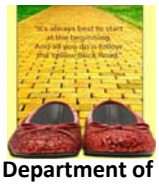
How to Stay on the Yellow Brick Road to Compliance with the New Meal Pattern Requirements after 6 Cent Performance Based Reimbursement



Michigan Department of Education
Office of School Support Services
School Nutrition Programs
June 2014

Certification Requirements of State Agency

- State agencies must only certify an SFA once.
- Ongoing compliance with meal pattern requirements will be monitored through administrative reviews.

Annual Attestation

- Certified SFAs must annually attest, through SY 2014-15, to be in compliance with the meal pattern requirements, as new requirements are phased-in.

New SFAs

- SFAs new to the program are required to be certified to receive the 6 cents performance based reimbursement
- SFAs should submit certification documentation along with their application to participate in the program
- New SFAs are not required to wait until they are certified before starting to serve meals
- Reimbursement after certification

Administrative Review Fiscal Action 6 Cents

- If non-compliance is found during an administrative review 6 cents performance based reimbursement is turned off
- SFA is able to correct a Performance Standard 2 violation by the end of the week the State agency will not turn off the 6 cents reimbursement

Meal Pattern

- Overview of the meal pattern
- Common findings
- Tips and resources

Reading the Meal Pattern Chart

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5[a]	Grades 6-8[a]	Grades 9-12[a]	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fruits (cups)[c,d]	5 (1)[e]	5 (1)[e]	5 (1)[e]	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)[c,d]	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green[f]	0	0	0	0.5	0.5	0.5
Red/Orange[f]	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes)[f]	0	0	0	0.5	0.5	0.5
Starchy[f]	0	0	0	0.5	0.5	0.5
Other[f,g]	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total[h]	0	0	0	1	1	1.5
Grains (oz eq)[i]	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (1)
Meats/Meat Alternates (oz eq)	0[k]	0[k]	0[k]	8-10 (1)	9-10 (1)	10-12 (1)
Fluid milk (cups)[l]	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)[m,n]	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)[m]	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)[m,p]	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat[m]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

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Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14		2015/16	2016/17	2017/18	2022/23
FRUITS COMPONENT							
Offer fruit daily	L						
Fruit quantity increase to 5 cups/week (minimum 1 cup/day)							
VEGETABLES COMPONENT							
Offer vegetables subgroups weekly	L						
GRAINS COMPONENT							
Half of grains must be whole grain-rich	L	B					
All grains must be whole-grain rich							
Offer weekly grains ranges	L	B					
MEATS/MEAT ALTERNATES COMPONENT							
Offer weekly meats/meat alternates ranges (daily min.)	L						
MILK COMPONENT							
Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
DIETARY SPECIFICATIONS (to be met on average over a week)							
Calorie ranges	L	B					
Saturated fat limit (no change)	L, B						
Sodium Targets\-Target 1Target 2Final target						L, B	L, B
Zero grams of trans fat per portion	L	B					
MENU PLANNING							
A single FBMP approach	L	B					
AGE-GRADE GROUPS							
Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
OFFER VS. SERVE							
Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L						
MONITORING							
3-year adm. review cycle		L, B					
Conduct weighted nutrient analysis on 1 week of menus	L	B					

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Menu Planning Approaches

- Food-Based Menu Planning approach for all age/grade groups
  - Used at lunch and breakfast
- Offer vs. Serve
  - Student has to select a fruit or vegetable component
  - Must select at least ½ cup serving

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Age/Grade Groups

- Same age/grade groups for NSLP and SBP
  - K-5
  - 6-8
  - 9-12

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Definitions

- Food Component
  - One of the five food groups which comprise reimbursable lunch meals
- Food Item
  - A specific food offered within the five food components

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Overview of Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk

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Fruits

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food[b] Per Week (Minimum Per Day)		
Fruits (cups)	2½ (½)	2½ (½)	5 (1)

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Vegetables

- Schools must offer a daily serving at lunch
- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
  - Minimum quantity is ¼ cup
  - As per MDE Administrative Policy #8, SY 2004-05: Minimum Fruit/Vegetable Portion Size and Qualifying Meal Components, 1/4 of a cup of vegetables is the minimum creditable amount. MDE's requirement supersedes the 1/8 cup the USDA requires as the minimum creditable amount.
- No maximum limits on subgroups
  - Exception: Juice

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Vegetables: Clarifications

- Mixed salads
  - If mixed salad contains different vegetable subgroups (romaine/iceberg blend) and quantities are 1/4 cup or more, can credit to respective subgroup
  - If quantities of each are unknown, the total volume credits as "additional" requirement
  - *Remember: ½ cup of uncooked leafy greens credit as ¼ cup

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Vegetables

- Vegetable subgroup ***weekly*** requirements for
  - Dark Green (e.g., broccoli, collard greens)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (Legumes) (e.g., kidney beans, lentils, chickpeas)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers)
  - Additional vegetables to meet 5 cup weekly total

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Salad Bars: Clarifications

- May be located after the POS, as long as a system is in place to ensure each student selects a reimbursable meal
- Must ensure portions meet meal pattern requirements
- May use salad bar to meet weekly vegetable subgroup requirement
  - Salad bar offerings must be listed on production records to count toward meal pattern requirements

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Grains

- Each reimbursable meal must meet the daily and weekly grain minimums
- No *weekly* grain maximum
- Breaded or battered products will count towards the grain requirement

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Counting Grains

- ¼ of an oz eq is the smallest amount that can credit towards the quantities of grains
- Grains offered in amounts <0.25 oz eq are never included in the calculation of daily & weekly grain offerings
- All grains part of battered and/or breaded products offered must be counted towards the grain requirement
- Multiple items may be combined to meet daily minimum

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Grains Component

- SY 2014-2015: All grains must be whole grain-rich (not 100% whole grain)
  - Whole grain-rich = At least 50% whole grain and rest of product/blend must be enriched refined flour
- Corn masa dough treated with lime is allowable as a whole grain ingredient (SP 02-2013)

Exhibit A: School Lunch and Breakfast

Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs[1, 2]

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: Weights apply to bread in stuffing.	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
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers[3] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	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
GROUP C	**OZ EQ FOR GROUP C**
• Cookies[3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies,[3] cobbler,[3] fruit turnovers,[4] and meat/meat alternate pies) • Waffles	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

[1] The following food quantities from Groups A-G, 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.
[2] 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.
[3] Allowed only as dessert at lunch as specified in §210.10.
[4] Allowed for dessert at lunch as specified in §210.10, and for breakfasts served under the SBP.

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Group E

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[1] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[2] (plain) • Muffins (all, except corn) • Sweet roll[1] (unfrosted) • Toaster pastry[1] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[2] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[1] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[1] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[1] (frosted) • Toaster pastry[1] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[1] (plain, unfrosted) • Coffee cake[1]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies [1] (plain) • Cake [1] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[1, 2] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready to eat breakfast cereal (cold, dry)[1, 2]	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

[1] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[2] Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Grain-based Desserts

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

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Meats/Meat Alternates

- Daily and weekly requirements for lunch only
  - 2 oz eq daily for students in grades 9-12
  - 1 oz eq daily for younger students
- Variety of meat/meat alternates encouraged
  - Lean meats & poultry, eggs, fish
  - Low-fat cheeses, yogurt beans, nuts & seeds
- Tofu and soy yogurt will be allowable as meat alternate
  - USDA memo SP 16 - 2012

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Fluid Milk

- Allowable milk options include
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Milk provisions also apply to children ages 3-4

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Four Dietary Specifications

- Weekly average requirements
  - Calories
  - Sodium
  - Saturated fat
- Daily requirement
  - Trans fat

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2014-2015 Sodium Target 1

- **Sodium Reduction: Timeline & Amount**
- **National School Lunch Program**
- **Target 1: July 1, 2014, SY 2014-2015**
- K-5 <1,230 (mg)
- 6-8 <1,360 (mg)
- 9-12 < 1,420 (mg)

Overview of Breakfast Meal in SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)

Fruit
SBP Effective SY 2014-2015

- Offer 1 cup of fruit daily
- Vegetables in place of fruits
- Vegetable substitution limit applies
- First two cups of vegetables must be from non-starchy vegetable subgroups
- Full- strength Juice offerings cannot exceed 50% of the total fruit offerings
- Dried fruit may be offered
- Under OVS students must select ½ cup of fruit
- Straight Serve

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Grains Component: Flexibility

- In School Year 2014-15 all grains must be whole grain-rich
- 1 oz. eq. of grains daily
- Weekly requirements vary by age-grade group
- Weekly calorie ranges are in effect
- Trans fat and saturated fat apply

Grain-based Desserts

- Grain-based dessert limit does not apply at breakfast
- 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

Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- SFAs may offer a meat/meat alternate at breakfast after 1 oz. equivalent of grains is offered daily
- Options
  - Offer meat/meat alternate in place of grains
  - Offer a meat/meat alternate as an ***extra***

Fluid Milk

- Allowable milk options include
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Students *may* decline milk component under OVS
- Milk provisions also apply to children ages 3-4

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OVS at Breakfast

- Food component is one of three food groups
- Food Item is a specific food offered
- OVS must offer at least four food items
- Student must select three food items
- Student must select ½ cup of fruit

Breakfast Sodium Target 1 Beginning SY 2014-2015

- For grades K-5 540 mg or less
- For grades 6-8 600 mg or less
- For grades 9-12 640 mg or less

Common Findings

- **Main line missing vegetable subgroups for the week**
- **Insufficient serving sizes of fruits and vegetables**
- **Multiply lines missing vegetable subgroups**
- **Not enough oz. equivalent of grains and meat/meat alternates for meals offered daily and weekly**
- **Too many grain based desserts being offered weekly**
- **Ranges for meat/meat alternate and grains for salad bar meal not tracked**
- **Daily choice alternate meal not meeting weekly requirements**
- **Age grade/grade groups mixed together and not meeting requirements**
- **Standardized recipes are not being used**
- **Production records missing portion sizes and offered/planned amounts**
- **Missing labels or unacceptable labels**
- **Straight serve and OVS misconceptions**

Staying in Compliance for the Kids

Common Findings

- Main line missing vegetable subgroups for the week
- Insufficient serving sizes of fruits and vegetables

Meal Component Tool

Meal Component Tool - Lunch 9-12

School/Site Name: _____ Menu Week: _____

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk (at least two varieties) Skim fat free, unflavored/flavored Low-fat (less than 1%), unflavored	5 cups (1)						
Meat/Meat Alternate (Weekly Minimum)	10 oz. + equivalent (2)						
Grain (All Whole Grain Rich 2014-2015)	10 oz. + equivalent (2) (Weekly Minimum)						
Grain Based Dessert	No more than 2 oz. weekly						
Vegetable (Weekly Minimum)	5 Cups (1)						
Dark Green	½ Cup						
Red/Orange	1 ¼ Cup						
Legumes	½ Cup						
Starchy	½ Cup						
Other	½ Cup						
Vegetable Juice	No more than half of total Veg.						
Fruit (Weekly Minimum)	5 Cups (1)						
Fruit Juice	No More than half of total fruit						

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Common Finding

- Multiply lines missing vegetable subgroups
- Missing components
- Planning your menu to meet vegetable subgroup requirements

Common Findings

- Too many grain based desserts being offered weekly

Common Finding

- Grains and meat/meat alternates not being tracked correctly for the salad bar meal.
- Vegetable bar
- Memorandum on salad bars:
- http://www.fns.usda.gov/sites/default/files/SP31-2013os.pdf

Common Findings

- Daily choice alternate meals not meeting weekly requirements for grains and m/ma
- Nutrition standards link:
- http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf
- USDA certification worksheets:
- http://www.fns.usda.gov/school-meals/certification-compliance

Common Findings

- Age/grade groups mixed together and not meeting requirements

Age/Grade Groups

- Overlap in K-5 and 6-8 meal patterns
  - A single menu can meet both patterns
  - Must meet following:
    - 8 oz eq grains/week (minimum)
    - 9 oz eq meats/meat alternates/week (minimum)
    - Average daily calorie range 600-650

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Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer ½ cup more fruit daily
  - Offer ¼ cup more vegetables daily
    - Need ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) some time during the week
  - These changes alone *may* meet calorie needs for the 9-12 group
    - Consider an additional oz eq of grain and/or M/MA for the older kids

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Common Findings

- Standardized recipes are not being used
- Link to USDA recipes:
- http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnVl
- Link to Food Buying Guide:
- http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs

Common Findings

- Production records missing portion sizes and offered/planned amounts
- Link to MDE production records and training
- http://www.michigan.gov/mde/0,4615,7-140-43092_50144-201315--,00.html

Common Findings

- Missing labels or unacceptable labels
- CN labels
- Product formulation sheet

Common Findings
Straight Serve and OVS

- Straight serve for **breakfast**:
- Must take 1 cup of fruit (veg substitute), at least 1 oz. eq. of whole-grain rich grains, and 1 cup of milk from two milk fat choices
- OVS for breakfast:
- School must offer at least four food items
- The student must select three food items, including ½ cup of fruit

Common Findings
Straight Serve and OVS

- **Straight serve for lunch:**
- Schools must offer all five components
- Daily and weekly minimum of fruits, vegetables, grains, meat/meat alternates must be met
- Daily and weekly minimum amount of vegetables and vegetable subgroups must be met
- Must take all five components

- **OVS for lunch:**
- Schools must offer all five food components
- Fruits, vegetables, grains, m/ma, milk
- Students must take at least 3 of 5 food components and **must** select at least ½ cup of fruit or vegetable.
- Do not have to take milk

Resources

- Meal component tool for menu planning
- Cycle menus
- USDA recipes
- Food buying guide
- MDE production records link
- Grain guide
- MDE training

Links

- Whole grain chart:
- http://www.fns.usda.gov/tn/whole-grain-resource

- USDA food buying guide:
- http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs

- USDA recipes:
- http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMlZpc01ncj10cnVl

- USDA certification worksheets:
- http://www.fns.usda.gov/school-meals/certification-compliance

- Final rule nutrition standards:
- http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf

- MDE food production records
- http://www.michigan.gov/mde/0,4615,7-140-43092_50144-201315--,00.html

- Sample cycle menu link:
- http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-school-food-service

Links for Signage

- What is a reimbursable meal: http://healthymeals.nal.usda.gov/state-resources/build-healthy-lunch-reimbursable-meal-identification-system; http://www.dairymax.org/shop/product/school-reimbursable-meals-elementary-poster/
- MyPlate Graphics Resources: http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html
- Team Nutrition Graphics Library: http://www.fns.usda.gov/tn/graphics-library
- Team Nutrition Posters order form: http://tn.ntis.gov/
- USDA Education and Training Materials Database: http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_SetSearch.php?Audience=&Format=&TN=0&State=&PubDate=&Language=&KW=Posters&Sortby=PubDate
- West Virginia has a good list of resources also: http://wvde.state.wv.us/child-nutrition/leap-of-taste/administrative-tools/posters/

Congratulations!

- **You just took your first step on the Yellow Brick Road for Staying in Compliance!**