

# Lunch Meal Pattern Overview



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School Nutrition Programs

August 2014



# Law Requirements



- Sec. 9
  - National School Lunch Act
    - Meals must reflect the Dietary Guidelines
- Sec. 201
  - Healthy, Hunger-Free Kids Act of 2010
    - Regulations based on recommendations from the Institute of Medicine (IOM)

# Reading the Meal Pattern Chart

  = upper range may be exceeded to allow for flexibility: still must meet weekly dietary specifications

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades6-8 <sup>a</sup>	Grades9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
<b>Fruits (cups)<sup>c,d</sup></b>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
<b>Vegetables (cups)<sup>c,d</sup></b>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
<b>Dark green<sup>f</sup></b>	0	0	0	0.5	0.5	0.5
<b>Red/Orange<sup>f</sup></b>	0	0	0	0.75	0.75	1.25
<b>Beans/Peas (Legumes)<sup>f</sup></b>	0	0	0	0.5	0.5	0.5
<b>Starchy<sup>f</sup></b>	0	0	0	0.5	0.5	0.5
<b>Other<sup>g</sup></b>	0	0	0	0.5	0.5	0.75
<b>Additional Veg to Reach Total<sup>h</sup></b>	0	0	0	1	1	1.5
<b>Grains (oz eq)<sup>i</sup></b>	7-10 (1) 	8-10 (1) 	9-10 (1) 	8-9 (1) 	8-10 (1) 	10-12 (2) 
<b>Meats/Meat Alternates (oz eq)</b>	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1) 	9-10 (1) 	10-12 (2) 
<b>Fluid milk (cups)<sup>l</sup></b>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
<b>Min-max calories (kcal)<sup>m,n,o</sup></b>	350-500	400-550	450-600	550-650	600-700	750-850
<b>Saturated fat (% of total calories)<sup>n,o</sup></b>	< 10	< 10	< 10	< 10	< 10	< 10
<b>Sodium (mg)<sup>n,p</sup></b>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<b>Trans fat<sup>n,o</sup></b>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. <sup>4</sup>					

# Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
<b>FRUITS COMPONENT</b>							
Offer fruit daily	L						
Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
<b>VEGETABLES COMPONENT</b>							
Offer vegetables subgroups weekly	L						
<b>GRAINS COMPONENT</b>							
Half of grains must be whole grain-rich	L	B					
All grains must be whole-grain rich			L, B				
Offer weekly grains ranges	L	B					
<b>MEATS/MEAT ALTERNATES COMPONENT</b>							
Offer weekly meats/meat alternates ranges (daily min.)	L						
<b>MILK COMPONENT</b>							
Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
<b>DIETARY SPECIFICATIONS (to be met on average over a week)</b>							
Calorie ranges	L	B					
Saturated fat limit (no change)	L, B						
Sodium Targets <sup>1</sup> -Target 1Target 2Final target			L, B			L, B	L, B
Zero grams of trans fat per portion	L	B					
<b>MENU PLANNING</b>							
A single FBMP approach	L	B					
<b>AGE-GRADE GROUPS</b>							
Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
<b>OFFER VS. SERVE</b>							
Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
<b>MONITORING</b>							
3-year adm. review cycle		L, B					
Conduct weighted nutrient analysis on 1 week of menus	L	B					5

# GENERAL PROVISIONS



# Menu Planning Approaches

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

# Age/Grade Groups

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

# LUNCH REQUIREMENTS



# Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternates
- Milk



# 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

# MEAL PATTERN CHART



# Lunch Meal Pattern Chart

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruits (cups)</b>	<b>2½ (½)</b>	<b>2½ (½)</b>	<b>5 (1)</b>
<b>Vegetables (cups)</b>	<b>3¾ (¾)</b>	<b>3¾ (¾)</b>	<b>5 (1)</b>
Dark green	½	½	½
Red/orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Addl Veg to Reach Total	<b>1</b>	<b>1</b>	<b>1½</b>
<b>Grains (oz eq)</b>	<b>8-9 (1)</b>	<b>8-10 (1)</b>	<b>10-12 (2)</b>
<b>Meats/Meat Alternates (oz eq)</b>	<b>8-10 (1)</b>	<b>9-10(1)</b>	<b>10-12(2)</b>
<b>Fluid milk (cups)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

# Fruits



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

# Forms of Allowable Fruits in School Meals

- Fresh
- Frozen
  - Frozen w/ added sugar OK to use in SY 2014-15
- Canned in water, light syrup or juice
- Dried
- Pasteurized, 100 % full-strength juice
  - 50% fruit juice limit applies to the total fruit offered per week

# Fruits: Clarifications

- Can serve  $\frac{1}{2}$  cup of fruit pieces and  $\frac{1}{2}$  cup fruit juice to meet daily requirement (grades 9-12)
- Can offer a combination of fruits to meet fruit component
  - $\frac{1}{2}$  cup pineapple tidbits +  $\frac{1}{2}$  cup fresh fruit cup

# Fruits: Clarifications

- Juice – juice is credited as the volume served. Must be 100% full-strength
- Frozen juice is credited based on the unfrozen liquid volume
- Juice – no more than ½ of the weekly offering for the fruit component can be in the form of juice



# How Do Fruit Smoothies Credit?

- **Breakfast**
  - Fluid milk
  - Fruit (credits as juice)
  - Yogurt may credit as m/ma at breakfast **ONLY**
  - Vegetables, grains & m/ma cannot credit (except yogurt) when served in a smoothie
- **Lunch**
  - Fluid milk
  - Fruit (credits as juice)
  - Vegetables, grains & m/ma cannot credit when served in a smoothie

# Vegetables



	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3 <sup>3</sup> / <sub>4</sub> ( <sup>3</sup> / <sub>4</sub> )	3 <sup>3</sup> / <sub>4</sub> ( <sup>3</sup> / <sub>4</sub> )	5 (1)
• <b>Dark green</b>	1/2	1/2	1/2
• <b>Red/Orange</b>	3/4	3/4	1 1/4
• <b>Beans/Peas (Legumes)</b>	1/2	1/2	1/2
• <b>Starchy</b>	1/2	1/2	1/2
• <b>Other</b>	1/2	1/2	3/4
Additional Veg to Reach Total	1	1	1 1/2

# 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

# Vegetables

- Variety of preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers a variety of no salt added or lower sodium products
- Changes in crediting of leafy greens
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable *OR* a meat alternate

# Dark Green and Red/Orange Vegetables

- **Dark Green**

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

- **Red/Orange**

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- sweet potatoes
- tomatoes
- red bell peppers



***Subgroups are identified in the revised Fruits & Vegetables section of the FBG***

# Dry Beans and Peas: Clarifications

- May only count a serving towards vegetable or meat/meat alternate requirement (but not both components in the same food item)
  - Menu planner determines how they credit in advance (not at POS)
- “Dry” refers to mature beans
  - Canned and frozen mature beans acceptable
  - Fresh beans or peas do not qualify



# Starchy Vegetables

- Corn (white and yellow)
- Green peas
- White potatoes
- Water chestnuts



# Vegetables: Clarifications

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
  - Minimum quantity is  $\frac{1}{4}$  cup as per MDE Administrative Policy #8, SY 2004-05: *Minimum Fruit/Vegetable Portion Size and Qualifying Meal Components*. MDE's requirement supersedes the  $\frac{1}{8}$  cup the USDA requires as the minimum creditable amount.
- No maximum limits on subgroups
  - Exception: juice



# Vegetables: Clarifications



- Mixed Vegetable Dishes
  - Combinations containing  $\frac{1}{4}$  cup or more of each different veggie subgroup may credit toward appropriate subgroups
  - If quantities of each are unknown, the dish counts toward the “additional” requirement

# 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: 1/4 cup of uncooked leafy greens credit as 1/8 cup

**HOW WOULD A SALAD  
CONTAINING ¼ CUP OF  
ICEBERG LETTUCE AND ¼ CUP  
OF ROMAINE CREDIT?**

# 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

# Fruits and Vegetables

- Schools may offer both in pureed form (smoothies, soups)
- Fruit smoothie guidance provided in memo SP 10-2014
  - Fruit (and milk) are credited in smoothies prepared by local operators
  - The fruit is credited in smoothies prepared commercially
  - The fruit in smoothies counts as juice and counts toward the weekly juice limit
- Pureed forms credit based on the actual volume served

# Grains



<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Grains (oz eq)</b>	8-9 (1)	8-10 (1)	10-12 (2)

Upper limit on grains for the week still in effect; may be exceeded to allow flexibility.

# Grains

- Each reimbursable meal must meet the daily and weekly grain minimums
- Flexibility allowed with upper ranges
- Breaded or battered products will count towards the grain requirement
- One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains

# 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 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>	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
<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>	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
<ul style="list-style-type: none"> <li>Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>Corbread</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>	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

<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)**

GROUP D	OZ EQ FOR GROUP D
<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
GROUP E	OZ EQ FOR GROUP E
<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
GROUP F	OZ EQ FOR GROUP F
<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
GROUP G	OZ EQ FOR GROUP G
<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
GROUP H	OZ EQ FOR GROUP H
<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
GROUP I	OZ EQ FOR GROUP I
<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 ½ 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 ¼ cups puffed cereal
  - ¼ cup granola



# Comparing the Two Methods of Calculating Ounce Equivalencies

# Calculating Ounce Equivalencies

Program operators have the ability to credit ounce equivalencies for grain products based on the ounce weights listed in FNS Policy Memo SP 30-2012 and updated Exhibit A, or by the grams of creditable grain in each product portion (documented by standardized recipe or product formulation statement signed by a manufacturer). The following examples demonstrate how each method may be used to determine how qualifying products meet ounce equivalency requirements for grains in the National School Lunch and Breakfast programs.

## 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-C 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.

## Sample Product 2:

### Whole-Grain Pasta

- One portion of dry pasta weighs 32 grams (including creditable grains and other ingredients).
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each  $\frac{1}{2}$  cup (cooked) contains 29 grams of creditable grain.

#### 1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that  $\frac{1}{2}$  cup of cooked pasta (made from creditable ingredients) provides 1.0 ounce equivalent grains. Product label and manufacturer documentation should be maintained on file.

Calculation:  $\frac{1}{2}$  cup served  $\div$   $\frac{1}{2}$  cup per oz eq = **1.0 oz eq grains**

#### 2. Calculating based on dry weight:

For this calculation, the weight of the dry portion of pasta is divided by the weight listed for that product in the appropriate group of the revised Exhibit A.

Calculation:  $32 \text{ g} \div 28 \text{ g} = 1.14$

1.14 rounds down to **1.0 oz eq grains** per portion of dry pasta.



#### 3. Calculating based on grams of creditable grain ingredient per portion:

The same pasta may be credited using the percent of creditable grain. Manufacturers must provide documentation on company letterhead.

For this calculation, divide the grams of creditable grain by the standard of 28 grams per oz equivalent for Group H of Exhibit A.

Calculation:  $29 \text{ g} \div 28 \text{ g} = 1.03$

1.03 rounds down to **1.0 oz eq grains** per  $\frac{1}{2}$  cup cooked pasta.

# 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-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 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*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup> A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g) <sup>2</sup> B	Creditable Amount A + B
<b>Total Creditable Amount<sup>3</sup></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 \_\_\_\_\_

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.

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

2 Standard grams of creditable grains from the corresponding Group in Exhibit A.

3 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-C or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

# Whole Grain-Rich Criteria

# Whole Grain-Rich Criteria

- Beginning SY 2014-15, all grains served must be whole grain-rich
  - Lunch
  - Breakfast



# Whole Grain-Rich vs Whole Grain

- 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

# 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.”*

3. Whole grain is first ingredient in the product listing

# 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)

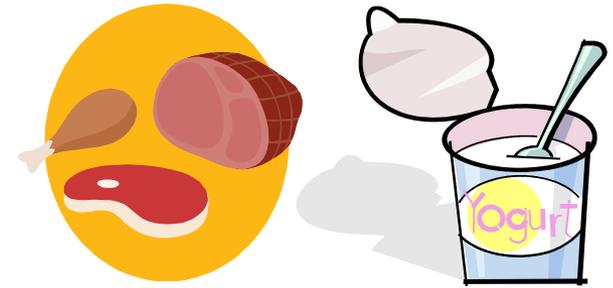
# Grain-based Desserts

- 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
  - Granola bars, cereal bars OK to use
- 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

# Meat/Meat Alternates



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Meat/Meat Alternates (oz eq)</b>	8-10 (1)	9-10 (1)	10-12 (2)

Upper limit on meats for the week still in effect; may be exceeded to allow flexibility.

# Meat/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 alternates
  - USDA memo SP 16 - 2012

# Milk (Breakfast and Lunch)



<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Fluid milk (cups) <sup>1</sup></b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>

# 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



# FOUR DIETARY SPECIFICATIONS (LUNCH AND BREAKFAST)

# Four Dietary Specifications

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

# Calorie Ranges

- Minimum and maximum calorie (kcal) levels
  - Average over course of the week

## Grade Level:

K-5 (ages 5-10)

## Calorie Ranges:

Breakfast: 350-500

Lunch: 550-650



## Grade Level:

6-8 (Ages 11-13)

## Calorie Ranges:

Breakfast: 400-500

Lunch: 600-700



## Grade Level:

9-12 (Ages 14-18)

## Calorie Ranges:

Breakfast: 450-600

Lunch: 750-850



# Sodium

<b>Sodium Limits and Timeline</b>		
<p><b>Target 1:</b> <b><u>SY 2014-15</u></b></p> <p><u>Lunch</u>            ≤1230mg (K-5)            ≤1360mg (6-8)            ≤1420mg (9-12)</p> <p><u>Breakfast</u>            ≤540mg ( K-5)            ≤600mg (6-8)            ≤640mg (9-12)</p>	<p><b>Target 2:</b> <b><u>SY 2017-18</u></b></p> <p><u>Lunch</u>            ≤935mg (K-5)            ≤1035mg (6-8)            ≤1080mg (9-12)</p> <p><u>Breakfast</u>            ≤485mg ( K-5)            ≤535mg (6-8)            ≤570mg (9-12)</p>	<p><b>Final target:</b> <b><u>SY 2022-23</u></b></p> <p><u>Lunch</u>            ≤640mg (K-5)            ≤710mg (6-8)            ≤740mg (9-12)</p> <p><u>Breakfast</u>            ≤430mg ( K-5)            ≤470mg (6-8)            ≤500mg (9-12)</p>

# Saturated Fat

- Limit saturated fat
  - Less than 10 percent of total calories
  - Same as current regulatory standard
- No total fat standard

# Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
- Naturally-occurring trans fat excluded
  - e.g. beef, lamb, dairy products
- Mixed dishes
  - e.g. beef and bean burritos



# MENU PLANNING



# Age/Grade Groups

**Grade Level:**  
K-5 (ages 5-10)

**Calorie Ranges:**  
Breakfast: 350-500  
Lunch: 550-650



**Overlaps**  
B: 400-500  
L: 600-650

**Grade Level:**  
6-8 (Ages 11-13)

**Calorie Ranges:**  
Breakfast: 400-500  
Lunch: 600-700



**Overlaps**  
B: 450-500  
L: ---

**Grade Level:**  
9-12 (Ages 14-18)

**Calorie Ranges:**  
Breakfast: 450-600  
Lunch: 750-850



# 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

# Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer  $\frac{1}{2}$  cup more fruit daily
  - Offer  $\frac{1}{4}$  cup more vegetables daily
    - Need  $\frac{1}{2}$  cup more red/orange,  $\frac{1}{4}$  cup other,  $\frac{1}{2}$  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

# Short and Long Weeks: Clarifications

- For Occasional Short Weeks
  - Menus do not have to be adjusted
  - Must be consistent with intent of meal pattern

# Multiple Offerings: Daily Minimum

- All offerings must meet the daily minimum requirement
  - For example, when offering pizza and a sandwich for Grades 9-12 on a daily basis, both the pizza and sandwich should contain 2 oz eq grains
  - Average of the Grain or M/MA ounce equivalents offered cannot meet the daily minimum requirement

# Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
  - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement
  - Treat each serving line as its own meal

# Multiple Offerings: Clarifications

- Each independent line must meet the daily and weekly requirements (including subgroups)
  - If different stations available for selecting components, then all the stations as a whole must meet the daily and weekly requirements

# Training and Signage

- Schools must identify food items that make a reimbursable meal at or near beginning of line
- Schools using OVS must identify what students must select as part of a reimbursable meal
- Staff at the Point of Service and serving line must be trained on what makes a reimbursable meal:
  - Example: Knowing if duplicate items are allowed
  - Example: Recognizing appropriate serving sizes

# Meal Identification



- All menu items on serving line must be identifiable, labeled, or listed at the beginning of serving line and prior to POS



# Meal Identification



- MDE may authorize alternatives to Point of Service lunch counts
  - Must be labeled well
  - Must be a system in place to ensure all meals are reimbursable

# Food Product Labels

Nutrition Facts	
Serving Size: 3 PIECES (95g)	
Servings Per Container: About 150	
Amount Per Serving	
Calories 250	Calories from Fat 130
<hr/>	
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 4.5g	
Cholesterol 25mg	8%
Sodium 390mg	16%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 15g	30%



Code: 00834WG

Product Name: Whole Grain Mini Cheese Ravioli

Statement of child nutrition food based meal pattern equivalency: Each Cheese Ravioli provides 1.00 oz equivalent meat alternate and 0.50 oz-eq



Product Info



# Child Nutrition Labeling Program

- What is the Child Nutrition (CN) Labeling Program?
  - A voluntary Federal labeling program for the Child Nutrition Programs
  - Applies to food-based menu planning approach
  - Administered by Food & Nutrition Service (FNS)

# Products Eligible for CN Labels

- Items that contribute to meat/meat alternate component of the meal pattern
- Juice drinks and juice drink products
- Will credit other components as part of these two types of products:

example: CN labeled cheese pizza may list contributions to m/ma, grains/breads, and vegetable/fruit components of the meal pattern

# Sample CN Label

CN \_\_\_\_\_ CN

XXXXXXXX\*

This 2.31oz fully cooked Beef Patty with Textured Soy Flour provides  
CN 2.00 oz equivalent meat/meat alternate for the Child Nutrition Meal CN  
Pattern Requirements. (Use of this logo and statement authorized by  
the Food and Nutrition Service, USDA XX-XX\*\*)

\_\_\_\_\_ CN \_\_\_\_\_

- \* CN identification number
- \*\* Month & Year of approval

# Sample CN Label

## Precooked Roasted Chicken

### Ingredient Statement:

Chicken, water, spices.

CN

093261

Each 2.3 oz. fully cooked roasted chicken provides 2.0 oz.

CN equivalent meat for Child Nutrition Meal Pattern

CN

Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05/02).

CN

Net Wt.: 18 pounds

**Chicken Company**  
1234 Kluck Street Poultry, PA 12345



# How Does the CN Labeling Program Work?

## How Does the CN Labeling Program Work?

Manufacturer submits product formulation to FNS.



FNS evaluates submitted manufacturer formulation and verifies that the claim of contribution on the label is accurate. FNS approves label in Final.



FSIS, AMS, or NMFS also approves labels as appropriate.



USDA, FNS provides CNP operators a warranty against audit claims.

# To Carry CN Labels, Eligible Products Must

- have the contribution of the food component(s) determined using yields in the USDA's *Food Buying Guide*,
- have the product formulation and CN label approved by FNS, and
- be produced under inspection.

# Nutrition Facts Label

## Nutrition Facts

Serving Size 7 Mini Ravioli (62g)

Amount Per Serving

**Calories 110**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**

**Saturated Fat 1g**      **5%**

    Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 240mg**      **10%**

**Total Carbohydrate 16g**      **5%**

**Dietary Fiber 2g**      **8%**

    Sugars 1g

**Protein 8g**

Vitamin A 2%      • 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

# Ingredients List



Close

**INGREDIENTS:** WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (VITAMIN B<sub>1</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), NIACIN (VITAMIN B<sub>3</sub>), FOLIC ACID], YEAST, SUGAR, WHEAT BRAN, WHEAT GLUTEN, SOYBEAN OIL, WHOLE GRAIN OATMEAL, SALT, WHOLE GRAIN RYE FLOUR, CALCIUM PROPIONATE (A MOLD INHIBITOR), WHOLE GRAIN BARLEY FLAKES, MONOGLYCERIDES, YEAST NUTRIENTS (CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE), SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- AND DIGLYCERIDES, MODIFIED STARCH, SODIUM ALGINATE, POLYSORBATE 60, AZODICARBONAMIDE, ASCORBIC ACID.

Contains wheat ingredients.

Aunt Millie's Heart flour, are generous your grill outs.

## Nutrition Facts

Serving size 1 Bun (60g)  
Servings per Container 8

**Calories 140**  
Calories from fat 20

Amount/Serving	%DV*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 27g	9%
Fiber 3g	13%
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%
Thiamine 25%	Riboflavin 10%
Niacin 10%	Folic Acid 15%



# ACTIVITY CHALLENGE



# Combination Foods at Lunch

Combination foods at lunch are foods containing more than one food item.

Examples:

- Spaghetti with Meat Sauce
- Hamburger on Bun
- Macaroni and Cheese



# Combination Foods at Lunch

Q) How can a meal provide five food components yet feature only four food items on the menu?

Example:

Cheese Pizza

Fresh Apple

Lettuce Salad

Milk

# Count it?

Do the following PLANNED school lunches have the required components?

- less than 5 components?
- 5 components?









Skim Milk









# RESOURCES

# 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 for "Home", "About FNS", "Newsroom", "Help", "Contact Us", and "En Español". A breadcrumb trail reads "You are here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The main heading is "Nutrition Standards for School Meals". The content includes a paragraph: "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." Below this is another paragraph: "The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation." A section titled "Regulation" contains 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 box labeled "Search FNS" with a "Go" button, and links for "Search all USDA", "Search Tips", and "Topics A-Z". There is also an "Email Updates" section with a sign-up button and a "Browse by Subject" section with a link for "Applications". A photograph of a young girl eating a sandwich is visible on the right side of the page.

# Child Nutrition Programs – School Meals Home Page

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo with the text "United States Department of Agriculture Food and Nutrition Service". To the right are navigation links: "About FNS", "Ask the Expert", "Contact Us", "Other Languages", and "En Español". Below this is a search bar with a "Search" button. A secondary navigation bar contains "Programs", "Data", "Newsroom", "Research", and "Forms". Below that is a breadcrumb trail "Home » Programs" and a row of social media icons for Facebook, Twitter, YouTube, Email, Flickr, and RSS. The main content area is titled "School Meals" with a "Print" button. Underneath is the "Child Nutrition Programs" section, which includes a list of programs and a "Browse By Subject" section. A photograph of children eating at a table is featured below the list. A paragraph of text describes the programs administered by the Food and Nutrition Service.

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

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## School Meals

Print

### Child Nutrition Programs

- > School Breakfast Program (SBP)
- > Fresh Fruit and Vegetable Program (FFVP)
- > Special Milk Program (SMP)
- > Summer Food Service Program (SFSP)
- > Child and Adult Care Food Program (CACFP)
- > National School Lunch Program (NSLP)

**Browse By Subject**

- > Federal Register Notices
- > Legislation
- > Policy
- > Press Releases
- > Regulations
- > CN Labeling
- > Disaster Assistance

The Food and Nutrition Service administers several programs that provide healthy food to children including the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program, and the Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children.

<http://www.fns.usda.gov/school-meals/child-nutrition-programs>

# Child Nutrition Programs – School Meals Home Page

- <http://www.fns.usda.gov/school-meals/child-nutrition-programs>

## Initiatives

- Farm to School
- HealthierUS School Challenge (HUSSC)
- Team Nutrition

## Spotlights

	<a href="#">Local School Wellness Policy</a>		<a href="#">Community Eligibility Provision</a>
	<a href="#">Smart Snacks Sold in School - Resources</a>		<a href="#">Nutrition Standards in School Meals</a>
	<a href="#">Certification of Compliance: 6 Cents Rule</a>		<a href="#">Family Friendly Application Translations</a>

## What's New

[Eligibility Effective Date for Directly Certified Students](#)

[Support for Healthy Meals Standards Continues to Grow](#)

[Extension of the Deadline for Local Educational Agencies to Submit Applications to Elect the Community Eligibility Provision](#)

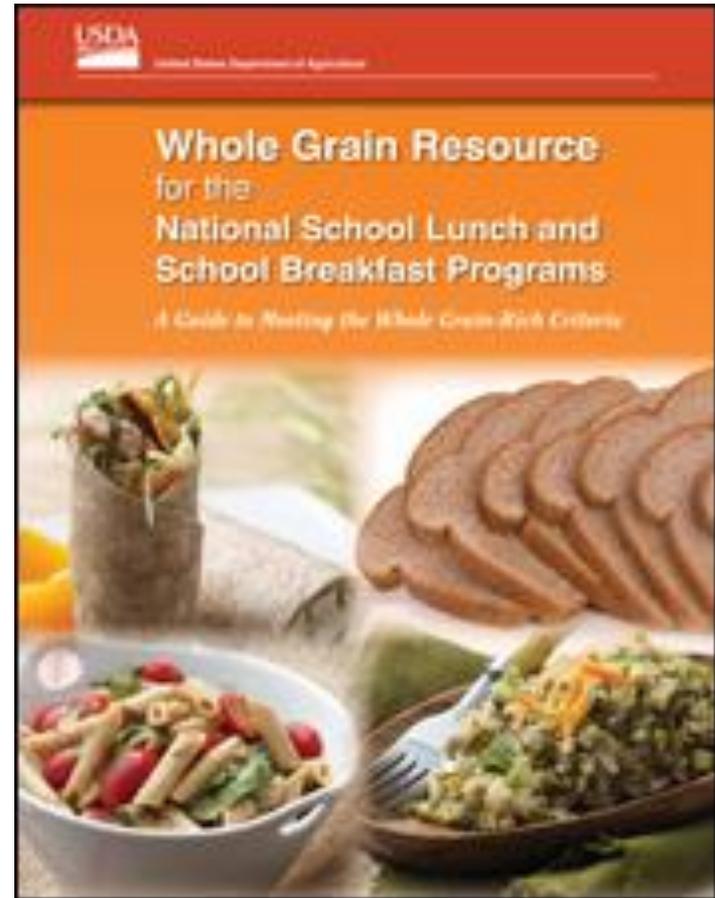
[Questions & Answers Related to the "Smart Snacks" Interim Final Rule](#)

[Discover MyPlate: Nutrition Education for Kindergarten](#)

# 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>

# Whole Grain Resource



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

# Healthier School Day Website

<http://www.fns.usda.gov/healthierschoolday>

USDA United States Department of Agriculture  
Food and Nutrition Service

Home About What's New Help Contact Us En Español

You are here: Home > Healthier School Day

**The School Day Just Got Healthier**

Healthier school meals have **More Fruit**

the School Day just got Healthier  
United States Department of Agriculture

**Success Stories & Blogs**

- o *Healthier School Days for Students in West Virginia*
- o *Making School Days Healthier in Miami*
- o *Thanks for Making the #Ask USDA School Meals Chat a Success!*
- o *New School Year Ushers in Healthier School Days for Kids*
- o *Fruit and Veggie Tasting Prepares Students for*

Search FNS

Go

- o Search all USDA
- o Search Tips
- o Topics A-Z

Email Updates

Sign-up to receive free email updates

Related Links

- Best Practices Sharing Center
- Center for Nutrition Policy and Promotion
- Chefs Move to Schools
- Farm to School
- Fresh Fruit and Vegetable Program
- HealthierUS School

Students can expect benefits from healthier and more nutritious food in school. Thanks to the Healthy, Hunger Free Kids Act,...

# Fact Sheets for Healthier School Meals

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



## Just the Facts!

### Serve More Dry Beans and Peas for Healthier School Meals

#### KEY ISSUES:

- Beans and peas (legumes) are an excellent source of fiber, which helps children feel full longer. As part of an overall healthy diet, beans and peas help to lower the risk of heart disease.
- Beans and peas:
  - are excellent sources of plant protein.
  - provide other nutrients such as iron, potassium, folate, and zinc.
  - are naturally low in fat and sodium.
  - have no saturated fat or cholesterol.
- The meal patterns require schools to offer foods from the beans and peas (legumes) vegetable subgroup to all students at lunch each week. The minimum offering is at least ½ cup weekly.
- Beans and peas can be counted in school meals as either a vegetable or a meat alternate, but may not count for both components in the same meal.

**W**e know beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive protein option that can boost the nutritional content of school meals. Beans are versatile, too. Whether served as a vegetarian option or served with meats, poultry, fish, or cheese, beans complement the meal. Find creative ways to add more beans to school meals! For example, try savory pinto beans and salsa in a chef salad, or add red beans to a whole-grain rice pilaf!

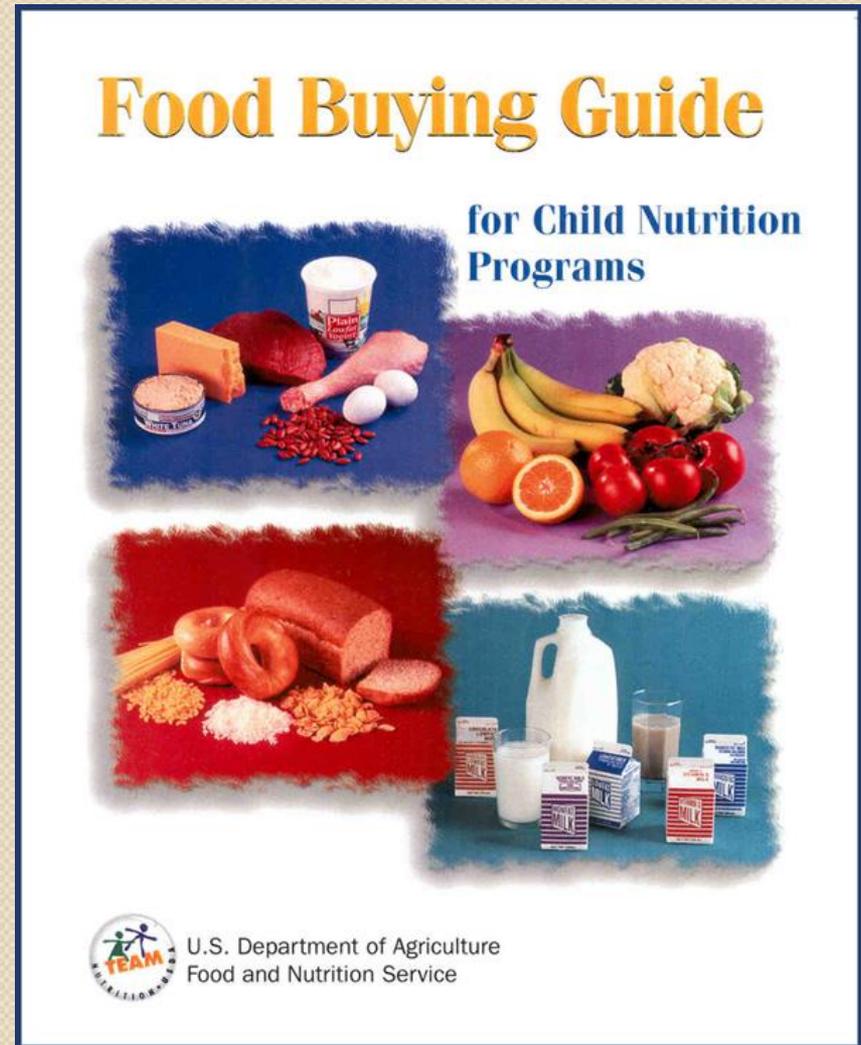
Dry beans and peas are mature forms of legumes, which are plants that have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Keep in mind that some beans and peas, such as green beans, string beans, green peas, snap peas, and baby green lima beans, are not considered dry beans or peas.

Easy ways to follow the 2010 Dietary Guidelines for Americans

#### Recipe for Success

- **Choose the easiest form!** Use canned, precooked beans to simplify recipes (no soaking needed) and reduce cooking times. Purchase canned beans labeled "no salt added" or "low sodium." If these are not available, rinse and drain the canned beans to reduce the sodium content.
- **Power up recipes** with more beans. Add beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and white beans.
- **Serve satisfying soups.** Attract students and teachers with low-sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.
- **Spice up your menus** with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.

# Updated Food Buying Guide



<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>

# Food Buying Guide Calculator

<http://fbg.nfsmi.org/>

The screenshot shows a web browser window titled "Food Buying Guide Calculator for Child Nutrition Programs - Windows Internet Explorer". The address bar displays "http://fbg.nfsmi.org/". The page content includes the title "Food Buying Guide Calculator for Child Nutrition Programs" in large, stylized text. Below the title are two logos: "TEAM" (The University of Mississippi) and "NFSMI" (National Food Service Management Institute). A central instruction reads: "Choose a Food group by clicking on an image below, or enter a keyword or food item in the Search field to the right, then click Go. Avoid the use of punctuation." Below this are five food group categories, each with a representative image and a label: "Meat/Meat Alternates" (chicken, egg, bread, tuna), "Vegetables" (corn, carrots, tomatoes, beans), "Fruits" (raisins, grapes, apples, oranges, juice), "Grains/Breads" (cereal, bread, crackers), and "Milk" (milk cartons). To the right of the food groups is a search interface with a text input field, a "Go" button, and several navigation links: "View Food Buying Guide", "Select Food Group", "-- Select A Food Group --", and "Self-Tutorial". The browser's status bar at the bottom shows "Done" and "Internet". The Windows taskbar at the very bottom displays several open applications, including "Inbox - Microsoft Outlook", "Microsoft PowerPoint", "Resource Center", and "Food Buying Guide Cal...".



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

T  
H

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.



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<p><b>8 Portuguese Sliders</b> Lara Lee Whelan</p> <p><b>Whole Grains</b></p> <ul style="list-style-type: none"> <li>12 Chef Peas</li> <li>16 Mediterranean Quinoa Salad</li> <li>20 Arroz Verde Salad</li> <li>24 Chicken Adobo with a Twist</li> <li>28 Chicken Curry Casserole</li> <li>32 Chicken of Heaven</li> <li>36 Potato Quinoa</li> <li>40 Rainbow Rice</li> <li>44 Spin-Fried Green Beans, Eggs, and Ham</li> </ul>	<p><b>50 Turkey Tots</b> Lara Lee Whelan</p> <p><b>Dark Green and Orange Vegetables</b></p> <ul style="list-style-type: none"> <li>34 Central Valley Harvest Soup</li> <li>40 Spin-Fry Fajita-Chicken, Napa, and Corn</li> <li>44 Crunchy Wrappers</li> <li>48 Crunchy Hawaiian-Chicken Wrap</li> <li>52 Harvest Delight</li> <li>56 Roasted Red Cabbage Slaw Wrap</li> <li>60 Savory Sweetpotato Chili</li> <li>64 Spinach Squash Lasagna</li> <li>68 Sweet Potato and Black Bean Soup</li> </ul>	<p><b>96 Turkey Smoked Turkey and Bean Soup</b> Lara Lee Whelan</p> <p><b>Dry Beans and Peas</b></p> <ul style="list-style-type: none"> <li>100 Sautés of the Southwest</li> <li>104 Cornbread Soup</li> <li>108 Eagle Peas</li> <li>114 Florida Mexican Lasagna</li> <li>120 Potato Wrap</li> <li>124 Harvest Stew</li> <li>130 Purple Peas and Bean Wrap</li> <li>134 Spanish-Style Soup</li> <li>138 Vegetable Chili Bowl</li> </ul>
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Recipes for Healthy Kids Cookbook for Schools

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

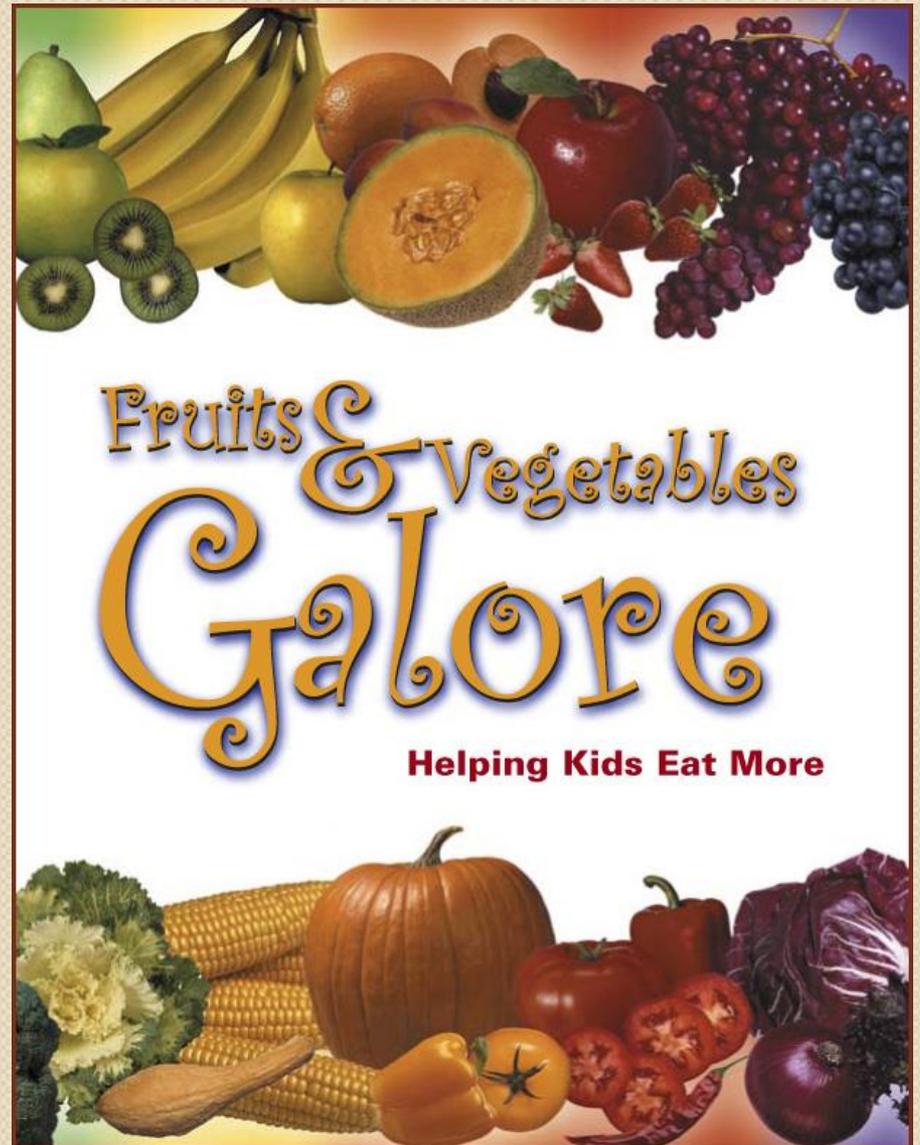
The cookbooks feature recipes with foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains.

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.

**AVAILABLE  
FROM TEAM  
NUTRITION**

*Fruits and  
Vegetables Galore:  
Helping Kids Eat  
More*

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



# Choose My Plate Resources

<http://www.choosemyplate.gov/food-groups/>

The screenshot shows a Windows Internet Explorer browser window displaying the Choose My Plate website. The address bar shows the URL <http://www.choosemyplate.gov/food-groups/vegetables.html>. The website header includes the USDA logo and the text "ChooseMyPlate.gov". Below the header, there is a navigation menu with options like "MyPlate", "Weight Management & Calories", "Physical Activity", "SuperTracker & Other Tools", "Printable Materials & Ordering", and "Healthy Eating Tips". The main content area is titled "Vegetables" and features a large image of various vegetables. A prominent heading asks "What Foods Are in the Vegetable Group?". Below this, there is a paragraph explaining that any vegetable or 100% vegetable juice counts as a member of the Vegetable Group, and that vegetables can be raw or cooked, fresh, frozen, canned, or dried/dehydrated. A "Key Consumer Message" box states "Make half your plate fruits and vegetables." and a green button at the bottom right says "View Vegetables Food Gallery". The browser's taskbar at the bottom shows several open applications, including "What Are Vegetables...", "Inbox - Microsoft Outlook", and "Microsoft PowerPoint - [L...]".

# 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/nslp-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>

# Food Labeling

- Product Formulation Statements
  - [http://www.fns.usda.gov/sites/default/files/TA\\_07-2010\\_os.pdf](http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf)
- Child Nutrition Labeling Program
  - <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

# Questions?

Please contact the  
School Nutrition Programs Office  
at 517-373-3347

or

Email your questions to:

[mde-schoolnutrition@michigan.gov](mailto:mde-schoolnutrition@michigan.gov)