

Serving Size: 1 Tortilla (41g)

Servings Per Container: 8

Amount Per Serving

**Calories** 90      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Proteins** 5g

Vitamin A      0%      •      Vitamin C      0%

Calcium      6%      •      Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:

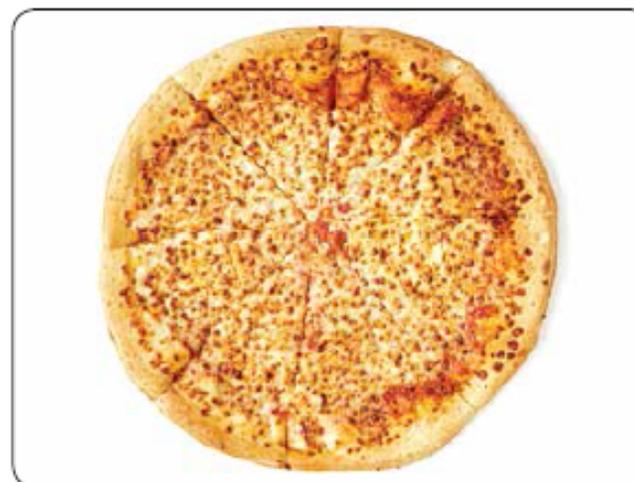
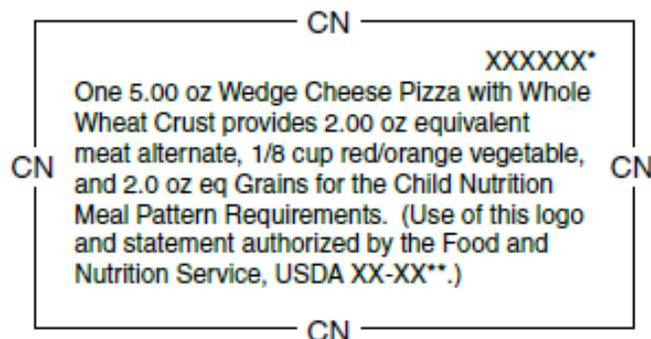
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg



#### Ingredients:

Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.

## Whole-Grain Cheese Pizza



### Ingredients:

**Crust** (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid. **Sauce** (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch). **CONTAINS: WHEAT, MILK, AND SOY.**

## Cornbread (School Recipe)

YIELD:		VOLUME:	
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces
Ingredients		Weight	Measure
Flour, enriched bleached		1 lb	3 $\frac{3}{4}$ cups
Flour, whole-wheat		$\frac{1}{2}$ lb	2 cups
Cornmeal, whole-grain		1 lb	3 $\frac{3}{4}$ cups
Salt			1 $\frac{1}{4}$ tsp
Eggs, whole		5 $\frac{1}{4}$ oz	$\frac{2}{3}$ cup
Baking powder			2 Tbsp 2 tsp
Sugar		5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup
Instant nonfat dry milk, reconstituted			3 $\frac{3}{4}$ cups
Vegetable oil			$\frac{1}{2}$ cup
Nutrients Per Serving			
Calories	108	Saturated Fat	0.45 g
Protein	2.65 g	Cholesterol	13 mg
Carbohydrate	18.03 g	Vitamin A	51 IU
Total Fat	2.82 g	Vitamin C	0.1 mg
		Iron	0.90 mg
		Calcium	68 mg
		Sodium	151 mg
		Dietary Fiber	1.0 g

## Whole-Grain Ready-To-Eat Cereal

<b>Nutrition Facts</b>		
Serving Size: 3/4 cup (29g)		
Servings Per Container: about 9		
Amount Per Serving	Cereal (dry)	Cereal with 1/2 cup skim milk
<b>Calories</b>	120	160
Calories from Fat	10	10
<b>% Daily Value**</b>		
<b>Total Fat</b> 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 85mg	4%	6%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 7g		
<b>Proteins</b> 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	15%	15%



### Ingredients:

Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride, Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.

# USDA Foods



**USDA** United States Department of Agriculture  
Food and Nutrition Service



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, September 2013)

Visit us at [www.fns.usda.gov/fds](http://www.fns.usda.gov/fds)

### 100938 - TORTILLA, WHOLE WHEAT, FROZEN, 27 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>These frozen 8 inch whole wheat tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the HealthierUS School Challenge whole wheat criteria for a whole wheat food.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>12/24 ct pouches per 27 lb case.</li> <li>One 27 lb case AP yields about 288 tortillas.</li> <li>One pouch AP yields about 24 tortillas.</li> <li>CN Crediting: 1 Whole wheat tortilla made with whole wheat flour provides 1.5 oz equivalent grains.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen whole wheat tortillas at 0°F or below in original shipping case off the floor.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Whole wheat tortilla, 8 inch

	1 tortilla (44 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	0 mg
Potassium	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg

# Adding Whole Grains to School Meals

- Whole grain-rich pretzels
- Whole grain-rich pita pockets
- Whole grain-rich cornbread
- Whole grain-rich crackers or cookies
- Whole grain-rich tortillas or taco shells
- Whole grain-rich pasta
- Whole grain-rich ready-to-eat or cooked breakfast cereals
- Whole grain-rich granola or granola bars
- Whole grain-rich pancakes or waffles
- Whole grain-rich bagels, breads, rolls, buns, or muffins

## Flexibility Using Enriched Pasta – SY 2014-15 and SY 2015-16

- SA may approve SFA request to use enriched pasta
- Flexibility is allowed only until acceptable products are available & identified
- Flexibility is allowed while SFA can demonstrate a continued negative impact
  - USDA memo SP 47-2014
  - To apply for waiver, complete survey:
  - <https://www.surveymonkey.com/s/TQ5PS96>

# Request for WGR Exemption



## **USDA memo SP 20-2015:**

Requests for Exemption from the School Meals' Whole Grain-Rich Requirements for School Year 2014-2015 and 2015-2016

Note: this is separate from the pasta waiver.

# Key Points of WGR Exemption Request

- The exemption is temporary (for SY 2014-2015 and 2015-2016).
- SFAs must comply with the SY 2013-2014 requirement to offer at least half of the grains on the menu as whole grain-rich products.
- SFAs should continue their efforts to find acceptable WGR products to serve to students.
- Exemptions need to be based on a demonstrated hardship.
- SFA needs to apply for WGR exemption and be approved by the state agency.

# Grain-Based Desserts

- Grain-Based Desserts
  - Grain-based desserts limited to 2 oz eq/week
- Graham crackers
  - Considered a dessert item at lunch

# Grain-Based Desserts

- Grain-based dessert limit does not apply at breakfast
- Formulated grain-fruit products do not credit
- Sugar in grain items is allowed
  - Some grain products can *only* be served as desserts in lunch/not allowable in breakfast (brownies, cake, cookies)
  - Perception is part of the menu planning process
  - Grain-based desserts are a big source of sugar and added fats

# RESOURCES

---

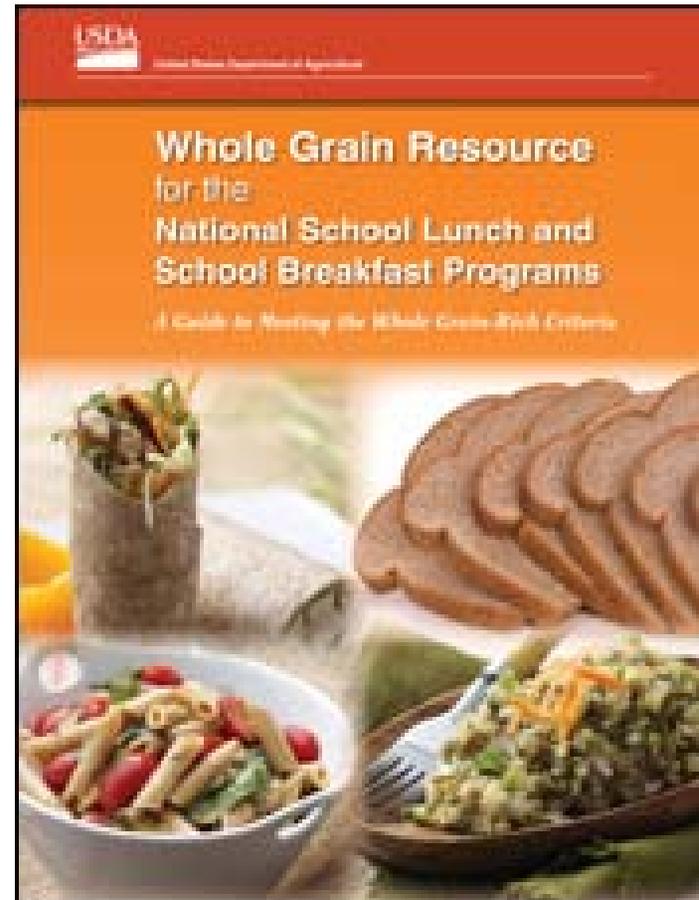
# Technical Assistance Resources

- FNS New Meal Pattern website  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
  - Timeline
  - Technical Assistance & Guidance Materials
  - Recently released Q&As, other policy memos
- Best Practices Sharing Center
  - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
  - <http://healthymeals.nal.usda.gov/bestpractices>

# Technical Assistance Resources

- **NEW!** SP 57-2014: Updated Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program
- **NEW!** SP 10-2012 (v.8): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"
- SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs
- SP 41-2014: Clarification Policy for Food Consumption Outside FS Area and Whole Grain-Rich Requirement
- SP 47-2014: Flexibility for WGR Pasta
- <http://www.fns.usda.gov/school-meals/policy>

# Whole Grain Resource



- <http://www.fns.usda.gov/tn/whole-grain-resource>

# USDA Website

- For current updated information, go to **Nutrition Standards for School Meals**

<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". Below this is a navigation bar with links: Home, About FNS, Newsroom, Help, Contact Us, and En Español. The main content area has a breadcrumb trail: "You are here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The page title is "Nutrition Standards for School Meals". The main text reads: "Through the Healthy, Hunger-Free Kids Act championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children." To the right of this text is a photo of a young girl eating a sandwich. Below the main text is a section titled "Regulation" with a bullet point: "Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)". On the left side of the page, there is a "Search FNS" box with a "Go" button, and links for "Search all USDA", "Search Tips", and "Topics A-Z". Below that is an "Email Updates" section with a sign-up icon and text: "Sign-up to receive free email updates". At the bottom left is a "Browse by Subject" section with a link for "Applications".



## <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

Thirty kid-approved recipes from the **Recipes for Healthy Kids Competition**, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative in collaboration with the American Culinary Federation and School Nutrition Association.



Table of Contents		
		
<b>8 Portuguese Sliders</b> <i>(Small-Piece Wraps)</i>	<b>50 Tasty Tots</b> <i>(Fried Chicken Wraps)</i>	<b>96 Turkey Smoked Turkey and Bean Soup</b> <i>(Hot-Pot Soup)</i>
<b>Whole Grains</b>	<b>Dark Green and Orange Vegetables</b>	<b>Dry Beans and Peas</b>
12 <i>Old-Fashioned</i> Raisin Bran <i>(Hot-Cereal)</i>	34 <i>Central Valley Harvest Bake</i> <i>(Hot-Pot Soup)</i>	100 <i>Smile of the Southwest</i> <i>(Hot-Pot Soup)</i>
16 <i>Mediterranean-Style Salad</i> <i>(Hot-Pot Soup)</i>	40 <i>Let's-Go Right! Chicken, Spinach, and Corn</i> <i>(Hot-Pot Soup)</i>	104 <i>Curried Soup</i>
20 <i>Apple Grain Salad</i>	44 <i>Butt-Over Wrappers</i>	108 <i>Egg-Potato</i>
24 <i>Chicken Adobo with a Twist</i>	48 <i>Crispy-Honey-Chicken Wrap</i>	112 <i>Peas-Meat-Lentil</i>
32 <i>Chicken Curry Casserole</i>	52 <i>Harvest Delight</i>	116 <i>Peas-Wrap</i>
36 <i>Grain of Heaven</i>	56 <i>Braised Fish-Cake-Soup Wrap</i>	120 <i>Harvest Stew</i>
40 <i>Peas-Oatmeal</i>	60 <i>Smoked-Potato-Chicken Wrap</i>	124 <i>Purple-Potato-Bean Wrap</i>
44 <i>Rainbow Rice</i>	64 <i>Spanish-Spinach Lentils</i>	128 <i>Spanish-Chicken Wrap</i>
48 <i>Spin-Over Green-Rice, Eggs, and Peas</i>	68 <i>Sweet-Potato and Black-Bean Stew</i>	132 <i>Vegetable-Chicken Stew</i>

The top recipes in each category have been standardized in cookbooks for homes, child care centers, and schools.

The cookbooks feature recipes with foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains.

The cookbooks and recipes are available on the Team Nutrition Web site at [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov). The cookbooks should be published by the end of 2012.

# Sodium Reduction Efforts

TN Healthy Meals Resource System

- <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

Fact Sheets for Healthier School Meals

- [http://www.fns.usda.gov/sites/default/files/jtf\\_resources.pdf](http://www.fns.usda.gov/sites/default/files/jtf_resources.pdf)

NFSMI

- <http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf>

USDA Foods

- <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

# USDA Foods

- How USDA Foods Support Meal Pattern Requirements (Chart)
  - [http://www.fns.usda.gov/sites/default/files/Meal\\_Pattern\\_USDA\\_Foods\\_Chart\\_Sept2013.pdf](http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf)
- Complete List of Available Foods
  - <http://www.fns.usda.gov/fdd/foods-expected-be-available>
- USDA Foods Fact Sheets
  - <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

## Contact MDE School Nutrition Programs

**Phone: 517-373-3347**

**or**

**E-mail: MDE-SchoolNutrition  
@michigan.gov**