Lunch Meal Pattern – We're Not in Kansas Anymore

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School Nutrition Programs
June 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)

Final Rule

- Title: **Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)**
  - Published: Jan. 26, 2012
  - Effective date: July 1, 2012

Reading the Meal Pattern Chart

★★ = no longer upper range requirement

	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[g]	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,n]	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)[n,p]	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat[m]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

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[1]-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					

GENERAL PROVISIONS

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

Age/Grade Groups

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

LUNCH REQUIREMENTS

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

Lunch Meal Components

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

MEAL PATTERN CHART

Lunch Meal Pattern Chart

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
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	1	1	1½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10(1)	10-12(2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

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)

Forms of Allowable Fruits in School Meals

- Fresh
- Frozen
- 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 ½ cup of fruit pieces and ½ cup fruit juice to meet daily requirement (grades 9-12)
- Can offer a combination of fruits to meet fruit component
  - ½ cup pineapple tidbits + ½ cup fresh fruit cup

Fruits: Clarifications

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

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)	3¾ (¾)	3 ¾ (¾)	5 (1)
• **Dark green**	½	½	½
• **Red/Orange**	¾	¾	1¼
• **Beans/Peas (Legumes)**	½	½	½
• **Starchy**	½	½	½
• **Other**	½	½	¾
Additional Veg to Reach Total	1	1	1½

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 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

Vegetables: Clarifications

- Mixed Vegetable Dishes
  - Combinations containing ¼ 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: ¼ 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 (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	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"
- 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[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,[4] cobbler,[4] 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.

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

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[3] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[3] (plain) • Muffins (all, except corn) • Sweet rolls[3] (unfrosted) • Toaster pastry[3] (unfrosted)	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**
• Cereal bars, breakfast bars, granola bars[3] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[3] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[3] (frosted) • Toaster pastry[3] (frosted)	1 oz eq = 68 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**
• Cake[3] (plain, unfrosted) • Coffee cake[3]	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**
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)	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**
• Cereal grains (barley, quinoa, etc) • Breakfast cereals (cooked)[3, 4] • 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)[3, 5]	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 ages 3 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 to meals other than breakfast.

[2] 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-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 oz ÷ 1.0 oz = 0.9 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 g ÷ 16 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 ½ cup (cooked) contains 29 grams of creditable grain.

1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that ½ 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: **½ cup served ÷ ½ 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 g ÷ 28 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 g ÷ 28 g = 1.03**

1.03 rounds down to **1.0 oz eq grains** per ½ 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*			

* 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: F

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
Pancakes	50 grams	34 grams	1.47
Total Creditable Amount*			1.25

* 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† A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g)‡ B	Creditable Amount A ÷ B
Total Creditable Amount§			

* Creditable grains are whole grain meal/flour and enriched meal/flour.
† Serving size(s) **B** (lb. of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
‡ Standard grams of creditable grains from the corresponding Group in Exhibit A.
§ 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 3.96 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 (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: G

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

* 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 3.96 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

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	phosphated flour	hominy grits
white flour	self-rising flour	hominy
wheat flour	self-rising wheat flour	farina
all-purpose flour	enriched self-rising flour	semolina
unbleached flour	bread flour	degerminated corn meal
bromated flour	cake flour	enriched rice
enriched bromated flour	durum flour	rice flour
enriched flour	corn grits	couscous
instantized flour		

NOT Whole Grains

- Pot, Scotch or pearl (pearled) barley
- "Stone ground" – describes a process
  - Ok if "whole" in combination with "Stone ground" is in ingredient statement

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 ≥ 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)

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	2,800
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 that 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.

Michigan Department of Education

School Day Healthier

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

Michigan Department of Education

School Day Healthier

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.

Michigan Department of Education

School Day Healthier

Whole-Grain Cheese Pizza

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN CN

CN

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.

Michigan Department of Education — Healthier School Day

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 ¾ cups
Flour, whole-wheat	½ lb	2 cups
Cornmeal, whole-grain	1 lb	3 ¾ cups
Salt		1 ¼ tsp
Eggs, whole	5 ¼ oz	⅔ cup
Baking powder		2 Tbsp 2 tsp
Sugar	5 ¼ oz	¾ cup
Instant nonfat dry milk, reconstituted		3 ¾ cups
Vegetable oil		½ cup

Nutrients Per Serving

Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g

Michigan Department of Education — Healthier School Day

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

Michigan Department of Education — Healthier School Day

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

Meats/Meat Alternates (Lunch)

Lunch Meal Pattern			
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Meats/Meat Alternates (oz eq)	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.

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

Milk (Breakfast and Lunch)

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

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

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

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

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

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

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

Overlaps
B: 400-500
L: 600-650

Overlaps
B: 450-500
L: ---

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 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

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

Meal Identification

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

ACTIVITY CHALLENGE

Count it?

Do the following *PLANNED* school lunches have the required components?

- less than 5 components?
- 5 components?

1% Lowfat
Milk

Skim Milk

GARELICK
1%
Lowfat
Milk

- RESOURCES

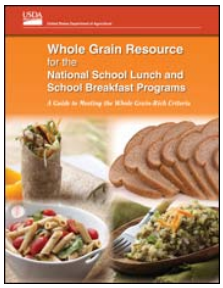
Technical Assistance Resources

- 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

- *SP 45-2013: Updated Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- *SP 10-2012 (v.7): 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*

Whole Grain Resource

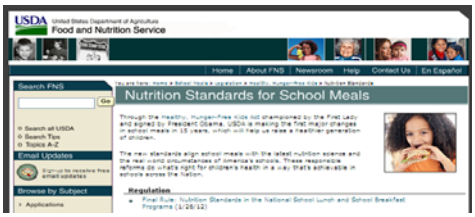


- http://www.fns.usda.gov/tn/whole-grain-resource

USDA Website

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

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



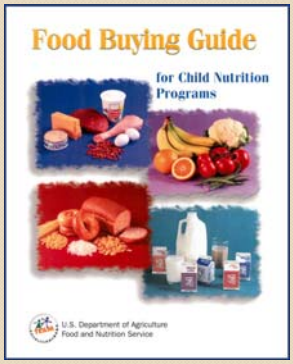
Healthier School Day Website

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

Fact Sheets for Healthier School Meals

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

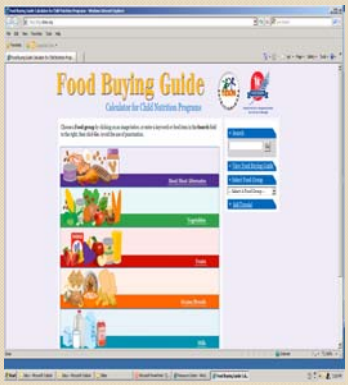
Updated Food Buying Guide



http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Food Buying Guide Calculator

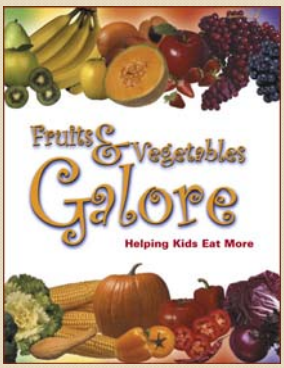
fbg.nfsmi.org



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

AVAILABLE NOW FROM TEAM NUTRITION

Fruits and Vegetables Galore: Helping Kids Eat More



Choose My Plate Resources

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

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

NFSMI

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

USDA Foods

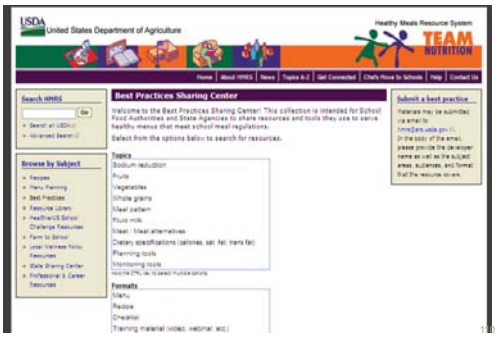
- http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets

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
- 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/nslp-usda-foods-fact-sheets

Best Practices Sharing Center at HMRS

http://healthymeals.nal.usda.gov/best-practices



Questions?

Please contact the
School Nutrition Programs Office
at 517-373-3347
or
Email your questions to:
mde-schoolnutrition@michigan.gov