Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

National School Lunch Program Meal Pattern		
Food Group	**Current Requirements K-12**	**New Requirements K-12**
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables plus ½ -1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

School Breakfast Program Meal Pattern		
Food Group	**Current Requirements K-12**	**New Requirements K-12**
Fruit	½ cup per day (vegetable substitution allowed)	1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Daily min. and weekly ranges for grains: Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly) Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

Nutrient Standards	New Standards K-12		
Sodium Reduce, no set targets	**Target I: SY 2014-15** Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12	**Target 2: SY 2017-18** Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12	**Final target: 2022-23** Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)
Calories (min. only) *Traditional Menu Planning* Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12) *Enhanced Menu Planning* Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12) *Nutrient Based Menu Planning* Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)	**Calorie Ranges (min. & max.)** *Only food-based menu planning allowed* Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)		
Saturated Fat <10% of total calories	**Saturated Fat** <10% of total calories		
Trans Fat: no limit	**New specification:** zero grams per serving (nutrition label)		

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5[a]	*Grades 6-8*[a]	*Grades 9-12*[a]	*Grades K-5*	*Grades 6-8*	*Grades 9-12*
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fruits (cups)[c,d]	5 (1) [e]	5 (1) [e]	5 (1) [e]	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)[c,d]	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green [f]	0	0	0	½	½	½
Red/Orange [f]	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) [f]	0	0	0	½	½	½
Starchy[f]	0	0	0	½	½	½
Other [f,g]	0	0	0	½	½	¾
Additional Veg to Reach Total[h]	0	0	0	1	1	1½
Grains (oz eq) [i]	7-10 (1) [j]	8-10 (1) [j]	9-10 (1) [j]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 [k]	0 [k]	0 [k]	8-10 (1)	9-10 (1)	10-12 (2)
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,o]	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)[n,o]	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)[n, p]	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat[n,o]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

[a]In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
[b] Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.
[c]One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
[d]For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).
[e]The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
[f]Larger amounts of these vegetables may be served.
[g] This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
[h]Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[i]At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
[j]In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
[k]There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
[l]Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
[m]The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
[n]Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
[o]In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
[p]Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

Jan. 2012

Implementation Timeline for Final Rule

"Nutrition Standards in the National School Lunch and School Breakfast Programs"

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

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
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
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			L, B				
• 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 o Target 1 o Target 2 o Final target			L, B			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, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Sodium Reduction: Timeline & Amount				
Age/Grade Group	**Baseline: Average Current Sodium Levels As Offered[1] (mg)**	**Target 1: July 1, 2014 SY 2014-2015 (mg)**	**Target 2: July 1, 2017 SY 2017-2018 (mg)**	**Final Target: July 1, 2022 SY 2022-2023 (mg)**
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
National School Lunch Program				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

[1]SNDA-III

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA
22302-1500

DATE: July 13, 2012

MEMO CODE: SP 10-2012 - REVISED

SUBJECT: Questions & Answers on the Final Rule, "Nutrition Standards in the National School Lunch and School Breakfast Programs"

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Attached are Questions & Answers on the final rule to update the school meals offered under the National School Lunch and School Breakfast Programs, as required by the Healthy, Hunger-Free Kids Act of 2010. This guidance addresses the final rule overall, and includes questions on general and specific aspects of the new meal requirements. We will revise this document periodically to issue additional Questions & Answers as they arise during the implementation of the new meal requirements. These Questions & Answers and other materials related to the new meal requirements are available on a special webpage on the FNS website: http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

We appreciate all you do for the School Meal Programs and look forward to working with you to improve the nutrition of America's children. States should contact their FNS Regional Office with additional questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs"
Questions & Answers for Program Operators – Revised 7/13/12

(New or Revised Q/As are italicized)

General:

1. Why is USDA setting new meal patterns and dietary specifications for school meals?

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). This historic legislation marked the most comprehensive changes to the school nutrition environment in more than a generation. The last update to school meals standards was over 15 years ago. Since that time, tremendous advancements in our understanding of human nutrition have occurred. In response to that reality, the HHFKA required USDA to update school meal nutrition standards to reflect the most current dietary science.

The timing of this legislation and USDA's standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. If left unaddressed, health experts tell us that our current generation of children may well have a shorter lifespan than their parents. Additionally, during 2010 over 17 million households in the United States, representing over 32 million adults and over 16 million children, struggled to put enough food on the table. For many of these children, a school meal is the only nutritious source of food they can count on.

2. What are the main differences between the proposed and final rules?

The final rule makes significant improvements to school meals, while modifying several key proposed requirements to address public comments regarding cost, timing/implementation, food waste, and administrative burden. The final rule, in comparison to the proposed rule:

- Phases-in changes to the breakfast program gradually over a three-year period
- Does not require a meat/meat alternate at breakfast daily
- Does not restrict starchy vegetables, and establishes weekly minimums for all vegetable subgroups
- Reduces the required weekly grains amounts at lunch
- Allows students to take smaller portions of the fruits and vegetables components (at least ½ cup of either) under Offer Versus Serve (OVS)
- Provides an additional year for the implementation of the second sodium target
- Requires State agencies to assess compliance with the new meal requirements based on the review of one week of menus (instead of two weeks as proposed)
- Allows schools to continue the current tomato paste crediting practice of crediting by whole food equivalency

3. How are the new meal patterns and dietary specifications different from current requirements?

The key changes to the meals for children in grades K and above are:

NSLP

- A daily serving of fruits
- A daily serving of vegetables plus a weekly requirement for dark green, red/orange, beans/pea (legumes), starchy, and "other" vegetables Increased quantity of combined fruits and vegetables
- Weekly meat/meat alternate ranges plus a daily requirement
- In the first year of implementation, at least half of the grains offered during the school week must be whole grain-rich

SBP

- Meat/meat alternate may be offered after minimum grains requirement is met
- In the second year of rule implementation, at least half of the grains offered during the school week must be whole grain-rich
- In the third year of implementation, fruit quantity increase at breakfast
- Breakfast is included in administrative reviews

NSLP and SBP

- One food-based menu planning approach and same age/grade groups
- Fruits and vegetables are two separate food components
- Daily fruits requirement
- Under OVS, students must select at least ½ cup of the fruits or the vegetables component as part of the reimbursable meal
- Weekly grains ranges plus daily minimum requirement
- On the third year of rule implementation, all grains offered during the school week must be whole grain-rich
- Fat-free (unflavored or flavored) and unflavored low-fat milk only
- Calorie minimum and maximum levels
- Intermediate (Target 1 and Target 2) and final sodium reductions
- Trans fat limit
- Limit on saturated fat only (not on total fat)
- 3-year administrative review cycle

4. When will the changes take place?

The new lunch meal pattern is effective July 1, 2012, the beginning of School Year (SY) 2012-2013. With the exception of the new milk requirement, changes to the breakfast program will be phased-in beginning July 1, 2013 (SY 2013-2014). See the implementation chart in the FNS website,
http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

5. **Does this rule impact the meals for children with disabilities?**

The meals for children with recognized medical disabilities that restrict their diet are not affected by the new meal patterns and dietary specifications and continue to be based on a medical statement from a licensed physician.

Optional accommodations for children with special dietary needs (without recognized medical disabilities) must be consistent with the new meal patterns and dietary specifications.

Fruits and Vegetables:

1. **What forms of fruits are required?**

Schools may offer fruits that are fresh; frozen without sugar; canned in light syrup, water or fruit juice; or dried. Pasteurized, full-strength fruit juice may also be offered (it is credited to meet no more than one-half of the fruits component offered over the week). Required quantities are established in the meal patterns for lunch and breakfast. Note: Frozen fruit with added sugar allowed temporarily in SY 2012-2013 only. See memorandum SP 20-2012.

2. **What types of vegetables are required?**

Over the course of the week, schools must offer all vegetable subgroups established in the 2010 Dietary Guidelines for Americans: dark green, red/orange, dry beans/peas (legumes), starchy, and "other" vegetables (as defined in the Dietary Guidelines). Required minimum weekly quantities for each subgroup are established in the lunch meal pattern. Pasteurized, full-strength vegetable juice is also allowable (it is credited to meet no more than one-half of the vegetables component).We plan to release additional guidance to assist school food authorities in classifying vegetables in the appropriate subgroup. Vegetables are an option for breakfast.

3. **Where are kinds of vegetables in each of the required vegetable subgroups identified?**

Section 210.10(c)(2)(iii) of the regulations identifies the required vegetable subgroups. It is important to note that the term "other vegetables" refers to a specific vegetable subgroup that is listed in the 2010 Dietary Guidelines for Americans as well as online under http://www.ChooseMyPlate.gov

4. **How can schools minimize food waste while requiring students to take a fruit or a vegetable as part of the meal?**

Under OVS, schools must offer enough for each child to take the full required amount of each component, but a student may take smaller portions of the fruits and vegetables

components, if desired. Students must select at least ½ cup daily of the fruits or the vegetables components for a meal to be considered reimbursable under OVS in the NSLP and SBP.

5. Are schools required to offer the vegetable subgroups at lunch in any specific sequence during the week?

No. The menu planner decides when and how to offer the required vegetable subgroups at lunch.

6. Is a school that offers vegetables in place of fruits at breakfast required to offer the vegetable subgroups in any particular sequence to ensure that the first 2 cups of any such substitution are from the vegetable subgroups that are under-consumed?

The SBP does not have a total vegetable or a weekly vegetable subgroups requirement. If a school chooses to offer vegetables in place of fruits, it must plan how and when to offer them. As long as at least 2 cups of the red/orange, dark green, legumes, or "other" vegetable subgroups are offered over the course of the week, it does not matter what day of the week the starchy vegetables are included in the menu.

7. At breakfast, must the student select only one fruit or may the student select a combination of fruit choices to meet the required fruit component for the reimbursable meal?

Students may select a single fruit type or a combination of fruits to meet the required fruit component. Under OVS, however, the student must select at least ½ cup of any fruit or combination of fruits to have a reimbursable meal.

8. What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

The minimum creditable serving size for a fruit or a vegetable is ⅛ cup. However, ½ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under OVS. There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded.

9. Can vegetable juice blends contribute toward a vegetable subgroup?

Full strength vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup. Vegetable juice blends containing vegetables from more than one subgroup may contribute to the "additional" vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend may credit toward the "orange/red" vegetable subgroup. However, a full-strength vegetable juice blend containing carrots, spinach, tomato and watercress, may only credit toward the "additional" vegetable subgroup.

10. How do leafy salad greens credit toward meal pattern requirements?

Raw and cooked greens credit differently. Raw, leafy salad greens credit at half the volume served, which is consistent with the Dietary Guidelines for Americans. For example, a ½ cup of romaine lettuce contributes ¼ cup toward the "dark green" vegetable subgroup. Cooked leafy greens such as sautéed spinach are credited by volume as served; for example, ½ cup of cooked spinach credits as ½ cup of dark green vegetables.

11. How does dried fruit credit toward the meal pattern requirements?

Whole dried fruit and whole dried fruit pieces credit at twice the volume served. For example, a ¼ cup of raisins contributes ½ cup fruit toward the fruit requirement, as recommended by the Dietary Guidelines for Americans.

12. Do 100% fruit strips, fruit drops or other snack-type fruit or vegetable products contribute toward meal pattern requirements?

No. Only whole dried fruit, whole dried fruit pieces, fresh, frozen or canned fruits; vegetables; or full-strength juice may contribute toward fruits and vegetables components. Effective July 1, 2012 (SY 2012-2013), reimbursable meals must not credit snack-type fruit products that may have been previously credited.

13. Will Child Nutrition (CN)-Labeled Products that include vegetables provide crediting information for vegetable subgroups?

Yes. CN Labels will be revised to document the creditable amounts of the vegetable subgroups required by the final rule: dark green; red/orange, beans/peas (legumes), starchy, and "other."

14. Is the limit on juice a daily or a weekly limit?

The juice limit will apply weekly to support menu planning flexibility. No more than one-half of the weekly offering for the fruit component or the vegetable component may be in the form of full-strength juice**.**

15. May a school serve ½ cup fruit pieces and ½ cup fruit juice?

Yes. The juice requirement that allows juice to be offered for one-half of the fruits offered is a weekly requirement. Therefore, schools could serve ½ cup fruit pieces and ½ cup fruit juice on one or more days as long as the total weekly juice offering does not exceed one-half of the total fruit offerings for the entire week.

16. Can 100% fruit and vegetable juice blends contribute to the reimbursable meal?

Yes. If the first ingredient in the 100% juice blend is fruit juice, then the 100% juice blend can contribute to the fruit requirement. If the first ingredient is a vegetable juice, then the

100-percent juice blend can contribute to the "other" or the "additional" vegetable requirement, depending on the needs of the menu planner.

17. The rule states that juice may be used for only half of the fruit component. Since the fruit component for grades K-5 and 6-8 is ½ cup daily, does that mean that only ¼ cup juice can be served?

No. The provision that limits juice to no more than half of the fruits offered applies over the week. Therefore, schools could serve larger quantities of fruit juice one or two days a week, as long as the total weekly juice offering does not exceed one half of the total fruit offerings for the entire week.

18. Does the limit on juice to half of the fruit component mean that if I serve 4 ounces of juice to my elementary students I can only credit 2 ounces toward the fruit component?

No, juice may be credited as the volume served, so 4 ounces will credit as ½ cup. However, no more than one-half of the fruit or vegetable offerings over the week may be in the form of juice. Also, all juice must be 100% full-strength juice; diluted juice is no longer allowed.

19. Is frozen 100% fruit juice without added sugar allowed under the new guidelines?

Yes. Frozen 100% fruit juice without added sugar can be used. 100% juice (served liquid or frozen) may be used to meet up to half of the fruit component of the meal pattern requirements for school lunch or school breakfast.

20. Is frozen fruit with added sugar allowed?

If schools have an existing inventory, they may continue to offer frozen fruit with added sugar in the NSLP in SY 2012-13 only. This temporary exemption applies to products acquired through USDA Foods as well as those purchased commercially. Beginning July 1, 2013, all frozen fruit served in the NSLP must contain no added sugars. Please see memorandum SP 20-2012, issued February 24, 2012, for additional guidance.

The fruit requirements in the SBP take effect in SY 2014-15. Until then, frozen fruit with added sugar may be offered in the SBP.

21. Is dried fruit with sugar coating allowed?

Yes. Dried fruit is sometimes processed with sugar to keep the fruit pieces separated. Although these types of products are allowed, schools must be aware of the maximum calorie limits when offering any food with added sugar.

22. If a school meets the fruit requirement for breakfast, can they add a serving of hash browns as an "extra?"

There is no vegetable requirement in the SBP. In order to serve starchy vegetables in place of fruits at breakfast, a school has to first offer 2 cups of non-starchy vegetables per week from the dark green, red/orange, beans/peas (legumes) or ''other vegetables'' subgroups as defined in section 210.10(c)(2)(iii). Therefore, to offer hash browns or other starchy vegetables, the weekly planned menu must include 2 cups of non-starchy vegetables.

23. If the fruit requirement at breakfast is 1 cup, may ½ cup each of fruits and vegetables be served at breakfast? For example: ½ cup juice and ½ cup beans?

Yes, as long as the first 2 cups per week of vegetables substituted for fruit are from the dark green, red/orange, beans/peas (legumes) or ''other vegetables'' subgroups as defined in section 210.10(c)(2)(iii).

Revised Question:

24. May a salad bar with fruits and vegetables that is offered as part of the reimbursable meal be located after the point of service (POS)?

The memo on salad bars (SP 02-2011 - Revised) states "To ensure that each student's selections from the salad bar meet the required portions for an entrée or food/menu item, the POS must be stationed after the salad bar. If a school is not able to position the salad bar in a location prior to the POS, SAs may authorize alternatives to the POS lunch counts." If the fruits and vegetables are located in an approved location beyond the POS, there must be a system in place to ensure that each reimbursable meal selected by the student includes a fruit or a vegetable, and that the total of any fruit or vegetable item selected under OVS equals at least 1/2 cup. (The memo on salad bars is available at http://www.fns.usda.gov/cnd/governance/Policy-Memos/2011/SP02-2011osr.pdf)

25. Are schools that offer salad bars required use to specific size serving utensils to meet quantity requirements?

Schools are not required to use specific serving size utensils but may do so to encourage children to take appropriate food amounts. However, regardless of the serving utensils used, food service staff must ensure that the portions on the student's tray meet the meal pattern requirements. This may be done by training the cashiers to visually identify the correct portions, or by pre-portioning the food items.

26. Is a mixed salad required to consist of all dark green vegetables or can iceberg lettuce be part of the mix?

Iceberg lettuce is not considered a dark green vegetable, but a salad that consists of a variety of dark leafy greens (such as spinach or romaine lettuce) counts toward the dark green subgroup. If the mixed salad contains different vegetable subgroups and the quantities of

each subgroup are known, they can be credited toward each subgroup. If the quantities are not known, a mixed salad counts toward the additional vegetables requirement. (Remember that uncooked, leafy greens count as half of the offering and ⅛ cup is the minimum creditable quantity that may be offered.)

27. May a school offer a daily salad bar line that offers multiple vegetable subgroups every day as a way to meet the weekly vegetable subgroup requirement?

Yes, this is acceptable if the salad bar is available to all children each day and offers all of the required weekly subgroups over the course of the week.

28. Do the vegetable subgroups offered on a daily salad bar need to be itemized on the production records? Do all of these items need to be listed on the menu?

Yes. Section 210.10(a)(3) of the regulations requires that production records and menu records for the meals show how the meals offered contribute to the required food components and food quantities. These records must be examined by the State agency during the administrative review to ensure the meals offered are reimbursable.

29. If a school has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?

Yes, this ensures that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected. For example, a child who picks the pizza line consistently would have access to all vegetable subgroups throughout the week. (See Question #3 under the topic Multiple Offerings.) Another solution could be to offer a centrally located garden bar or salad bar that all students can access after they pass through the serving lines.

30. Can the vegetable subgroups be offered a couple of different times over the week in small amounts that add up to the required amount for the full week?

Yes, schools can break up the subgroup requirement across the week as long as the week's menu as a whole meets the full subgroup requirements, AND each day the school offers the full daily vegetable minimum. Keep in mind that the minimum creditable amount is ⅛ cup. Example: one day a school offers a ½ cup of bean/corn salsa that includes ¼ cup of beans per serving, and another day that week the school offers a bean burrito that supplies another ¼ cup of beans. This example assumes that school is providing additional vegetable with each of these meals to meet the minimum daily requirement for vegetables (1 cup for grades 9-12 and ¾ cup for lower grades).

31. Are there maximum limits on the amount of vegetable subgroups offered at lunch?

No; schools must offer at least the minimum quantities of all the vegetable subgroups required in the NSLP meal pattern. There is only a maximum limit on the amount of juice

that may be offered under the fruits and the vegetable components. No more than one-half of the fruits or vegetables offered over the week may be in the form of juice.

32. How may beans/peas (legumes) be used in school meals?

Dry/mature beans and peas may be offered as a meat alternate or as a vegetable, at the discretion of the menu planner. However, one serving may not count toward both food components in the same meal. For example, one serving of refried beans can be offered as a vegetable in one meal and as a meat/meat alternate on another occasion. The refried beans offered as a vegetable count toward the weekly beans/peas requirement, but not toward the meat/meat alternate weekly range. Menu planners must determine in advance how to count beans/peas in a meal. For additional guidance on beans and peas, see: http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html

33. May a school use a food product that contains a non-creditable amount of vegetables (less than ⅛ cup)?

Yes, but the school must offer vegetables in the required amounts over the course of the week from other sources to meet the daily and weekly vegetable requirements.

34. How should schools credit a vegetable mixture toward the vegetable subgroup requirements?

Vegetable combinations from the same subgroup (e.g., carrots and sweet potatoes are red/orange vegetables) may count toward that single vegetable subgroup. Vegetable combinations that contain at least ⅛ cup each of different vegetable subgroups (e.g., carrots and corn) may credit each one toward the appropriate subgroups. If the quantities of the different vegetables are not known, the vegetable mixture counts as "additional vegetables."

Revised Question:

35. Where may I find information to help me categorize unusual vegetables?

Please refer to the following websites for information on vegetable subgroups:
http://www.choosemyplate.gov/food-groups/vegetables.html
http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf

In addition, the following vegetables have been recently classified by the Center for Nutrition Policy and Promotion (CNPP):
Orange peppers: Red/Orange
Yellow peppers: Other
Purple bell peppers: Other
Broccoli rabe: Dark green
Green or red leaf lettuce: Dark green
Yams: Starchy (white yams only).
(Note: yellow yams and sweet potatoes are both considered red/orange vegetables. The vast majority of products in US are sweet potatoes, even if labeled "yams/sweet potatoes.")

New Questions:

36. Will schools count the vegetable subgroups when determining the vegetable juice limit?

Yes, the total vegetable offerings, including the subgroups, will be counted when determining the vegetable juice limit. No more than half of the total vegetables (including subgroups) offered over the week may be in the form of juice. Please note the vegetable juice limit is assessed independently of the fruit juice limit.

37. Since there is no maximum on the amount of vegetables, may a school serve the same vegetable everyday as long as they meet all the other vegetable requirements and the dietary specifications?

The new meal pattern is intended to increase the variety of vegetables in the school menu. However, a school could offer the same vegetable every day (e.g. carrots) provided the weekly menu meets all other meal requirements, including all vegetable subgroups in at least the minimum amounts, over the week and meets the dietary specifications.

38. If two servings of beans/peas (legumes) are served during one meal, can one serving count as a vegetable and one serving count as a meat/meat alternate?

Yes, a school may offer two distinct servings of beans/peas (legumes) in one meal. For example, legumes may be offered as part of a salad (vegetable component) and as part of chili/bean soup (meat/meat alternate component).

<u>Meat/Meat Alternate:</u>

1. Is a daily meat/meat alternate required at breakfast?

No; schools have discretion to offer a meat/meat alternate after the minimum daily grains requirement (1 ounce equivalent) is met.

2. Are schools required to offer tofu as part of the lunch menu?

No; the final rule allows schools the option to offer commercially-prepared tofu as a meat alternate.

3. Is regular yogurt still creditable as a meat/meat alternate?

Yes. There have been no crediting changes to meat/meat alternate options other than the ones specifically identified in the final rule.

4. Is soy yogurt or tofu yogurt creditable as a meat/meat alternate?

Tofu yogurt is not creditable; however, ½ cup of soy yogurt (4.0 fluid ounces) may credit as 1.0 ounce equivalent meat alternate.

5. **Is tofu creditable as a meat/meat alternate in the CACFP and SFSP?**

No. Tofu will credit in the NSLP and SBP only, beginning July 1, 2012. In the school meal programs, 2.2 ounces (¼ cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.

6. **How does tofu credit in a combination dish?**

Firm tofu that meets FNS requirements for tofu can be diced into miso soup and credited toward the meat alternate component – it is recognizable as the meat substitute. The miso ingredient, dissolved into the broth of the miso soup, is a fermented soy product which does not credit – it is not tofu.

Similarly, a soft tofu, pureed into a soup, does not credit because it is not recognizable and does not represent a meat substitute. Therefore, the blended tofu is not creditable. Finally, noodles made from tofu do not represent a meat substitute and are not composed of grains. This explains why the noodles are not credited for either component.

7. **Can a school food authority (SFA) rely on the nutrition facts panel alone to evaluate a meat analog, such as a soy burger or tofu sausage?**

When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces by weight. However, the additional ingredients beyond the tofu in a meat substitute such as tofu sausage are also included on the nutrition label. Therefore, the protein amount listed on the label for the meat substitute does not necessarily indicate the protein of the tofu for verification of FNS tofu requirements. This information would need to be obtained from the tofu manufacturer.

Grains:

1. **How will schools identify whole grain-rich products?**

Until the whole grain content of food products is required on a product label by the Food and Drug Administration (FDA), schools must evaluate a grain product using the two-element criterion developed by the Institute of Medicine and set forth in the final rule:

Element #1. A serving of the food item must meet portion size requirements for the grains/breads component as defined in FNS guidance.

AND

Element #2. The food must meet at least one of the following:

a. The whole grains per serving (based on minimum serving sizes specified for

grains/breads in FNS guidance) must be ≥ 8 grams. This may be determined from information provided on the product packaging or by the manufacturer, if available. Also, manufacturers currently may apply for a CN Label for qualifying products to indicate the number of grains/breads servings that are whole grain-rich.

b. The product includes the following FDA-approved whole grain health claim on its packaging. "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

c. Product ingredient listing lists whole grain first, specifically:
I. Non-mixed dishes (e.g., breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)
II. Mixed dishes (e.g., pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list)

The product ingredient listing (Element #2c of the above criterion) is a practical way for schools to identify whole grain-rich products because manufacturers are not required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory. Detailed instructions for this method appear in the *HealthierUS School Challenge Whole Grains Resource* guide, which is available online at http://teamnutrition.usda.gov/healthierUS/HUSSCkit_pp25-35.pdf. FNS will provide additional guidance as necessary.

2. Does the 50 percent guideline for whole grain-rich apply to the grain content of the product or to the weight of the product?

The 50 percent guideline for whole grain-rich requires that if the food item is a grain-based product (bread, cereal, etc), it must contain 50 percent or more whole grains by weight or have a whole grain listed as the first ingredient on the ingredient label. If the food item is a mixed dish product (lasagna, stir fry, etc), a whole grain must be the primary grain ingredient by weight.

3. Will the CN Labeling program specify if whole grains are in a product?

Yes. The CN Labeling program is being updated to report the whole grain-rich contributions to the grains component.

4. Can schools exceed the upper range of the grains component?

No. The grain ranges are the minimum and maximum schools may offer. They are intended to help schools offer age-appropriate meals within the required calorie ranges.

5. Does a school have to offer a whole grain rich item every day?

Schools must offer at least a minimum amount of grains daily to meet the required weekly range. In SY 2012-2013 and SY 2013-2014 for lunch, and in SY 2013-2014 for breakfasts,

half of the grains offered weekly must be whole grain-rich. During this period, the menu planner has discretion to decide when and how to offer whole grain-rich items, as long as the applicable whole grains-rich requirement is met. We encourage menu planners to offer whole grain-rich items often to facilitate student acceptability and transition to all whole grain-rich products in SY 2014-2015 for lunches and breakfasts. At that time, schools must offer only whole-grain rich products daily and weekly.

6. Are CN-labeled products that contribute to the grains component now required to be whole grain-rich?

Temporary approvals (expiring June 30, 2014) will be issued for CN label applications containing crediting for non- whole grain-rich grains. Those claims will continue to report, "provides X.X servings of bread or bread alternate" so that program operators may distinguish between whole grain-rich claims and non-whole grain-rich claims. This effort seeks to provide adequate time for manufacturers to reformulate products to meet the whole grain-rich requirements by June 30, 2014.

Products containing items with both whole grain-rich and non-whole grain-rich claims (i.e. non-whole grain-rich breaded patties on whole grain-rich sandwich bun) will report this by using both the terms Grains (for whole grain-rich items) and bread or bread alternate (for non-whole grain-rich items). These products will also receive temporary approvals (expiring June 30, 2014).

7. Does the removal of formulated grain-fruit products include energy/granola bars?

No. Formulated grain-fruit products were specifically defined in the school breakfast regulations (appendix A to 7 CFR 220). The final rule removes from the regulations the portion of appendix A that deals with formulated grain-fruit products. These products are highly fortified and have a specific nutrient profile. To credit them in the school breakfast program, they required approval from FNS and a statement on the label saying they met a grain and fruit serving. The removal of formulated grain-fruit products does not prohibit the use of energy bars, granola bars, cereal bars, breakfast bars, fortified cereals, or cereals with fruit to be credited toward the meal pattern.

Revised Question:

8. Do I have to serve a minimum of 1 ounce equivalent of grains with every breakfast offered, or can I serve some meals that have only meat/meat alternates?

Every reimbursable breakfast offered must contain at least 1 ounce equivalent grains. In order to offer a meat/meat alternate at any given breakfast meal, a school must first meet the daily grains minimum (1 ounce equivalent). Schools have the option to serve a grain and meat/meat alternate every day at breakfast, for all grade groups, as long as they offer at least one ounce equivalent servings of each.

9. **If a school offers a choice of grains in combination food items daily (e.g., crust for pizza, sandwich roll, etc), must all of these bread items provide the minimum daily grains requirement OR must at least one grain offered daily provide the minimum?**

Every reimbursable meal offered must meet the daily minimum requirements for all components. Therefore, if a pizza contains adequate grains to meet the minimum daily requirement, but a sandwich roll does not, the sandwich meal must contain another grain in order to meet to minimum daily grains requirement.

10. **Can I serve more than two ounce equivalents of grains on any given day? For example, could I serve a 3 ounce equivalent item such as a pizza?**

Yes, there is a daily grains minimum but not a daily maximum. However, the weekly grains maximum and the average daily calorie maximums cannot be exceeded. For more specific information on multiple offerings, refer to Question # 1 under the topic Multiple Offerings.

11. **May a school offer a formulated grain-fruit product to meet the grains component?**

The final rule disallows the use of formulated grain-fruit products to meet the grain and fruit components at breakfast beginning July 1, 2012. However, if a school wishes to use these products to count toward the grains component, this is acceptable, provided that inclusion of these products does not cause the menu to exceed the average weekly calorie and saturated fat limits. Formulated grain-fruit products do not credit toward the fruits component.

Be aware that at lunch, however, these products may be considered a dessert and there is a limit of up to two grain-based desserts per week (total of 2 ounce equivalents). SFAs should refer to the Grains Guidance to determine which grain products are considered dessert items and included in the weekly dessert limit.

12. **Are fully cooked grain and pasta items whose nutrition label has water as the first ingredient, followed by a whole grain, considered whole grain-rich?**

Yes. In accordance with the 2010 Dietary Guidelines, a grain-based product is also considered whole grain-rich if water is listed as the first ingredient on the ingredient label and a whole grain is listed as the second ingredient on the ingredient label.

Revised Question:

13. **Will all grains served on the serving line have to be whole grain-rich or only those which are counted toward the reimbursable meal?**

All grains offered in amounts of 0.25 ounce equivalents or greater (the minimum creditable amount) must be included in the calculation of daily and weekly grain offerings, as well as the dietary specifications (calories, saturated fat, and sodium).

New Questions:

14. Can schools use the Whole Grain Stamp (from the Whole Grain Council) to determine if a food product meets the whole grain-rich criterion?

The Whole Grain Stamp is good information to suggest the product contains the proper amount of whole grains, but the content of the whole grain must still be matched against the serving size requirement in the school meal patterns. Products that display the Whole Grain Stamp contain at least 8 grams of whole grain, but they may also contain some un-enriched refined flour which does not meet the grains criteria for Child Nutrition Programs. So, just because a product has 8 grams of whole grains it doesn't mean the product will meet our whole grain-rich criterion, which consists of two Elements or parts as explained under Question 1 above. For more guidance on the whole grain-rich criterion, please see memo SP 30-2012 at http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP30-2012os.pdf

15. Do schools have discretion to choose when to count breading on meat/meat alternate products)?

In SY 2012-2013, an SFA have total flexibility to decide whether to count batter/breading greater than or equal to 0.25 ounce equivalents toward the daily and weekly grains requirements. Beginning SY 2013-2014, all grains equal to or greater than 0.25 ounce equivalents must be counted towards the weekly grains range (including battered and/or breaded products).

16. Do schools have to count grains that are less than 0.25 ounce equivalents towards the grains range?

Grains offered in amounts less than 0.25 ounce equivalents are never included in the calculation of daily and weekly grain offerings. For products from the revised Exhibit A, Groups A – G, this means that there should not be more than 3.99 grams of non-creditable grain. For products from Group H, this means that there should not be more than 6.99 grams of non-creditable grain.

17. How can schools ensure ranges for the grains and meat/meat alternates are met when using a salad bar?

If grains and/or meat/meat alternates are offered on salad bars, menu planners must determine if all students will be able to select these food items in the quantities specified in the daily and weekly requirements. Therefore, menu planners must pre-determine serving sizes and meal offerings associated with salad bars, as with all serving lines. Pre-portioning food items is one way to assist students with selecting the correct components and quantities needed, as well as utilizing appropriate serving utensils. Planners may also consider offering grains and meat/meat alternates as part of a "salad bar meal" only; not available to students selecting other grains/meat/meat alternates on other serving lines. Schools might also consider issuing guidance or education to students on building a healthy salad bar

meal. The memorandum on salad bars offers guidance and other options, including utilizing trained servers or standard serving utensils. See: http://www.fns.usda.gov/cnd/governance/Policy-Memos/2011/SP02-2011osr.pdf

18. May grain-based desserts be offered more than twice a week?

A school may offer a total of 2 ounce equivalents or less of grain-based desserts each week. Therefore, a 2 ounce equivalent dessert may be offered once a week, or a 0.5 ounce equivalents dessert may be offered four times in a week.

19. In a recipe for bread, would ingredients listed as 2 cups of whole wheat flour and 2 cups of white flour meet the 50% whole grain requirement?

Allowable grain products must contain at least 50 percent whole grains. A product or ingredients containing 2 cups of whole wheat flour and 2 cups of enriched white flour would meet the 50% whole grains requirement if there are no other grains in the product.

20. Do 100 percent whole grain cereals need to be fortified?

No. Whole grain cereals do not need to be fortified.

Milk:

1. What types of milk are allowed?

Only fat-free (unflavored and flavored) and low-fat (1%) milk (unflavored) may be offered as part of the reimbursable meal.

2. Does the final rule impact the current provision on non-dairy milk substitutes for children with special dietary needs?

No. Required (disability accommodations) and optional (parent requested) milk substitutes are considered meal exceptions and are not subject to this final rule. Milk substitutes must meet the regulatory standards outlined in 7 CFR 210.10(d)(3), which do not address fat or flavor/sugar restrictions.

However, milk substitutes offered as part of the reimbursable meal must be included in weighted nutrient analysis and, therefore, are subject to the overall weekly average fat limit and calorie ranges. We do not expect that they are offered frequently enough to have a significant impact on the overall nutrient analysis.

3. Does the requirement to offer unflavored/flavored fat-free milk or unflavored low-fat milk apply to the Special Milk Program (SMP)? Is a variety of fluid milk required in SMP?

Only the milk fat restriction (fat-free and low-fat milk only) applies to the SMP. This policy is consistent with memorandum FNS-29-2011, which implemented the Healthy, Hunger-Free Kids Act milk provision regarding milk in the meal programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act in an effort to reduce childhood obesity. The other milk requirements, such as the limit on flavored milk and the requirement to offer a variety of fluid milk, do not apply to the SMP. However, if an SMP operator chooses to offer flavored milk, we recommend consistency with the final rule on school meals. Additionally, SMP operators may offer only one of the allowable milk types (e.g., plain fat-free milk only). FNS will codify the nutritional requirements for milk in the SMP in a separate regulatory action.

Sodium:

1. What is the sodium requirement and when will schools have to meet it?

See the following chart for deadlines and corresponding maximum limits. Implementation of the second and final targets is subject to USDA's review of data on the relationship between sodium intake and human health, as required by the FY 2012 Agriculture Appropriations Act.

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

2. How is USDA facilitating implementation of the sodium requirement?

The final rule extends the timeline to meet the second intermediate sodium target (Target 2). With this change, program operators have five years instead of four (until the School Year beginning July 1, 2017) to reach the second intermediate sodium target. Extending the timeline to meet Target 2 also gives the food industry more time to reformulate products, and gives school children more time to grow accustomed to foods with less salty flavor.

USDA is also facilitating implementation of the sodium requirement by offering low-sodium products through USDA Foods. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. The sodium content in most

cheese products has been reduced, and there is wide availability of frozen vegetables and meats without added salt.

Trans Fat:

Revised Question:

1. **Does the trans fat ban apply to naturally occurring trans fat in beef?**

No. Naturally occurring trans fat found in products such as beef, lamb, and dairy products made with whole milk is excluded from this ban**.** *If there is trans fat listed on the nutrition facts panel of a product containing meat or dairy the SFA should request documentation from the manufacturer that reports the source of the trans fat.*

2. **How can a menu planner ensure meeting the trans fat requirement with a mixed dish (e.g., beef burrito) that may have both added and naturally occurring trans fat?**

For commercially prepared products, schools must refer to the nutrition facts panel or manufacturer's specifications to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat (e.g., beef) and added/synthetic trans fat (partially hydrogenated oil), the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring versus if any of the ingredients contain added (synthetic) trans fat.

3. **Can I use software to determine the amounts of trans fat in our menus?**

No. Trans fat is not required in the State Agency nutrient analysis of the one-week menu in an approved software program. Software may be used for trans fat analyses for informational purposes; however, currently, nutrient databases do not have complete data for trans fat. As more trans fat information becomes available, it will be included in the Child Nutrition Database, required by all USDA-approved software. Therefore, SFAs must rely on nutrition facts labels and manufacturer specifications.

Calories:

1. **May RCCIs obtain a waiver on the calorie maximums if the residents are engaged in high energy, physical work?**

No. The National School Lunch Act (NSLA) does not allow FNS to waive the nutrition standards (meal patterns and dietary specifications). To meet the calorie needs of the RCCI participants, the operator may increase the calories provided through other meal services such as snacks and dinner.

New Questions:

2. ***May a school deviate from the required age/grade group to meet the calorie needs of an older or younger student who is placed in the group for developmental or other exceptional reasons?***

Schools are allowed, on a cases-by-case basis, to offer age-appropriate meals to individual students in unique situations (for example: a 16-year old teen with developmental issues placed with age/grade group K-5). The State agency may require the school/SFA to seek permission prior to deviating from the required meal pattern for the prevalent age/grade group. This is important because the State agency is responsible for promoting proper implementation of the meal requirements.

3. ***May a school offer more calories to certain students, such as athletes and pregnant teens, to meet their energy needs?***

No. A school may not adjust the meal pattern to meet the needs of students who are in the correct age/grade group for school meals. These students must be offered the same meal as their peers.

<u>Meal Patterns:</u>

1. **How do I serve meals in RCCIs and small K-12 schools?**

If it is not possible to use the established age/grade groups, program operators have some flexibility. The breakfast meal requirements for all grades (K-12) overlap, so a menu planner may offer the same food quantities to all children. However, the calorie range that fits all grade groups is quite narrow (450-500 calories) and the planner must meet the sodium limit for the youngest grade group when the sodium limits begin to go into effect.

At lunch, there is overlap for grades K-5 and 6-8; therefore, a single menu can be used to meet the needs of children in grades K-8. The daily minimum requirements for food components are identical. However, in order to accommodate the average daily nutrient limits and weekly minimums/maximums for both grains and meat/meat alternates, menu planners must work within the following parameters: 8-9 oz eq grains/week, 9-10 oz eq meats/meat alternates/week, average daily calorie range 600-650, and average daily sodium limit ≤640 mg (the final target for SY 2022-23).

However, menu planners must adapt in order to offer menus that meet requirements for grades 6-8 and 9-12 in a single school, since one single menu with the same amounts of food will not work. Additionally, the new meal pattern does not allow for schools with a grade configuration with one grade above or below the grade grouping to follow the predominant grade group requirements (as was previously allowable). However, modest adaptations can be made to menus to accommodate both grade groups in a single school.

One way to ease menu planning for these 2 grade groups within one school is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group. For the older children (grades 9-12), the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the 6-8 group, schools must make available to the older children: ½ cup more fruit daily, ¼ cup more vegetables daily and across the week: ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) vegetables.

An alternate suggestion is to make the full 1 cup fruit and vegetables required for grades 9-12 available to both grade-groups (same menu plan for these 2 food components), if such offerings do not exceed the calorie limit for the 6-8 grade group. One potential method of doing so would be offering a salad bar to all students. Or, to meet the additional calorie needs of the 9-12 grade group, consider an additional ounce equivalent of grain or meat/meat alternate served to the older children (e.g., additional bread option, larger entrée serving size).

2. How will schools with a shorter or longer school week implement the new meal pattern requirements?

Schools that regularly serve lunch 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent (1/5) for each additional day. When schools regularly operate less than 5 days per week, they must decrease the weekly quantity by approximately 20 percent (1/5) for each day less than five.

For schools with occasional decreases in the school week length due to holidays, etc., the menus do not have to be adjusted, but menu planners must plan their menus in a way that is consistent with the intent of the meal patterns. Planners should make sure they do not consistently fail to offer certain vegetable subgroups, or offer meat/meat alternates and/grains in portions that would exceed the weekly requirements.

Please see attached charts for appropriate quantities for varying school week length.

3. When menu planners adjust the vegetable subgroup requirement in the NSLP meal pattern for a 4, 6 or 7 –day school week, will they be able to round the resulting figures/numbers (i.e. 0.5 and 0.75 cups)?

Please see attached charts for appropriate quantities for varying school week length.

Revised Question:

4. If pre-K and elementary students are in the cafeteria at the same time, may the school serve the pre-K children the new meal pattern?

Menu planners must meet the meal requirements for students in grades K-5 using the new meal pattern in the final rule. For Pre-K students, menu planners must follow existing meal pattern requirements (the meal pattern for the Pre-K group remains unchanged). *If a menu*

planner wishes to offer a single menu to meet the meal requirements for both Pre-K and grades K-5, the menu planner must ensure both the Pre-K and K-5 meal requirements (including calories) will be met. SFAs should consult with their State Agencies if they have questions on whether their menu meets requirements for both groups.

5. When are year-round schools including RCCIs required to comply with the new meal pattern?

All SFAs, including RCCIs, must follow the new meal pattern effective July 1, 2012.

6. The new meal patterns refer to "age/grade groups." Should we determine which ages apply to each grade group?

No. The term "age/grade groups" refers to grade groupings only. The classification of grade groups K-5, 6-8, and 9-12 was based on nutritional needs of children and the ages that typically correspond with these grade levels (ages 5-10 for grades K-5, ages 11-13 for grades 6-8, and ages 14-18 for grades 9-12). Schools should therefore plan menus based on the grade levels of students. For specific guidance, SFAs are encouraged to consult with their State Agency to determine appropriate grade groups for such a school.

New Questions:

7. Must schools meet the meal pattern requirements for field trips?

Children on a field trip must be offered lunches that meet the daily meal component requirements. However, the menu planner does not have to adjust the planned weekly menu to account for occasional field trips, and does not have to pack the same vegetable offering from that day's "hot" lunch menu for a field trip. The menu planner has the option to offer a different vegetable, or a different vegetable from the same subgroup. However, the meals from field trips would need to be included when planning meals that meet the weekly grain and meat/meat alternate ranges and weekly dietary specifications (calories, saturated fat, and sodium).

<u>Menu Planning</u>:

1. If an RCCI claims meals on weekends only and occasionally on weekdays (when a student does not go to school), must the RCCI follow a seven day meal pattern or a two day meal pattern?

For weekend meals, the RCCI must follow the daily and weekly meal pattern requirements. The operator may add three weekends together to create a 6-day school week and follow the Short and Long Week Calculation meal chart provided at the end of the QAs. Only the "additional vegetables" category is adjusted, and no adjustment to any of the dietary specifications is required since they are weekly averages (the same value applies, whether it is a school week of 6 or 7 days). For a sporadic meal offered during the week, only the daily

meal pattern requirements would apply. The sporadic meals would not be included in the nutrient analysis.

2. ***How is family style handled in light of the new calorie limits and quantity requirements?***

Family style will continue to be allowed in RCCIs, but the operator must plan and offer the required food quantities (minimum and maximum servings) for each child participating in the meal. These offered amounts must meet the food component and dietary specification requirements.

3. ***Do reimbursable meals that offer pre-packaged or vending machine-based meals have to meet all the vegetable subgroup requirements?***

Yes. All meals, including those offered through vending machines and pre-packaged, must be planned over a week to meet the daily and weekly component requirements, including the vegetable subgroups. If a vending machine is designed to allow a child to choose one sandwich and provides a selection of all vegetable subgroups over the week, this would meet the vegetable weekly requirement.

4. ***If a recipe or menu items contains several grain sources, how does the menu planner calculate the total grains contribution from that item?***

The menu planner should add the amount of ounce equivalents for each grain ingredient, then round down to the nearest 0.25 oz eq. According to the Food Buying Guide, p A-6 (rev Nov 2001), the instructions for calculating grains contributions in recipes are to determine the contribution of each grain first (how many servings according to the FBG) to the total recipe, add together, divide by number of servings in the recipe, and then round the individual serving amount down to the nearest 0.25 oz eq. The same process would apply to grains put together in one dish, such as for a sandwich. For example, one would add the grain contributions of 2 separate slices of bread together first (if each slice is 0.8 oz eq, the sum is 1.6 oz eq) and then round the total number down (in this example, 1.6 oz eq rounds down to 1.5 oz eq of creditable grains).

5. ***Are school districts allowed to offer extra food that could not credit as part of the reimbursable meal (e.g., ice cream bar) after the point of service?***

Yes, but any extra food that is offered to the children who purchase a reimbursable meal must be included in the nutrient analysis and count toward the limits on calories, saturated fat, sodium and trans fat.

6. ***May a school serve second servings of a food item by allowing students who have purchased their reimbursable meal go back to the serving line for more food (food is not claimed, just given)?***

If a school elects to offer second servings of any part of the reimbursable meal, these foods must be counted toward the daily and weekly component contributions, as well as the weekly dietary specifications. However, if second helpings or second meals) are sold a la carte, they do not contribute toward the components or dietary specifications for reimbursable meals.

7. May a school offer pudding or ice cream as desserts for extra calories?

Desserts such as pudding and ice cream are not considered part of the reimbursable meal. If offered, they must be included in the dietary specifications of the meal (i.e. calories, saturated fat, trans fat and sodium).

8. May a school serve yogurt at breakfast simply to up the calories but choose not to count it?

At breakfast, meat/meat alternate products are considered grain substitutions; therefore, adding yogurt would be considered "extra" food and would it have to be counted toward the weekly grains range and the limits for dietary specifications (calories, sodium, saturated fat, and trans fat).

9. How are leftovers accounted for in regards to adherence of the meal pattern requirements and dietary specifications?

Occasional, small quantities of leftover food served on another day will not be counted toward the meal component requirements, including the vegetable subgroups. The State has discretion to determine whether such leftovers are of a reasonable amount and are not occurring on a regular basis. SFAs may also freeze leftovers and serve them first on the serving line, following standard HACCP protocols, the next time that particular item reappears in the menu cycle.

However, if leftovers (such as chef salads) are being offered to students on the serving line as part of the reimbursable meal, they must be included in weighted nutrient analyses and are subject to the weekly dietary specifications. If the school consistently has leftovers to add to each day's menus, schools need to consider participation trends in an effort to provide one reimbursable lunch for each child every day.

Multiple Offerings:

1. For menu planning purposes, when multiple choice menus are served, how are minimums and maximums calculated?

The daily minimum requirement applies to fruits, vegetables, grains, meat/meat alternates, and milk (all 5 components) at lunch, and fruits, grains, and milk (all 3 components) at breakfast. For menu planning purposes, all offerings must meet the minimum requirement (be equal to or above that amount).

Example 1: In grades 9-12 the minimum daily grain requirement is 2 ounce equivalents. So if a student is offered a choice between a pizza with 2 ounce equivalents of grain OR a stir fry with a 1 ounce equivalent of grains, only 1 of those offerings meets the 2 ounce minimum. The student would need to have another ounce equivalent offered with the stir fry, such as a side item, in order to meet the daily grains minimum.

A weekly range requirement applies to both the grain and meat/meat alternate components. For menu planning purposes, SFAs must offer a weekly menu such that the sum of all daily minimum offerings meets at least the weekly minimum requirement. For grades K-5 and 6-8, the daily grains minimum is only 1 oz eq and the weekly grains minimum is 8 oz eq. Offering a minimum of only 1 oz eq daily would only total 5 oz eq across the week. So on some days, schools would have to offer **more** than 1 oz eq of grains as a **minimum** offering. The same applies to the weekly minimum amount of meat/meat alternate.

Example 2a: If a grade K-5 school offers a 1 oz eq grain item (salad) and a 3 oz eq grain item (pizza) every day (and instructs the student to select one option only), the minimum weekly offering is 5 oz eq grain (1 oz eq x 5 days). This menu would not meet the required weekly minimum of 8 oz eq.

SFAs must also plan their menus so that the sum of the daily maximum offerings for grains and meat/meat alternates is equal to or less than the weekly maximum limit. Therefore, the sum of daily minimums must meet the weekly minimum requirement AND sum of daily maximums must meet the weekly maximum requirement.

Example 2b: If every day a grade 9-12 school offered an item with 3 oz eq of grain (even if other items with lower weights were also options), this would add to a total of a possible 15 oz eq offered over the week (child could select that 3oz grain item every day). This menu would not meet the required weekly maximum of 12 oz eq.

2. When serving multiple choice menus, is every grain choice required to be whole grain-rich?

No. The whole grain-rich requirement is determined on a weekly basis. Half of the ounce equivalents of grain offerings must be whole grain-rich for SY 2012-2013 and SY 2013-2014 in NSLP and SY 2013-2014 in SBP. Therefore, not every grain item must be whole grain-rich if there are enough ounce equivalents of grain offered throughout the week that are whole grain-rich. Although SFAs are not required to serve a whole grain-rich item daily, they are encouraged to do so to prepare students for the shift to all whole grain-rich grains beginning SY 2014-2015.

3. When multiple serving lines are used in a school, must each line meet the weekly vegetable subgroup requirement?

In most cafeteria set-ups, yes. As required in section 210.10(k)(2), each independent line must meet the daily and weekly requirements (including subgroups), in order to ensure that a child is able to take a reimbursable meal every day in any line they may choose.

If the school sets up serving stations, where a student is able to go to several different places to select different components of the meal (e.g., first goes to a salad bar, then goes into a pasta station, etc) before passing the point of service, then all of the stations as a whole must meet the daily component and weekly vegetable subgroup requirements.

New Question:

4. ***How do I plan my menu to meet the vegetable subgroups when I have multiple choices on my serving line?***

Each of the subgroups must be available to all children in at least the minimum amounts during the week. A child should not have to choose one subgroup over another on a day, and lose the opportunity to select the other subgroup that week. If the menu is planned in a way that limits the student's opportunity to select all vegetable subgroups over the week, the school needs to modify the week's menu to prevent such conflict. For example, if the required dark green vegetable subgroup is offered in one food item/entree and the beans/peas subgroup is offered in a different food item/entrée on the same day, and the student can only pick one, the school must provide another opportunity to select either dark green vegetables or beans/peas later in the week in order to prevent a subgroup conflict.

Offer versus Serve (OVS):

1. **How will OVS be implemented under the final rule?**

OVS continues to be a requirement in the NSLP for senior high schools, and is an option for lower grade schools. It is also an option for the school food authority for all schools in the SBP. Under OVS, schools must offer all the required food components and quantities, and students are required to select at least 3 full components in the NSLP and SBP, with exceptions as noted below:

NSLP: In the NSLP, schools must offer 5 food components (milk, fruits, vegetables, grains, meat/meat alternates). Students are allowed to decline 2 of the 5 required food components, but must select at least ½ cup of either a fruit or vegetable. Students must select the other food components in the quantities planned.

SBP: In order to carry out the OVS option in the SBP, schools must offer 3 food components (milk, fruits and grains) that consist of a minimum of 4 food items. Students are allowed to decline 1 food item but must select at least ½ cup of fruit. Students must select the other food components in the quantities planned.

2. **Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ½ cup of a dish containing a mixture of fruits and vegetables?**

Yes, a student may select a ½ cup that consists of different fruits (e.g., fruit salad), or different vegetables (e.g., mixed vegetables) or a combination of only fruits and vegetables (e.g., carrot/raisin salad). Keep in mind that the ½ cup allowance for fruit or vegetables may be used only once for either the fruits or the vegetables component in a meal, so the other food components selected by the student under OVS must be full components.

3. **Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ¼ cup fruit and ¼ cup vegetable?**

Yes. Although fruits and vegetables are separate components in the meal patterns, the OVS requirement to select at least ½ cup of fruits or vegetables daily for a reimbursable meal may be met if the student selects ¼ cup of fruits and ¼ vegetables. This is another way to promote the consumption of fruits and vegetables among children. The student would not be required to select additional fruits or vegetables if the reimbursable meal under OVS includes two other components in full.

4. **May students take a smaller portion of <u>both</u> fruits and vegetables under OVS?**

Under OVS, students must select at least ½ cup of either the fruit or the vegetable component, or a ½ cup combination of both components (¼ cup fruits and ¼ cup vegetables), for a reimbursable meal. If a student selects only three components, and two of these three components are fruits and vegetables, the student may select ½ cup of either the fruit or vegetable, but then must select the full component of the other.

For example, if a student in grades 9-12 selects just milk, fruit and vegetables, the student may take ½ cup of the vegetable but must take the full 1 cup offering of the fruit. However, if the student selects another full component, such as a grain or meat/meat alternate, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3rd component in the reimbursable meal.

5. **Must the SFA prepare full servings of both fruits and vegetables for every student when OVS is in place?**

SFAs must plan meals in the NSLP and SBP to meet all meal requirements and provide required amounts of food for all students. Menu planners should take into account participation and selection trends to determine what and how much food to offer students. Careful menu planning will ensure that students have access to all the required food components for the reimbursable meal and minimize food waste.

6. **The regulations allow students to decline two components at lunch. Does this remove the SFA's option to choose the number of components that may be declined in elementary and junior high/middle school?**

Yes. The number of components that may be declined at lunch under OVS is the same for all age/grade groups.

New Questions:

7. ***If the menu planner offers the meat/meat alternate component as two food items (e.g., cheese stick and nuts) or the grains component as two food items (e.g.; pasta and bread stick), is the student required to take both items if he chooses the component under OVS?***

Yes. Under OVS, the student must select full components; the only exception is 1/2 cup of fruits or vegetables. If the menu planner offers the meat/meat alternate component (or the grains component) as two food items, the full component includes both items. A full component is the daily quantity designated by the menu planner (no less than the established minimum) to meet the required weekly ranges. The only situation where the student may decline half of the planned meat/meat alternate or grains component is when the student already has three other components on the tray.

8. ***Is pre-plating allowed under OVS?***

Pre-plated meals continue to be permitted as schools, including RCCIs, are not required to change their meal service systems to accommodate OVS. However, pre-plated meals must offer all components and quantities required for each age/grade group, including the daily minimums and not exceed the weekly maximums. Schools and RCCIs are encouraged to modify their meal service systems to include OVS opportunities to the extent possible.

<u>USDA Foods:</u>

1. **Will the products provided by USDA Foods enable schools to offer meals that meet the new requirements?**

USDA Foods are better than ever. Fruits, vegetables, whole grains, and healthy sources of protein are available to help schools create meals that are consistent with the new meal requirements. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. A variety of frozen fruits and vegetables without added sugar or salt are also available. The program also offers reduced sodium and reduced-fat processed and blended cheeses (including cheddar and mozzarella), fajita strips, and beef products. Other healthy food choices available from USDA Foods are listed on their website: http://www.fns.usda.gov/fdd

Schools can convert their USDA Foods into ready-to-use end products. Establishing the nutrient standards for processed end products, and sharing their standards with processors, is the responsibility of the school/SFA that orders the end product.

2. **How quickly will the USDA Foods catalog be updated to provide foods that support the new meal requirements?**

FNS is working with the Agricultural Marketing Service (AMS) and the Farm Service Agency (FSA) to revise specifications as necessary, and update the fact sheets to reflect those changes. Over the past few years, FNS has improved product specifications to reduce sodium, fat and added sugars to help schools meet their nutrition goals as well as the Healthier US School Challenge criteria. For more information and resources, please visit FDD's webpage: http:/www.fns.usda.gov/fdd.

3. **Will State agencies have an opportunity to adjust USDA Foods orders already placed for School Year 2013?**

Yes. State agencies will have an opportunity to adjust School Year 2013 orders placed prior to the final rule publication up until April 1, when the first solicitations occur.

4. **How will USDA Foods help schools implement the changes to the NSLP and SBP meal pattern?**

USDA Foods help stretch food budgets and meet the new meal pattern requirements. These food items currently account for 15 to 20 percent of the food served on the lunch line. Over the past few years, USDA has improved product specifications to reduce sodium, fat and added sugars in USDA food items, to help schools meet the new nutrition standards. FNS is working with USDA's Agricultural Marketing Service (AMS) and Farm Service Agency (FSA) to revise product specifications as necessary, and update the USDA Foods fact sheets to reflect those changes. For example, AMS is revising its specifications to require frozen fruits without added sugars. USDA will continue to offer low sodium or no added salt canned and frozen vegetables, and many meat, poultry, and cheese items already contain less than 480 mg of sodium per serving. All necessary changes are expected to be in effect prior to the School Year 2013-14 purchases. For more information and resources, please visit FDD's webpage: http:www.fns.usda.gov/FDD.

5. **With the new whole grain requirement, why is the USDA Foods program continuing to offer enriched flour, rice, and pasta products, instead of exclusively whole grain products?**

Since the final rule allows time (two years) for schools/students to make the transition to an exclusive use of whole grain-rich products, USDA Foods is making both types of products available in School Year 2012-13. Increasingly, USDA's whole-grain products are featured on school menus. Stir-fries using USDA quick-cooking brown rice, sandwich wraps with USDA whole-grain tortillas, and USDA whole-grain pasta with vegetables are popular menu offerings. Schools can top USDA's whole-grain rotini with USDA's low-sodium spaghetti sauce and use whole-wheat flour for breadsticks. USDA will continue to improve and expand whole grain offerings.

Age/Grade Groups:

1. **The final rule established three age/grade groups for the NSLP and SBP. Does this mean that schools cannot offer the same meal to all grade levels?**

Correct. In individual cases where a school district has an unusual grade configuration that prevents the use of the required age/grade groups, it may serve the same lunch and breakfast to children in grades K-5 and 6-8 as the requirements overlap. However, the school district would have to be very careful to meet the sodium and calorie requirements for each grade group. An example of this accommodation is provided in the rule preamble.

2. **What age/grade groups must a K-8 school use for menu planning?**

If a K-8 school is unable to effectively offer different meal patterns for the K-5 students and the grade 6-8 students, the menu planner may offer students in these grades the same quantities of the food components because the quantities required by the lunch meal patterns for the age/grade groups K-5 and 6-8 are the same or overlap. For example, the school would have to offer 8-9 oz eq of grains and 9-10 oz eq of meat/meat alternate to all students to meet the requirements established for groups K-5 and 6-8. In addition, the meals offered to these students must consist of 600-650 calories to meet the dietary specification for both groups. Furthermore, the sodium content of these meals, when in effect, must meet the sodium specification for the youngest group: K-5.

Implementation:

1. **How will FNS assist with implementation of the new meal requirements?**

FNS is committed to helping State and local operators implement these changes. We will provide training and technical assistance to program operators through a variety of methods, including webinars, special training sessions, and conference presentations. In the upcoming months, we will disseminate information at national events such as the School Nutrition Association (SNA) Legislative Action Conference, SNA's Annual National Conference, Food Research Action Center/Feeding America's Anti-Hunger Conference, the American Commodity Distribution Association annual conference, and School Board and Administrators' meetings. Interactive training on the new meal requirements, developed by FNS and the National Agriculture Library, will be available online shortly. The training presentations, webinars, fact sheets, Q&As, guidance and technical assistance materials designed to assist program operators with implementation of the new meal requirements will be available on the FNS website for easy access. In addition, USDA will provide additional funds to State agencies to support implementation of the rule.

FNS is also updating the Food Buying Guide and other essential resources, and collaborating with the National Food Service Management Institute to develop new resources. The Child Nutrition Database is currently being updated and nutrient analysis software systems available from industry will be reevaluated to assist State agencies with monitoring calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the

administrative review. The Child Nutrition Labeling Program is also being updated to report whole grain-rich contributions to the grains component and to provide standardized crediting claims.

All materials related to the new school meal patterns will be housed on a special webpage on the FNS website:
http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

2. Are schools allowed to implement the meal requirements in the SBP in SY 2012-2013?

Yes. Schools that have the ability to implement any or all of the phased-in SBP meal requirements in SY 2012-2013 may do so with the approval of the State agency. The States need to identify their own process for determining if early adoption of breakfast requirements at an individual SFA is appropriate. This is to ensure that the nutritional integrity of the meal is not compromised. For example, an SFA would compromise the nutritional integrity of the meal if it adopts the new calorie requirements (with a lower minimum than existing requirements) without making other improvements to the meal, such as increased whole grains or additional fruit.

Compliance:

1. Is the weighted nutrient analysis based on meals planned, offered or served?

The weighted nutrient analysis required to be conducted by the State agency is based on the meals offered by the schools selected for review.

2. Are schools/SFAs required to purchase nutrient analysis software to prove they are meeting the calories, saturated fat, and sodium specifications?

No. Schools/SFAs are not required to conduct a nutrient analysis under the final rule. They will receive technical assistance from the State agency to plan meals that are consistent with the dietary specifications. However, schools/SFAs may choose to conduct a nutrient analysis to assist in their efforts to ensure they are meeting the dietary specifications.

State agencies will monitor calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the administrative review. State agencies must use USDA-approved nutrient analysis software to assess compliance with these specifications, and include in the analysis all foods offered as part of the reimbursable meals during the one week review period.

3. Can a school/SFA purchase nutrient analysis software with funds from the non-profit school food service account?

Yes. However, only Nutrient Analysis Software Approved by USDA for Administrative Reviews is considered an allowable cost to the non-profit school food service account.

Monitoring:

1. **How will State agencies monitor compliance with the new meal requirements?**

State agencies will monitor compliance with the new meal requirements through administrative reviews. The final rule ends the School Meals Initiative reviews previously authorized under 7 CFR 201.19, and amends 7 CFR 210.18 to include monitoring of the new meal requirements (meal patterns and dietary specifications) as part of the administrative reviews. SFAs are not required to conduct a nutrient analysis because they are expected to follow the meal pattern to meet nutrient targets.

2. **How many weeks of menus/production records must be reviewed?**

State agencies will continue to assess compliance with the meal requirements based on a nutrient analysis of one week of menus, instead of two (as proposed).

3. **When does the new 3-year review cycle begin?**

The 3-year administrative review cycle begins SY 2013-2014. This allows State agencies to complete the current 5-year Coordinated Review Effort (CRE) cycle and prepare for the new review cycle. FNS will develop additional guidance on the implementation of the new administrative review cycle.

4. **How will State agencies determine if school food authorities have planned menus that meet the new requirements in order to receive the additional 6 cents reimbursement rate increase?**

Requirements for certification of school food authorities for the 6 cents reimbursement will be provided in a forthcoming interim rule, expected to be published in Spring 2012.

5. **How does the rule address compliance with the new meal patterns and dietary specifications?**

Technical assistance and corrective action continue to be the key tools used by the State agencies to seek compliance with the new meal requirements. However, as currently done, State agencies must apply immediate fiscal action if the meals offered are completely missing a required food component. State agencies must also take fiscal action for repeated violations of the vegetable subgroup and milk type requirements. State agencies have discretion to take fiscal action for repeated violations of the food quantity and whole grain requirements, and for repeated violations of the dietary specifications (calories, saturated fat, sodium, and trans fat).

6. **Will the current administrative review process continue to be used to monitor the new meal requirements?**

The interim rule on the 6-cent reimbursement rate increase (published 4/27/12) addresses the administrative review process to be followed in the upcoming (2012-13) school year. Guidance pertaining to subsequent school years will be forthcoming.

Nutrient Analysis:

1. **If there are multiple lines/choices of entree, are calories, fat, and sodium calculated based on an average of what is offered, each line individually, or a weighted average of what students are expected to take?**

The calculation is a weighted average based on what is offered on each serving line.

2. **Is there a difference between "planned meals" and "offered meals"?**

Planned meals represent the SFA's calculation of the items that will need to be prepared for a school's usual average daily participation (ADP). Ideally, the planned and the offered meals are similar, except for substitutions due to product shortage, delivery failure, etc. Because the meals offered are an indicator of previous student selections, the State agency must review the nutrition program based on what is offered to correctly assess the calorie, saturated fat, and sodium levels in school meals.

Software requirements:

1. **What nutrients must be included in the nutrient analysis report?**

The nutrient analysis report must include calories, saturated fat (both in grams and percent of calories) and sodium because these are the nutrients that must be monitored by the State Agencies through a nutrient analysis. These nutrients must be compared to the required dietary specifications for calories (minimum and maximum levels), sodium, and saturated fat. Trans fat does not need to be included in the nutrient analysis. If it is included, the trans fat value should not be used to determine if the menus meet the dietary specification for trans fat. State Agencies must examine nutrition labels and manufacturer specifications to monitor trans fat in the food products and food ingredients used to prepare school meals.

2. **When software programs have missing nutrient values for trans fat, can the missing values be replaced with zeroes?**

No. There is often confusion between missing nutrient data and zero values for nutrient data. If a value is missing, it cannot be assumed it is zero, even if it is likely that the item contains little or none of the nutrient. Missing nutrient data means that the value is unknown. Missing nutrient values or nutrient totals including missing nutrient values (for one or more items) must be marked as such in the approved software programs. These values are marked, so the user of nutrient analysis software can see that the total shown does

not completely represent the amount of the nutrient in the food item, recipe, or menu. The user may then look at the items with missing values and decide if the total would likely be more or less based on which food items have missing values. It is inappropriate for a user to replace missing values with zeroes. A true zero value for a nutrient means that it does not contain any of the nutrient (or very little, as some zero values are based upon less than certain fractional amount for FDA labeling purposes).

3. When will the requirements for approval of nutrition analysis software be updated?

The updated specifications and requirements for the approved software should be available shortly on the Healthy Meals Resource System website under http://healthymeals.nal.usda.gov/softwaresupport.html. Other guidance documents will be updated, as well.

4. When are changes to the nutrient analysis software required?

The software developers of currently approved programs will have one year (by July 1, 2013) to make the required changes. Software developers of currently approved programs will be expected to show they have made the changes related to the Final Rule before being moved to the list of Nutrient Analysis Software Approved by USDA for Administrative Reviews. New developers or new programs by current developers will need to be evaluated and approved before being added to this list.

5. Will the Child Nutrition Database be modified to include both nutrients (i.e. calories, saturated fat, sodium, and trans fat) and meal component information (i.e. fluid milk, fruits, grains, meats, and vegetables)?

The Child Nutrition (CN) Database currently includes calories, saturated fat, sodium, and trans fat. There are no plans to include food pattern information in the CN Database.

6. **Will the use of approved nutrient analysis software apply only to State agencies?**

Only State Agencies are required to complete the one-week nutrient analysis in an approved software program. However, schools may choose to use approved software to do their own nutrient analyses.

7. Will USDA continue to review and approve nutrient analysis software for use in implementing Nutrient Standard Menu Planning in SY 2012-2013 breakfasts?

No. Software will no longer be evaluated and approved for Nutrient Standard Menu Planning (NSMP). However, software that is currently approved for NSMP will remain approved through SY 2012-2013 (June 30, 2013) for use by schools that continue to use NSMP for breakfast.

Starting with SY 2012-2013 nutrient analysis software will be approved by USDA for Administrative Reviews. Updated specifications will include any new or changed nutrient standards that are required to be included in the software.

8. Does USDA foresee approving software companies for Food-Based Menu Planning?

At this point, FNS does not have plans to require any food-based menu planning functionality.

Technical Assistance Resources:

1. When will the new Food Buying Guide be out?

We will be updating the Food Buying Guide in segments. The first task will be to separate the Fruits and Vegetables sections as well as add the vegetable subgroups. We recognize that SFA's will need this information as soon as possible; therefore, we will post updated sections as soon as they are available to the FNS PartnerWeb and public website.

New Question:

2. Where can SFAs go to learn about ideas and resources generated by other SFAs?

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 the USDA Best Practice Sharing Center (http://healthymeals.nal.usda.gov/bestpractices). Users can search by various topics such as Meal Pattern, Planning Tools, and Monitoring Tools. Users can also search by various formats, such as Menus, Recipes or Checklists. Materials may be submitted via email to hmrs@ars.usda.gov and should contain: the developer name, subject areas, audiences, and format that the resource covers.

Crediting:

1. How do food manufacturers provide standardized claims about the quantities of meal components in a unique product recipe?

Crediting is determined by rounding the food component down to the nearest quarter ounce equivalency for the meat/meat alternate and grain components, and down to the nearest eighth (⅛) cup for the fruit and vegetable components.

2. Currently, meats/meat alternates (M/MA) and grains are credited in quarter ounce equivalents (servings) and fruits and vegetables are credited in ⅛ cup increments. Will this change?

No. The minimum creditable amounts for meal components are not changing. Menu items must contribute at least quarter ounce equivalents toward the M/MA and grain components and at least ⅛ cup toward the fruits and vegetables components.

New Questions:

3. How do I use a CN labeled sherbet?

Sherbet and gelatin containing fruit juice do not credit in the NSLP because the child is not consuming a 100% full-strength juice (it is diluted with water, sugar, milk, etc). There will continue to be a CN label on some products not creditable in the NSLP, such as sherbet and juice drinks, as they can currently still credit in other CN programs. Fruit pieces in gelatin are creditable based on volume as served.

4. How do schools credit soups like pumpkin, butternut squash, or tomato soup?

Soups like butternut squash, pumpkin, and tomato may contribute toward the Red/Orange vegetable subgroup. To credit, the recipe will be needed to determine the creditable amount of butternut squash, pumpkin, or tomato per serving. If this is a commercial item, a product formulation statement or CN label may be used to determine the creditable amount. School food authorities shall continue to use established guidance regarding tomato paste or purees for crediting found in the Food Buying Guide for Child Nutrition Programs.

5. How are pureed fruits and vegetables credited?

The fruit or vegetable puree credits based on the actual volume served. For many fruits and vegetables, the pureed form has a smaller volume than whole fruit pieces. Some puree yields for fruit and vegetables are currently in the Food Buying Guide (blackberries, plums, raspberries, tomatoes). For other foods, SFAs must rely on manufacturer information or, for in-house recipes, yields based on volume of fruit/vegetable puree. Please refer to the introduction of Food Buying Guide for Child Nutrition Programs for information about how to obtain in-house yield data.

6. How are dried vegetables credited?

The crediting of dried vegetables has not changed. Please refer to the Food Buying Guide for crediting information of specific vegetables. Dehydrated vegetables used for seasoning are not creditable.

7. ***How are fresh soybeans (edamame) credited?***

Fresh, green soybeans are creditable as beans/peas (legumes).

Meal Identification:

1. **Must all menu items on the serving line be identified as part of the reimbursable meal?**

Yes. The foods or food components (depending on the situation) that are part of a meal must be labeled, listed, or otherwise identified near/at the beginning of the serving line and prior to the Point-of Service so the students can easily choose a reimbursable meal.

2. **Must a school place all food components that are part of the reimbursable meal before the Point of Service (POS)?**

If a school is not able to position all food components (e.g. salad bar) prior to the POS, State agencies may authorize alternatives to the POS lunch counts. When food components/food items are located in an approved location beyond the POS, they must be labeled, listed on the menu, or otherwise identified so the students can easily identify all the components for a reimbursable meal and select the correct quantities. There must be a system in place to ensure that each reimbursable meal selected by the student under OVS includes a fruit or a vegetable (at least 1/2 cup).

New Question:

3. ***What must schools do to comply with the requirement to identify the reimbursable meal(s)?***

The requirement for SFAs to identify, near or at the beginning of the serving line, the food items that constitute a reimbursable meal is intended to assist students in selecting the meal components that comprise the meal and in the appropriate quantities. The final rule, however, does not set specific requirements. State agencies and SFAs may establish requirements to fit their menu, facilities, layout and other considerations. Providing detailed information about the components, such as identifying the vegetable subgroups, is an excellent teaching tool, but is not required.

Although all the foods that are a part of the reimbursable meal do not have to be adjacent to each other, they must be labeled, listed, or otherwise identified near or at the beginning of the serving line so the students can easily choose all the components for a reimbursable meal. If some of the components of the reimbursable meal (such as the fruits and vegetables) are offered beyond the point of service, the school must ensure that students are aware that every reimbursable meal must include a fruit or a vegetable, and that the total of any fruit or vegetable item selected under OVS must equal at least 1/2 cup.

Summer Meals:

1. **Will schools operating Seamless Summer Option in the summer of 2012 be required to follow the new meal patterns as of July 1, 2012?**

Schools offering the SSO this summer have the option to follow new meal requirements or the requirements currently in place in SY 2011-2012.

2. **Do the SFAs that have authority from the State agency to use the NSLP meal pattern for SFSP meals have to switch to the new meal pattern by July 1, 2012?**

No. They may implement the new meal pattern in the SFSP at the beginning of the 2013 summer in consultation with the State agency (as they will have been using the new meal pattern the entire previous school year).

Revised Question:

3. **When do SFAs need to implement the new meal pattern for meals offered under the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) in 2013?**

SFAs operating the SSO or that have authority from the State agency to use the NSLP meal pattern for SFSP meals will need to follow the NSLP meal pattern requirements that are effective July 1, 2012, at the start of their 2013 summer operations and continue with these requirements for the entirety of their summer operation. Therefore, each summer these SFAs will be implementing the phased-in meal requirements subsequent to NSLP and SBP operations.

4. **How will SFAs implement the weekly requirements for meals in the Seamless Summer Option (SSO), where meals are not always served 5 days a week and where sites serve children of various ages?**

The new meal requirements will apply to the SSO meals beginning in the summer of 2013. We will issue guidance to help schools properly implement the meal pattern in summer settings prior to that time. Please refer to existing QAs on how to adapt the meal pattern requirements for short or long weeks, as well as how to handle K-12 grade configurations.

5. **Will the 6 cents reimbursement rate increase apply to SSO meals and how will those meals be certified for the rate increase?**

FNS will soon issue regulations of the certification process for the 6 cents reimbursement rate increase.

Miscellaneous:

1. **Do the new meal requirements apply to other Child Nutrition Programs such as the afterschool snack service, Special Milk Program, Child and Adult Care Food Program, or Summer Food Service Program?**

No. The final rule meal patterns and dietary specifications are for the NSLP (Seamless Summer option included) and SBP. However, the milk fat requirement established by this rule was previously implemented in the Special Milk Program and the Child and Adult Care Food Program (CACFP) though policy memoranda (SP 29-2011 and CACFP 21-2011) for consistency across the Child Nutrition Programs. The proposed rule to revise the CACFP meal patterns is under development. When that rule is implemented, the NSLP and SBP infant and Pre-K meal patterns will also be updated. In the meantime, schools must follow the requirements in section 210.10 and 220.8.

2. **Do the new meal requirements apply to meals served to Pre-K children in schools?**

No. The meal pattern for Pre-K students will be updated through a future rule updating the CACFP meal patterns to ensure that meal requirements for preschoolers are the same across the Child Nutrition Programs. Until then, schools serving Pre-K children should continue to use existing meal patterns for this age group in 7 CFR 210.10(p) and 7 CFR 220.8(o).

Procurement and Food Service Management Companies (FSMCs):

1. **Is there guidance for SFAs that may need to update their contracts with their FSMCs?**

Yes, please refer to memo SP 17-2012, entitled "Procurement Questions and Answers to Assist in the Implementation of the Final Rule titled Nutrition Standards in the National School Lunch and School Breakfast Programs". This memorandum was issued February 23, 2012.

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: July 12, 2012

MEMO CODE: SP 37-2012

SUBJECT: Separation of Vegetables/Fruit in the *Food Buying Guide for Child Nutrition Programs*

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The *Nutrition Standards in the National School Lunch and School Breakfast Programs* final rule was published on January 26, 2012. The final rule requires that fruits and vegetables be offered as separate meal components in the National School Lunch and School Breakfast Programs. This provision requires schools to offer all the vegetable subgroups identified by the 2010 *Dietary Guidelines for Americans* over the course of the week in minimum required quantities as part of the lunch menus effective July 1, 2012, (SY 2012-2013).

The revised Vegetables and Fruits Section addresses the new meal pattern requirements for the school meal programs by separating the section into two distinct subsections: Vegetables and Fruits. In addition, the revised vegetable subsection labels each vegetable with its appropriate vegetable subgroup (red/orange, dark green, beans & peas, starchy, or other) to assist school food authorities with meeting the new meal pattern. The revised Vegetables and Fruits Section of the Food Buying Guide for Child Nutrition Programs can be accessed online: http://www.teamnutrition.usda.gov/resources/foodbuyingguide.html.

School food authorities should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

JENNIFER M. GRANHOLM
GOVERNOR

STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

THOMAS D. WATKINS, JR.
SUPERINTENDENT OF
PUBLIC INSTRUCTION

FOOD SERVICE

ADMINISTRATIVE POLICY #8
SCHOOL YEAR 2004-2005

SUBJECT: School Meals Program
Minimum Fruit/Vegetable Portion Size and Qualifying Meal Components

DATE: February 17, 2005

On June 13, 1995, the United States Department of Agriculture submitted its final rule for the School Meals Initiative for Healthy Children. The nutrition goals for school meals in that rule are as follows:

- Recommended Dietary Allowances (RDA)
  - 1/4 RDA for school breakfast
  - 1/3 RDA for school lunch
- Age appropriate calorie goals
- Dietary Guidelines for Americans

To help ensure school meals are meeting these goals and that students are receiving balanced and nutritious meals, the Michigan Department of Education policy requires the following in Food Based Menu Planning Systems (Traditional and Enhanced):

- One entrée/menu item can count for three components of a reimbursable meal under *Offer vs. Serve*. Examples include:
  - ✓ a hamburger with bun, meat, lettuce, and tomato,
  - ✓ a taco with shell, meat, lettuce, and tomato,
  - ✓ a sub sandwich with bread, lettuce, tomato, and meat/cheese.
- The minimum portion size for a fruit/vegetable to count as part of a reimbursable meal is ¼ cup.

This policy is a partial re-issuance of the December 1982 Administrative Policy Memorandum #10 along with the August 1996 Food Scoop article titled *Offer versus Serve Policy Altered for Food Based Menu Planning Systems.* The USDA nutrition standards for school meals can be found at 7CFR210.10, http://www.fns.usda.gov/cnd/Governance/regulations/7cfrpart210.pdf .

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Item Clusters, Percent of Consumption, and Representative Foods for 2010 USDA Food Patterns

Item Cluster	% of Consumption*	"Nutrient-Dense" Representative Food
GRAIN GROUP		
Refined Grain Subgroup		
Bagels, English muffins	3.6	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
Biscuits	2.0	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked
Bread, French	2.2	French or Vienna bread (includes sourdough)
Bread, white	14.5	Commercial white bread
Breading, stuffing	4.4	Commercial white bread
Cereal, cooked	0.5	Corn grits, white, regular and quick, enriched, cooked without salt
Cereal, ready-to-eat	2.8	Kellogg's Corn Flakes
Cornstarch as thickener	1.6	Cornstarch
Flour as thickener	0.6	Wheat flour, white, all-purpose, enriched, bleached
Flour-based sweet snacks /desserts	9.1	Animal cracker (includes arrowroot, tea biscuits)
Pasta	9.8	Spaghetti, cooked, enriched, without added salt
Pie crust	2.1	Pie crust, standard-type, frozen, enriched, baked
Pizza crust	10.8	Pita bread, white, enriched
Pretzels, crackers	4.5	Pretzels, hard, plain, made with enriched flour, unsalted
Quick bread	2.3	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)
Tortilla, corn	8.7	Corn tortilla, ready-to-bake or -fry
Tortilla, wheat flour	4.5	Flour tortilla, ready-to-bake or -fry
White rice	4.9	Rice, white, long-grain, regular, cooked without salt
White rolls	11.1	Hamburger or hotdog rolls, plain
Whole Grain Subgroup		
Bagels and English muffins, whole grain	2.8	English muffins, whole wheat
Bread, rye	2.2	Rye bread
Bread, whole wheat	17.8	100% whole wheat bread
Brown rice	2.6	Brown rice, long grain, cooked, salt and fat not added
Cereals, cooked oatmeal & others	17.4	Oats, regular, quick & instant, unenriched, cooked without salt
Cereals, oat, ready-to-eat	14.0	*Cheerios*
Cereals, whole wheat, ready-to-eat	13.8	*100% Shredded Wheat, sugar and salt free*
Crackers, whole wheat	5.6	100% whole-wheat cracker, reduced fat
Pasta, whole grain	1.1	Whole-wheat spaghetti, salt and fat not added in cooking
Popcorn	12.6	Popcorn, air-popped (no butter or oil or salt)
Quick bread, whole wheat	3.9	Pancakes, whole-wheat, dry mix, incomplete, prepared
Whole grain rolls (not sweet)	1.1	100% whole-wheat roll
Whole grains in snacks and desserts	5.0	Oats, regular, quick & instant, not fortified, dry

*Percent that this item cluster contributes to total consumption of the food group or subgroup.

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP		
Blackberries, raw	0.0	Blackberries, raw
Blackberries, cooked or canned	0.0	Blackberries, raw
Blueberries, raw	0.4	Blueberries, raw
Blueberries, cooked or canned	0.4	Blueberries, raw
Boysenberries, raw	0.0	Boysenberries, frozen, unsweetened
Cantaloupe, raw	2.7	Cantaloupe, raw
Cranberries, raw	0.0	Cranberries, raw
Cranberries, cooked or canned	0.3	Cranberry sauce, canned, sweetened
Cranberries, dried	0.1	Cranberries, dried, sweetened
Grapefruit, raw	0.5	Grapefruit, raw, pink & red & white
Grapefruit, cooked or canned	0.1	Grapefruit, canned, water pack, solids and liquids
Honeydew melon, raw	0.5	Honeydew melon, raw
Kiwifruit, raw	0.1	Kiwifruit, green, raw
Lemons, raw or cooked (includes lemon peel and citron)	0.1	Lemons, raw, without peel
Lime, raw (includes calamondin)	0.0	Limes, raw
Oranges, raw	2.7	Oranges, raw, all varieties
Raspberries, raw	0.1	Raspberries, raw
Raspberries, cooked or canned	0.1	Raspberries, raw
Strawberries, raw	2.6	Strawberries, raw
Strawberries, cooked or canned (includes dried)	0.3	Strawberries, frozen, unsweetened
Tangerine, raw or cooked/canned	0.3	Tangerine, raw
Watermelon, raw	3.9	Watermelon, raw
Unknown citrus fruit	0.3	Strawberries, raw
Blackberry juice	0.0	Blackberry juice, canned
Cantaloupe juice/nectar	0.0	Cantaloupe, raw
Cranberry juice	0.7	Cranberry juice, unsweetened
Grapefruit juice	0.9	Grapefruit juice, white, canned, unsweetened
Lemon juice	1.2	Lemon juice, canned or bottled
Lime juice	0.3	Lime juice, canned or bottled, unsweetened
Mixed fruit juice (citrus)	0.1	Orange juice, chilled, includes from concentrate
Orange juice (includes tangerine and acerola juices)	23.1	Orange juice, chilled, includes from concentrate
Raspberry juice	0.0	Blackberry juice, canned
Strawberry juice	0.0	Blackberry juice, canned
Watermelon juice	0.0	Watermelon, raw
Unknown citrus fruit juice	1.6	Orange juice, chilled, includes from concentrate
Apples, raw	14.2	Apples, raw, with skin
Apples, cooked or canned	0.9	Applesauce, canned, unsweetened, w/o added vit C
Applesauce	1.1	Applesauce, canned, unsweetened, w/o added vit C

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP (CONTINUED)		
Apples, dried	0.1	Apples, dried, sulfured, uncooked
Apricot, raw	0.0	Apricot, raw
Apricot, cooked or canned	0.0	Apricots, canned, water pack, without skin, solids and liquids
Apricot, dried	0.1	Apricots, dried, sulfured, uncooked
Bananas, raw	12.2	Bananas, raw
Bananas, cooked or canned (includes red type)	0.1	Bananas, raw
Bananas, dried	0.1	Bananas, dehydrated, or banana powder
Cherries, raw	0.3	Cherries, sweet, raw
Cherries, cooked or canned (includes maraschino)	0.2	Cherries, sour, red, canned, water pack, solids and liquids
Dates, raw and cooked	0.0	Dates, deglet noor
Figs, raw	0.0	Figs, raw
Figs, cooked or canned	0.1	Figs, canned, water pack, solids and liquids
Figs, dried	0.0	Figs, dried, uncooked
Grapes, raw	3.0	Grapes, red or green, European-type, raw
Grapes, cooked or canned	0.1	Grapes, canned, Thompson seedless, water pack, solids and liquids
Guava, raw	0.0	Guava, raw
Guava, cooked or canned	0.0	Guava, raw
Lychee, cooked or canned	0.0	Litchis, raw
Mango, raw	0.5	Mango, raw
Mango, cooked or canned	0.0	Mango, raw
Mango, dried	0.1	Mango, raw
Mixed other fruit (NOT citrus)	0.0	Applesauce, canned, unsweetened, w/o added vit C
Nectarine, raw	0.6	Nectarine, raw
Papaya, raw	0.1	Papaya, raw
Papaya, cooked or canned (includes green)	0.0	Papaya, raw
Papaya, dried	0.1	Papaya, raw
Peaches, raw	1.5	Peaches, raw
Peaches, cooked or canned	1.0	Peaches, canned, water pack, solids and liquids
Peaches, dried	0.0	Peaches, dried, sulfured, uncooked
Pears, raw	1.6	Pears, raw
Pears, cooked or canned	0.5	Pears, canned, water pack, solids and liquids
Pears, dried	0.0	Pears, dried, sulfured, uncooked
Japanese pears, raw	0.0	Pears, Asian, raw
Persimmons, raw	0.1	Persimmons, native, raw
Pineapple, raw	0.4	Pineapple, raw
Pineapple, cooked or canned	0.8	Pineapple, canned, water pack, solids and liquids
Pineapple, dried	0.0	Pineapple, raw
Plums, raw	0.4	Plums, raw

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP (CONTINUED)		
Plums/Prunes, cooked or canned	0.1	Plums, canned, purple, water pack, solids and liquids
Plums, dried	0.2	Plums, dried (prunes), uncooked
Pomegranate, raw	0.0	Pomegranate, raw
Raisins, raw (includes currants)	1.1	Raisins, seedless
Raisins, cooked or canned	0.5	Raisins, seedless
Rhubarb, cooked or canned	0.0	Rhubarb, raw
Star fruit (carambola), raw	0.0	Carambola, (starfruit), raw
Tamarind, raw or cooked	0.0	Tamarind, raw
Unknown other fruit	0.4	Applesauce, canned, unsweetened, w/o added vit C
Apple juice	8.1	Apple juice, canned or bottled, unsweetened, w/o added vit C
Apricot juice/nectar	0.1	Apricot nectar, canned, w/o added vit C
Banana juice/nectar	0.1	Bananas, raw
Cherry juice	0.0	Cherries, sweet, raw
Grape juice	2.8	Grape juice, canned or bottled, unsweetened, w/o added vit C
Guava juice/nectar	0.0	Guava nectar, canned
Mango juice/nectar	0.2	Mango nectar, canned
Mixed fruit juice (NOT citrus)	0.1	Apple juice, canned or bottled, unsweetened, w/o added vit C
Papaya juice/nectar	0.1	Papaya nectar, canned
Passion fruit juice/nectar	0.1	Passion fruit juice, yellow, raw
Peach juice/nectar	0.1	Peach nectar, canned, w/o added vit C
Pear juice/nectar	0.0	Baby food pear juice
Pineapple juice	0.6	Pineapple juice, canned, unsweetened, w/o added vit C
Prune juice	0.2	Prune juice, canned
Unknown other fruit juice	1.9	Apple juice, canned or bottled, unsweetened, w/o added vit C

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP		
Beans and Peas Subgroup		
Black beans	7.2	Beans, black, mature seeds, cooked, boiled, w/o salt
Chickpeas	2.3	Chickpeas, mature seeds, cooked, boiled, w/o salt
Cowpeas	0.8	Cowpeas, common, mature seeds, cooked, boiled, w/o salt
Kidney beans	12.9	Beans, kidney, all types, mature seeds, cooked, boiled, w/o salt
Lentils	4.4	Lentils, mature seeds, cooked, boiled, w/o salt
Lima beans, mature (includes fava and mung beans)	2.4	Lima beans, large, mature seeds, cooked, boiled, w/o salt
Pinto beans (includes pink beans)	44.3	Beans, pinto, mature seeds, cooked, boiled, w/o salt
Soybeans/Edamame	2.4	Soybeans, mature cooked, boiled, w/o salt
Split peas	0.2	Peas, split, mature seeds, cooked, boiled, w/o salt
White beans (includes navy and pea beans)	22.7	Beans, small white, mature seeds, cooked, boiled, w/o salt
Unknown	0.3	Beans, small white, mature seeds, cooked, boiled, w/o salt
Starchy Vegetables Subgroup		
Cassava (tapioca) (includes taro, burdock root, and white yam)	0.1	Cassava, raw
Corn (white) (includes hominy)	1.2	Corn, sweet, white, cooked, boiled, drained, w/o salt
Corn (yellow)	8.8	Corn, sweet, yellow, cooked, boiled, drained, w/o salt
Cowpeas, field peas, blackeye peas, pigeon peas, cooked (NOT dried)	0.4	Cowpeas, immature seeds, cooked, boiled, drained, w/o salt
Green peas, cooked and raw	4.0	Peas, green, cooked, boiled, drained, w/o salt
Lima beans, immature	0.6	Lima beans, immature seeds, cooked, boiled, drained, w/o salt
Plantains	1.3	Plantains, cooked
Potatoes, baked	15.2	Potatoes, white, flesh and skin, baked, w/o salt
Potatoes, boiled (includes breadfruit)	27.3	Potatoes, boiled, cooked w/o skin, flesh, w/o salt
Potato chips, puffs, and sticks	17.1	Potato chips, fat free, salted
French fries	17.4	Potatoes, French fried, all types, salt not added in processing, frozen, oven heated
Home fries and hash browns	6.0	Potatoes, hashed brown, frozen, plain, prepared
Waterchestnuts, cooked (includes lotus root)	0.4	Waterchestnuts, Chinese, canned, solids and liquids
Vegetable starches and unknown starchy vegetables	0.2	Potato flour

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP (CONTINUED)		
Dark Green Vegetables Subgroup		
Arugula lettuce, raw	0.2	Arugula, raw
Bok choy (Chinese cabbage)	1.2	Cabbage, Chinese (pak-choi), cooked, boiled, drained, w/o salt
Broccoli, raw	6.7	Broccoli, raw
Broccoli, cooked	31.0	Broccoli, cooked, boiled, drained, w/o salt
Butterhead lettuce (Boston, bibb), raw	1.0	Lettuce, butterhead (includes Boston and bibb types), raw
Chard, cooked (incudes escarole)	0.2	Chard, Swiss, cooked, boiled, drained, w/o salt
Cilantro, raw and cooked	0.3	Coriander (cilantro) leaves, raw
Collard greens, cooked	4.8	Collards, cooked, boiled, drained, w/o salt
Grape leaves, cooked and raw	0.7	Grape leaves, raw
Kale, cooked	1.3	Kale, cooked, boiled, drained, w/o salt
Mixed dark leafy greens (includes romaine, chicory, escarole, and endive)	23.9	Lettuce, cos or romaine, raw
Mustard greens, cooked (includes dandelion and poke greens)	0.8	Mustard greens, cooked, boiled, drained, w/o salt
Parsley, cooked and raw (includes epazote)	1.1	Parsley, raw
Seaweed (laver), high vitamin A, raw	0.6	Seaweed, laver, raw
Spinach, raw	15.2	Spinach, raw
Spinach, cooked (includes taro leaves)	9.6	Spinach, cooked, boiled, drained, w/o salt
Turnip greens, cooked	1.3	Turnip greens, cooked, boiled, drained, w/o salt
Watercress (includes thistle leaves)	0.2	Watercress, raw
Unknown dark green vegetable	0.0	Parsley, raw
Red and Orange Vegetables Subgroup		
Carrots, raw	5.6	Carrots, raw
Carrots, cooked	7.0	Carrots, cooked, boiled, drained, w/o salt
Carrot juice	0.0	Carrot juice, canned
Chili pepper, hot, red, cooked and raw (includes color not specified)	1.7	Peppers, hot chili, red, raw
Peppers, red (sweet, bell), cooked and raw (includes pimientos)	0.8	Peppers, sweet, red, cooked, boiled, drained, w/o salt
Pumpkin, cooked	0.2	Pumpkin, canned, w/o salt
Squash, winter, cooked	0.4	Squash, winter, all varieties, cooked, baked, w/o salt
Sweet potatoes, cooked (includes orange yams)	1.9	Sweet potato, cooked, baked in skin, w/o salt
Tomatoes, raw	19.8	Tomatoes, red, ripe, raw, year round average
Tomatoes, cooked	59.1	Tomato products, canned, puree, w/o salt added
Tomato juice	3.5	Tomato juice, canned, w/o salt added
Unknown red and orange vegetables	0.0	Carrots, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP (CONTINUED)		
Other Vegetables Subgroup		
Artichokes	0.4	Artichokes, cooked, boiled, drained, w/o salt
Asparagus, cooked and raw	0.9	Asparagus, cooked, boiled, drained, w/o salt
Avocado	3.0	Avocados, raw, all commercial varieties
Bamboo Shoots, cooked	0.4	Bamboo shoots, cooked, boiled, drained, w/o salt
Beans, green, cooked and raw, (includes snap and yellow beans)	10.4	Beans, snap, green, cooked, boiled, drained, w/o salt
Beets, cooked	0.9	Beets, cooked, boiled, drained, w/o salt
Brussels sprouts	0.3	Brussels sprouts, cooked, boiled, drained, w/o salt
Cabbage, green, cooked	2.7	Cabbage, cooked, boiled, drained, w/o salt
Cabbage, green, raw (includes savoy cabbage)	3.2	Cabbage, raw
Cabbage, red, raw (includes radicchio)	0.7	Cabbage, red, raw
Cactus (nopales), cooked and raw	0.1	Nopales, cooked, w/o salt
Cauliflower, cooked and raw (includes broccoflower)	1.6	Cauliflower, cooked, boiled, drained, w/o salt
Celery, cooked	2.5	Celery, cooked, boiled, drained, w/o salt
Celery, raw	2.1	Celery, raw
Chives, cooked and raw	0.0	Chives, raw
Cucumber	4.6	Cucumber, peeled, raw
Eggplant, cooked (includes hearts of palm)	0.8	Eggplant, cooked, boiled, drained, w/o salt
Garlic, cooked and raw	0.3	Garlic, raw
Horseradish (includes ginger root)	0.1	Horseradish, prepared
Lettuce, iceberg (includes manoa)	25.7	Lettuce, iceberg, raw
Mung bean sprouts, cooked and raw (includes alfalfa sprouts)	0.9	Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt
Mushrooms, cooked and raw	3.7	Mushrooms, cooked, boiled, drained, w/o salt
Okra, cooked	0.4	Okra, cooked, boiled, drained, w/o salt
Olives, raw or cooked	1.1	Olives, ripe, canned
Onions, raw	3.8	Onions, raw
Onions, cooked (includes leeks)	14.7	Onions, cooked, boiled, drained, w/o salt
Onions, spring and scallions, cooked and raw	0.7	Onions, spring or scallions (includes tops and bulb), raw
Peas, edible-podded, cooked and raw (includes snowpeas)	0.3	Peas, edible-podded, boiled, drained, w/o salt
Peppers, green (sweet, bell), raw	1.4	Peppers, sweet, green, raw
Peppers, green (sweet, bell), cooked	3.2	Peppers, sweet, green, cooked, boiled, drained, w/o salt
Peppers, chili, hot, green, cooked and raw (includes serrano and dwarf green)	0.4	Peppers, hot chili, green, raw
Pickles, cucumber (includes relish and capers)	3.9	Pickles, cucumber, dill, low sodium
Radishes, raw	0.2	Radishes, raw
Squash, summer, cooked and raw (includes yellow, zucchini, spaghetti, chayote)	2.2	Squash, summer, all varieties, cooked, boiled, drained, w/o salt
Tomatillos, cooked and raw	0.4	Tomatillos, raw
Turnips, cooked and raw (includes rutabaga, kohlrabi, jicama, celeriac, and fennel)	0.3	Turnips, cooked, boiled, drained, w/o salt
Miscellaneous other vegetables	0.1	Seaweed, wakame, raw
Unknown other vegetables	1.7	Onions, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP		
Meats Subgroup		
Beef	26.9	Beef, round, eye of round roast, separable lean only, all grades, roasted
Beef, ground	29.8	Ground beef, 95% lean, patty, pan-broiled
Game meat	0.9	Deer, loin, lean only, steak, broiled
Lamb	0.8	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, choice, roasted
Liver	0.5	Beef, liver, pan-fried
Luncheon meats, beef	9.8	Frankfurter, beef, low fat
Luncheon meats, pork	14.8	Ham, sliced, extra lean
Pork, cured	5.6	Pork, cured, ham, whole, separable lean only, roasted
Pork, fresh	10.8	Pork, fresh, loin, sirloin (chops), boneless, lean, broiled
Poultry Subgroup		
Chicken	79.5	Chicken, meat only, roasted
Luncheon meats, poultry	13.1	Chicken roll, light meat
Turkey	7.4	Turkey, meat only, roasted
High Omega-3 Fish Subgroup		
Anchovy	0.3	Anchovy, European, canned in oil, drained
Herring	0.6	Herring, Atlantic, cooked, dry heat
Mackerel	0.8	Mackerel, Atlantic, cooked, dry heat
Mussels	4.3	Mussel, blue, cooked, moist heat
Roe	0.1	Roe, mixed species, cooked, dry heat
Salmon	53.8	Salmon, Atlantic, farmed, cooked, dry heat
Sardines	2.2	Sardine, Atlantic, canned in oil, drained solids with bone
Sea bass	4.0	Sea bass, mixed species, cooked, dry heat
Shark	0.6	Shark, mixed species, raw
Smelt	0.4	Smelt, rainbow, cooked, dry heat
Swordfish	0.2	Swordfish, cooked, dry heat
Trout	7.8	Trout, rainbow, farmed, cooked, dry heat
Tuna-high Omega 3	24.9	Tuna, white, canned in water, drained solids
Low Omega-3 Fish Subgroup		
Carp	0.7	Carp, cooked, dry heat
Catfish	11.6	Catfish, channel, farmed, cooked, dry heat
Clams	2.0	Clams, mixed species, cooked, moist heat
Cod	7.5	Cod, Pacific, cooked, dry heat
Crab	6.9	Crab, blue, cooked, moist heat
Crayfish	0.6	Crayfish, mixed species, wild, cooked, moist heat
Croaker	0.6	Croaker, Atlantic, raw
Fish sticks	4.3	Pollock, Atlantic, cooked, dry heat
Flounder	7.7	Flatfish (flounder and sole), cooked, dry heat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Frog	0.1	Frog legs, raw
Haddock	1.0	Haddock, cooked, dry heat
Halibut	0.4	Halibut, Atlantic and Pacific, cooked, dry heat
Lobster	0.8	Lobster, northern, cooked, moist heat
Mullet	0.1	Mullet, striped, cooked, dry heat
Octopus/squid	0.6	Octopus, common, cooked, moist heat
Oysters	1.6	Oyster, Pacific, cooked, moist heat
Perch	5.1	Ocean perch, Atlantic, cooked, dry heat
Pike	0.1	Pike, northern, cooked, dry heat
Pompano	0.6	Pompano, Florida, cooked, dry heat
Porgy	0.8	Sheepshead, cooked, dry heat
Restructured fish	1.7	Pollock, Atlantic, cooked dry heat
Scallops	1.1	Scallops (bay and sea), steamed
Shrimp	20.6	Shrimp, cooked, moist heat
Snails	0.2	Snail, raw
Snapper	0.1	Snapper, mixed species, cooked, dry heat
Tuna-low 0mega 3	15.6	Tuna, light, canned in water, drained solids
Turtle/terrapin	0.0	Turtle, green, raw
Whiting	1.0	Whiting, mixed species, cooked, dry heat
Unknown fish	6.5	Pollock, Atlantic, cooked, dry heat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Soy Subgroup		
Tofu	14.5	Tofu, firm, prepared with calcium sulfate and magnesium chloride
Processed Soy	85.5	Veggie burgers or soyburgers, unprepared
Eggs Subgroup		
Eggs	100.0	Egg, whole, cooked, hard-boiled
Nuts and Seeds Subgroup		
Almonds	6.8	Almonds, dry roasted, without salt added
Brazil nuts	0.0	Brazilnuts, dried, unblanched
Cashew nuts	5.4	Cashew nuts, dry roasted, without salt added
Chestnuts	0.7	Chestnuts, European, roasted
Filberts/hazelnuts	0.1	Hazelnuts or filberts
Flax seeds	0.2	Flaxseed
Macadamia nuts	0.6	Macadamia nuts, dry roasted, without salt added
Mixed nuts, with peanuts	11.1	Mixed nuts, dry roasted, with peanuts, without salt added
Peanut butter	36.0	Peanut butter, smooth style, with salt
Peanuts	25.0	Peanuts, all types, dry-roasted, without salt
Pecans	2.5	Pecans
Pine nuts	0.4	Pine nuts, dried
Pistachio nuts	1.4	Pistachio nuts, dry roasted, without salt added
Pumpkin/squash seed kernels	0.6	Pumpkin and squash seed kernels, roasted, without salt
Sesame seeds	0.6	Sesame seed kernels, toasted, without salt added (decorticated)
Sunflower seeds	4.4	Sunflower seed kernels, dry roasted, without salt
Walnuts	4.0	Walnuts, English

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
DAIRY GROUP		
Milk, whole, unflavored cow	11.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 2%, unflavored cow	16.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 1%, unflavored cow	3.9	Milk, nonfat, fluid, with added vitamins A and D
Milk, fat-free, unflavored cow	6.6	Milk, nonfat, fluid, with added vitamins A and D
Milk, not further specified (NFS)	0.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), whole	1.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 2%	1.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 1%	0.6	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), fat-free	0.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), NFS	0.6	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, whole and NFS	0.0	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, 2%	0.1	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, 1% and fat-free	0.2	Milk, nonfat, fluid, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, whole, reduced fat, and NFS	0.1	Milk, dry, nonfat, instant, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, low fat and fat-free	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in coffee drinks, lattes, etc.	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.1	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	1.1	Milk, nonfat, fluid, with added vitamins A and D
Milk powder drinks (recon + not recon), milk in eggnog or other beverage	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Meal supplements/replacement drinks/diet drinks	0.6	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in soups	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in casseroles, mixtures, coatings/batters, frozen meals, main dishes and other dishes	1.4	Milk, nonfat, fluid, with added vitamins A and D
Milk in scrambled eggs/omelets	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk in mashed potatoes, creamed/sauced vegetables, cooked cereals, sauces, gravies, salad dressings	0.9	Milk, nonfat, fluid, with added vitamins A and D
Milk in puddings (caloric & low calorie sweeteners), custards, milk-based desserts, other desserts, sweetened condensed milk	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in candies and "bars"	0.9	Milk, dry, nonfat, instant, w/o added vitamins A and D
Soymilk	1.1	Soy milk (all flavors), unsweetened, with added calcium, vitamins A and D
Ice cream (caloric and low calorie sweeteners), light and fat-free	0.5	Ice cream, vanilla, light

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
DAIRY GROUP (CONTINUED)		
Ice cream (caloric sweeteners), regular and rich	1.5	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), light and low fat	0.3	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), regular, rich, and NFS	0.3	Ice cream, vanilla, light
Frozen yogurt (caloric and low calorie sweeteners), & sherbet, low fat, fat-free, and NFS	0.4	Frozen yogurt, chocolate, nonfat milk, sweetened without sugar
Yogurt, unflavored, whole and NFS	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, low fat	0.1	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, fat-free	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, flavored (caloric sweeteners), low fat	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), fat-free	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), NFS	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (low calorie sweeteners), fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, whole	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, low fat	0.4	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (low calorie sweeteners), fat-free	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Natural cheeses (includes low sodium cheeses), regular	7.0	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), reduced-fat	0.5	Cheese, mozzarella, nonfat or fat-free
Natural cheeses (includes low sodium cheeses), low fat and fat-free	0.2	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), fat NFS	0.8	Cheese, mozzarella, nonfat or fat-free
Cheese, NFS	2.9	Cheese, Mexican, blend, reduced fat
Cottage cheese, regular	0.1	Cheese, cottage, lowfat,1% milk fat, no sodium added
Cottage cheese, low fat and fat NFS	0.2	Cheese, cottage, lowfat,1% milk fat, no sodium added
Processed cheeses (includes low sodium cheeses), regular	2.8	Cheese, pasteurized process, American, low fat
Processed cheeses (includes low sodium cheeses), reduced-fat	0.3	Cheese, pasteurized process, American, low fat
Processed cheeses (includes low sodium cheeses), low fat and fat-free	0.5	Cheese, pasteurized process, American, low fat
Cheese spreads, dips, sauces, soups	1.2	Cheese, pasteurized process, American, low fat
Cheese on sandwiches, regular, low fat, NFS	1.6	Cheese, pasteurized process, American, low fat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
DAIRY GROUP (CONTINUED)		
Cheese in grain products, snacks (includes breads and cereals), desserts/sweets, regular and NFS	0.4	Cheese, pasteurized process, American, low fat
Cheese in grain products (includes fried cheese, gnocchi), dessert/sweets, reduced fat, low fat, and nonfat	0.6	Cheese, mozzarella, nonfat or fat-free
Cheese in Mexican dishes	2.3	Cheese, Mexican, blend, reduced fat
Cheese in egg or meat dishes and frozen meals	1.0	Cheese, Mexican, blend, reduced fat
Cheese on pizza and calzone, regular	8.8	Cheese, mozzarella, nonfat or fat-free
Cheese on pizza and calzone, reduced-fat and low fat	8.9	Cheese, mozzarella, nonfat or fat-free
Cheese in pasta and Italian dishes, regular and NFS	2.0	Cheese, Mexican, blend, reduced fat
Cheese in pasta and Italian dishes, reduced-fat, low fat, and nonfat	0.2	Cheese, mozzarella, nonfat or fat-free
Cheese on vegetables (cheese sauce), in salads and dressings	0.4	Cheese, pasteurized process, American, low fat

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302-1500

DATE: April 26, 2012

MEMO CODE: SP 30-2012

SUBJECT: Grain Requirements for the National School Lunch Program and School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalencies and definition of whole grain-rich products.

The Department of Agriculture (USDA) published, "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of oz eq of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-2015.

This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains which meet the regulatory standards and to determine equivalent minimum serving sizes (oz eq). In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS FOR SCHOOL MEAL PROGRAMS

The requirements to offer whole grain-rich products will be phased in for the school meal programs over the next two SYs:

For **lunch**, beginning July 1, 2012 (SY 2012-2013), through June 30, 2014 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

For **breakfast,** beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

Through SY 2013-2014, SFAs and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements. After SY 2013-2014, all grain must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist SFAs and program operators with identifying whole grain-rich foods for availability by summer 2012.

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations at 7 CFR Parts 210 and 220, the following criteria are to be used as the basis for crediting items to meet the whole grain-rich requirement:

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

Schools can use the following elements as a simple checklist to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the oz eq requirements for the grains component as defined by this guidance.

Element 2: The food must meet at least one of the following:

a. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available.

b. The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

c. The product ingredient declaration lists whole grains first, specifically:

I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation. For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The program operator, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.

II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole-grain ingredients exceed the total weight of non whole-grain ingredients.

When flour blends are listed in the ingredient declaration and grouped together with parentheses, for example, ingredients: flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc., program operators will need to know either that the whole grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar in the example.

A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE cereal must be fortified. If the grain product includes enriched ingredients, or the

product itself is enriched; the ingredients or the grain product must meet the Food and Drug Administration's standards of identity for enrichment (21 CFR Section 137). Bran and germ are not creditable in school meal programs. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, "oz eq grains" on the CN Label indicates the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicates the product meets previous program requirements for grains/breads. Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling/.

II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Pursuant to the new NSLP and SBP regulations, the updated meal patterns, which include requirements for whole-grain rich grain products based on oz eq, will become effective on July 1, 2012, the beginning of SY 2012-2013. Recognizing that operators and manufacturers which provide products for the school meal programs may require time to change specifications and revise products, we will allow SFAs and program operators to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of SY 2013-2014.

As provided for in NSLP and SBP regulations, grain products must be credited using the oz eq method. This criterion is applied to various products as follows:

- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) breakfast cereal, 28 grams *or* 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal.

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group. All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or "bread" or "bread alternate" criteria in the interim. Of the weekly total for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.

The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent. The crediting of a food item as oz eq grains is determined by the total amount in grams of whole-grain meal and/or flour or whole-grain and enriched meal and/or flour in the product formulation or recipe divided by the number of servings the formulation or recipe yields divided by the 16 grams per oz eq standard. For the types of food items listed in Groups H and I of the attached Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains. If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item. The oz eq for grains may be determined by using either the weights or volumes listed in the attached Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.

The attached *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains. We note that the listing of food items included in Exhibit A is not exhaustive.

Exhibit A provides oz equivalent information for products commonly offered in schools. SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and nutrition specifications. However, program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the Dietary Guidelines for Americans.

SUMMARY OF IMPLEMENTATION DATES:

Ounce equivalent requirements: All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY-2013-2014. The grain component weights in the attached *Exhibit A: School Lunch and Breakfast* have been updated to reflect the change from 14.75 grams of creditable grain to 16.0 grams of creditable grain per oz eq

for Groups A-G. The original Exhibit A weights and volumes for all Child Nutrition Programs may continue to be used through June 30, 2013 for lunch and breakfast.

Whole grain-rich requirements: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast.

For NSLP and SBP (sections 210.10, 210.10a, 220.8, and 220.8a), this policy memorandum supersedes FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads. However, the FCS Instruction 783 - REV 2, will be revised to remove the sections mentioned above and will pertain to all other Child Nutrition Programs. State Agencies should contact their Food and Nutrition Service Regional Office with any questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

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 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm 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[4] (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 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	**OZ EQ FOR GROUP C**
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm 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 desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[5, 6] • 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) [5, 6]	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

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

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

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: April 17, 2012

MEMO CODE: SP 26-2012

SUBJECT: Formulated Grain Fruit Products

TO: Regional Directors
Child Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Department of Agriculture (USDA) published, "Nutrition Standards for the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule removes *Section I. Formulated Grain-Fruit Products* from *Appendix A to Part 220 – Alternate Foods for Meals* (attached).

Beginning July 1, 2012 (SY 2012-2013), formulated grain-fruit products will no longer be allowed to satisfy both the grain and fruit component for the School Breakfast Program (SBP). These products were formulated to satisfy the bread and fruit component of the meal pattern through fortification without the addition of any actual fruit ingredients, at a time when the adequacy of cooking and serving facilities were of concern for students participating in the SBP.

Formulated grain-fruit products are specific products that are manufactured to meet the requirements addressed in *Appendix A to Part 220* and should not be confused with products that are currently on the market that contain grain and fruit. This change does not affect the crediting of traditional grain-fruit bars listed in Exhibit A of the Grains/Breads instruction, which may still be served accordingly.

Formulated grain-fruit products are specific products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA Child Nutrition Programs to meet one bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern.

According to *Appendix A to Part 220*, formulated grain-fruit products must be individually wrapped and bear a label conforming to the following legend: *"This product conforms to U.S.D.A. Child Nutrition Programs specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate."* If the product does not bear this legend, it is not a formulated grain-fruit product.

Products that were formally authorized to bear the formulated grain-fruit statement that meet FNS requirements for grains may be used accordingly. However, these formulated grain-fruit products will no longer be allowed to count toward the fruit requirement.

Please direct program operators to contact the State agency with any questions or concerns; State agencies should in turn contact the FNS regional office for assistance.

Sincerely,

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

7 CFR section where requirements are described	Current OMB control number
220.15	0584–0012

[Amdt. 56, 54 FR 2990, Jan. 23, 1989. Redesignated at 72 FR 61495, Oct. 31, 2007]

APPENDIX A TO PART 220—ALTERNATE FOODS FOR MEALS

I. FORMULATED GRAIN-FRUIT PRODUCTS

1. Schools may utilize the formulated grain-fruit products defined in paragraph 3 as a food component in meeting the meal requirements of this part under the following terms and conditions:

(a) Formulated grain-fruit products may be used to meet *one* bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern specified in § 220.8.

(b) Only individually wrapped formulated grain-fruit products which bear a label conforming to the following legend shall be utilized. ''This product conforms to U.S.D.A. Child Nutrition Program specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate.''

2. Only formulated grain-fruit products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA child nutrition programs may be labeled as provided in paragraph 1.(b) of this appendix. Manufacturers seeking acceptance of their product shall furnish FNS a chemical analysis, protein efficiency ratio analysis, and such other pertinent data as may be requested by FNS. This information shall be forwarded to: Director, Nutrition and Technical Services Staff, Food and Nutrition Service, U.S. Department of Agriculture, Alexandria, Virginia 22302. All laboratory analyses are to be performed by independent or other laboratories acceptable to FNS. (FNS prefers an independent laboratory.) All laboratories shall retain the ''raw'' laboratory data for a period of one year. Such information shall be made available to FNS upon request.

3. To be accepted by FNS, products must have the following characteristics and meet the following nutritional specifications:

(a) Types. There are two types of products: one is a grain-type product and the other a grain-fruit type product.

(b) Ingredients. A grain-type product shall have grain as its primary ingredient. A grain-fruit type product shall have fruit as its primary ingredient. Both types of products must have at least 25 percent of their weight derived from grain. All ingredients and/or components shall comply with pertinent requirements or standards of the USDA and the Food, Drug, and Cosmetic Act, as amended, and any regulations issued thereunder.

(c) Nutritional specifications. Each serving of the product shall meet the minimum compositional requirements in the following table. The requirements as specified for those nutrients not limited by maximum values will be deemed to have been met if reasonable overages of the vitamins and minerals, within the limits of good manufacturing practice, are present to insure that the required levels are maintained throughout the expected shelf life under customary conditions of distribution and storage. An exception will be made for vitamins or minerals which occur naturally in an ingredient at such concentration that the level specified will be substantially exceeded in the final product. Such excess will be permitted but no lable claim of nutritional advantage can be made for overages for any nutrients. Analytical methods employed should be according to the standard procedures defined in the Association of Official Analytical Chemists, 1970, ''Official Methods of Analysis,'' 11th edition, Washington, DC or by appropriate analytical procedures FNS considers reliable.

NUTRITIONAL LEVELS OF GRAIN-FRUIT PRODUCTS [1]

Nutrient	Unit	Minimum	Maximum
Weight	Ounce	2	4.0
PER	Casein=2.5	2.0	
Moisture	Percent weight		40.0
Fat [2]	do		22.0
Fiber	do		0.8
Protein (N×6.25)	Gram	5.0	
Energy	Kilocalorie	250	
Vitamin A [3]	International unit	1,115	1,675.0
Vitamin E	do	5	
Vitamin B_{12}	Microgram	1.25	
Thiamin	Milligram	.26	
Riboflavin	do	.13	
Vitamin B_6	do	.26	
Vitamin C	do	20	
Niacin	do	2.65	
Folacin	do	.04	
Iron [4]	do	4.4	
Calcium	do	120	
Phosphorus	do	120	
Magnesium	do	30	

[1] These specifications are based on a nutrient level for acceptable products plus ½ pint of fluid milk (as defined in § 220.2 of the regulations (7 CFR part 220)) to provide at least 25 percent of the Recommended Dietary Allowances (RDA), 1968, for 10– to 12–year-old boys and girls for specified nutrients except magnesium and kilocalories. Magnesium and kilocalories—at least 13 percent of this RDA.

[2] Although the maximum fat in these specifications is 22 percent, consideration should be given to the development of formulated items containing less fat. Most medical authorities recommend keeping the dietary intake of fats at about ⅓ of the day's calories. At least 5 percent of the total calories shall be from linoleic acid.

[3] Vitamin A levels above the maximum of 1,675 I.U. will be allowed in products containing this nutrient as a natural food, and if the vitamin has not been added to the ingredients or foods.

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: February 22, 2012

MEMO CODE: SP 16 - 2012

SUBJECT: Crediting Tofu and Soy Yogurt Products

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The *Nutrition Standards in the National School Lunch and School Breakfast Programs* final rule was published on January 26, 2012. The final rule gives schools the option to offer commercially prepared tofu as a meat alternate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This provision, which is codified under 7 C.F.R. 210.10(c)(2)(i)(D) of the regulatory text for the NSLP and §220.8(c)(2)(i)(D) for the SBP, allows schools to further diversify the sources of meat alternates available to students and better meet the dietary needs of vegetarians and culturally diverse groups in schools. The provision is effective July 1, 2012.

This memorandum informs State agencies how to credit tofu and soy yogurt products as a meat/meat alternate component in meal planning.

While tofu does not currently have a Federal standard of identity, the current Dietary Guidelines for Americans (DGA) encourage plant-based sources of protein such as tofu. According to the DGA, consumption of a balanced variety of protein foods can contribute to improved nutrient intake and health benefits. Tofu must be commercially prepared and meet the following definition, established in 7 CFR 210.2 for purposes of the school meal programs as "a soybean-derived food…basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water." Noncommercial tofu and soy products are not creditable.

In the school meal programs, 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the DGA recommended serving size for tofu, and provides protein and nutrients of concern at levels similar to other Child Nutrition (CN)-credited meat alternate foods.

Additionally, ½ cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the crediting of dairy yogurt while allowing schools to provide a non-dairy alternative.

Since school meals are an opportunity for children to learn to eat healthy and balanced meals, foods served should be easily recognized by children as part of a food group that contributes to a healthy meal. Tofu is widely recognized as a meat substitute and can easily be included in the school meal. We recognize that tofu is being used to produce other meat substitute products such as links and sausages made from tofu, which are easily recognizable as meat substitutes and can be credited as such. However, products made with tofu that are not easily recognized as meat substitutes, would not contribute to any component of the reimbursable meal and do not meet the customary and usual function of the meat/meat alternate component. Soft tofu for example, blended into a recipe so that it is not recognizable (i.e. in a soup) or does not represent a meat substitute (i.e. tofu noodles) does not qualify as a meat alternate.

When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein, which is not shown on a nutrition facts panel. Therefore, the most appropriate way to ensure that the product meets Food and Nutrition Service (FNS) requirements is to request that the product be manufactured under the CN Labeling Program following a Federally approved quality control program.

Until the Food Buying Guide for Child Nutrition Programs is updated, the following yield information can be used for purchasing and crediting (table attached):

1 pound of tofu with 37 grams of protein will have 7.28 quarter-cup servings per pound and provide 7.25 ounces of equivalent meat alternate for Food-based Menu Planning requirements.

State agencies should direct any questions concerning this guidance to the appropriate FNS Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Food Buying Guide Specifications for Tofu and Soy Yogurt

1.Food As Purchased	2.Purchase Unit	3.Servings Per Purchase Unit	4.Serving Size per Meal contribution	5.Purchase Units for 100 Servings	6.Additional Information
Tofu, commercial* *With minimum of* *5 grams of protein per 2.2 ounces by weight (37 grams of protein per pound)*	Pound	7.28	¼ cup or 2.2 oz by weight (1 oz meat alternate)	13.7	½ cup (4.4 ounces by weight) of tofu x 7.28 quarter cups divided by 16 ounces per pound = 2.00 ounces of equivalent meat alternate
Yogurt, soy, fresh *Plain or Flavored Sweetened or Unsweetened – Commercially-prepared* *No minimum protein level required*	32 oz container 32 oz container 32 oz container 4 oz cup 6 oz cup 8 oz	8.00 5.33 4.00 1.00 1.00 1.00	1/2 cup or 4 oz yogurt (1 oz meat alternate) 3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate) 1 cup or 8 oz yogurt (2 oz meat alternate) One 4 oz container yogurt (1 oz meat alternate) One 6 oz container yogurt (1-1/2 oz meat alternate) One 8 oz container yogurt (2 oz meat alternate)	12.5 18.8 25.0 100.0 100.0 100.0	

*Defined in 7 CFR 210.2 as "a soybean-derived food…basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water."

New Meal Pattern Training Participant's Guide

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National Food Service Management Institute
The University of Mississippi

Item Number
111-12

June 26, 2012

National Food Service Management Institute
The University of Mississippi

Building the Future Through Child Nutrition

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the National Food Service Management Institute at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Handout: *Dietary Guidelines* and the School Nutrition Program

Dietary Guidelines for Americans 2010	School Nutrition Program
Balancing Calories to Manage Weight • The Dietary Guidelines recommend improving eating and physical activity behaviors, managing body weight, increasing physical activity, and maintaining appropriate calorie balance during each stage of life	**Balancing Calories to Manage Weight** • Specific calorie levels are required for a meal to be considered a healthy school meal depending on the age/grade groups. These calorie levels are based on weekly averages. Calorie Lunch ranges are: o Grades K-5 550-650 o Grades 6-8 600-700 o Grades 9-12 750 -850
Foods and Food Components to Reduce • Americans should reduce their sodium intake to less than 2,300 mg or 1,500 mg per day depending on age and other individual characteristics.	**Foods and Food Components to Reduce** • Target 1: July 1, 2014 (SY 2014–2015) Sodium mg for lunch: o Grades K-5 ≤ 1,230 o Grades 6-8 ≤ 1,360 o Grades 9-12 ≤ 1,420 • Target 2: July 1, 2017 (SY 2017–2018) Sodium mg for lunch: o Grades K-5 ≤ 935 o Grades 6-8 ≤ 1,035 o Grades 9-12 ≤ 1,080 • Target 3: July 1, 2022 (SY 2022–2023) o Grades K-5 ≤ 640 o Grades 6-8 ≤ 710 o Grades 9-12 ≤ 7 40 • USDA Foods are able to provide low-sodium processed meats, cheeses, and other Meat/Meat Alternate products

Handout: *Dietary Guidelines* and the School Nutrition Program

Dietary Guidelines for Americans 2010	School Nutrition Program
Foods and Food Components to Reduce • Less than 10% of calories should be from saturated fat, less than 300 mg of cholesterol, reduce trans fat consumption, reduce calories from solid fat	**Foods and Food Components to Reduce** • Saturated fat less than 10% of calories over a school week • Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving
Foods and Nutrients to Increase • Choose a variety of protein such as lean meat, beans, peas, soy products, and unsalted nuts/seeds, increase the amount in variety of seafood, use oils to replace solid fats where possible	**Foods and Nutrients to Increase** • Lean or extra lean meats, seafood, yogurt, tofu, poultry, beans/peas (legumes), eggs, cheese • Nuts and seeds and their butters listed in USDA-FNS guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. However, nuts and seeds may be used to meet no more than one-half of the Meat/Meat Alternate component and must be paired with another Meat/Meat Alternate to meet the full requirement. This restriction does not apply to nut butters.
Building Healthy Eating Choices • Choose foods that provide: potassium, dietary fiber, calcium, and vitamin D	**Building Healthy Eating Choices** • Food-Based Menu Planning • Food component means one of the five food components which comprise reimbursable meals. The five food components of K-12 school lunch meals are: o Meat/Meat Alternate (M/MA) o Fruit (F) o Vegetable (V) o Grains(G) o Fluid Milk

Handout: *Dietary Guidelines* and the School Nutrition Program

Dietary Guidelines for Americans 2010	**School Nutrition Program**
Building Healthy Eating Choices • Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains. • Choose foods that provide: potassium, dietary fiber, calcium, and vitamin D	**Building Healthy Eating Choices** • Whole Grain-rich foods required weekly and daily. At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain-rich. Of whole grain-rich items the grain content must be at least 50% whole grain, and the remaining grains must be enriched • Daily vegetable requirement and dark green, red/orange, beans/peas (legumes), starchy, and other vegetable subgroups required weekly • Fruit is offered daily • Fluid milk, must be low-fat (unflavored) or fat-free (unflavored or flavored) is offered daily
Building Healthy Eating Choices • Individual water intake needs vary widely, based in part on level of physical activity and exposure to heat stress	**Building Healthy Eating Choices** • The Healthy, Hunger-Free Kids Act of 2010 established a requirement for making water available to children in the National School Lunch Program
Helping Americans Make Healthy Choices • Americans prepare their own food and engage in physical activity • The Nation's health will require a multi-sector approach	**Helping Students Make Healthy Choices** • USDA Foods • HealthierUS School Challenge • Chef's Move to Schools • Fuel Up to Play 60

4 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Food-Based Menu Planning

Food-Based Menu Planning Calorie Range— Lunch Meal		
Grades K-5	Grades 6-8	Grades 9-12
550-650	600-700	750-850

The average daily amount for a 5-day school week must fall within the minimum and maximum levels.

A school could offer age grade groups K-8 a single menu that falls within a range of 600-650 average calories per week to meet the requirement for each grade group.

Food-Based Menu Planning Meat/Meat Alternate Component— Lunch Meal		
Grades K-5	Grades 6-8	Grades 9-12
8-10 ounces weekly 1 ounce daily	9-10 ounces weekly 1 ounce daily	10-12 ounces weekly 2 ounces daily

One ounce cooked, skinless, unbreaded portion of beef, fish, poultry, equals one ounce of the Meat/Meat Alternate requirement.

Four ounces (weight) or ½ cup (volume) of soy or dairy yogurt equals one ounce of the Meat/Meat Alternate requirement.

Two tablespoons of nut butter, almond butter, cashew nut butter, peanut butter, reduced fat peanut butter, sesame seed butter, soy nut butter, or sunflower seed butter equals one ounce of the Meat/Meat Alternate requirement.

Nuts or seeds such as sunflower seeds, almonds, and hazelnuts may be used to meet no more than one-half of the Meat/Meat Alternate component with another Meat/Meat Alternate to meet the full requirement

Commercially prepared tofu must be 2.2 ounces (by weight) with 5 or more grams of protein to equal one ounce of the Meat/Meat Alternate requirement.

A ¼ cup of cooked beans equals one ounce of the Meat/Meat Alternate requirement. If with liquid, there should be more than ¼ cup of beans and liquid. The liquid does not count as beans.

Other meat alternates, such as cheese and eggs, may be used to meet all or part of the Meat/Meat Alternates component in accordance with FNS guidance.

Adapted from: http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf and http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP20-2012os.pdf

Handout: Food-Based Menu Planning

Food-Based Menu Planning Fruit Component— Lunch Meal		
Grades K-5	Grades 6-8	Grades 9-12
2 ½ cups weekly ½ cup daily	2 ½ cups weekly ½ cup daily	5 cups weekly 1 cup daily

Pasteurized, 100% full-strength fruit juice may also be offered. No more than half of the weekly fruit offering may be in the form of juice.

Minimum creditable serving of fruit is ⅛ cup.
These are minimums and have no upper limit except for juice considerations.

Dried fruit credits at twice the volume served (i.e. one quarter-cup of dried fruit counts as ½ cup of fruit).

Reimbursable meals may no longer include snack-type fruit products that have been previously credited by calculating the whole-fruit equivalency of the processed fruit in the product using the FDA's standards of identity for canned fruit nectars (21 CFR 146.113). (Examples of these products include fruit drops, leathers, and strips.)

All frozen fruit served in NSLP contains no added sugar beginning SY 2013-2014. Note there is a one year exemption to this requirement.

Adapted from: http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf and http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP20-2012os.pdf

Handout: Food-Based Menu Planning

Food-Based Menu Planning Vegetable Component— Lunch Meal			
	Grades K-5	Grades 6-8	Grades 9-12
	3 ¾ cups weekly ¾ cup per day	3 ¾ cups weekly ¾ cup per day	5 cups weekly 1 cup per day
Vegetable Sub Groups — Weekly Requirements			
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 ½ cup

Larger amounts of dark green, red/orange, beans/peas (legumes), starchy and other vegetables may be served.

Raw, dark leafy greens are credited as half the volume served (1 cup raw equals ½ cup serving of dark green vegetables).

"Other vegetables" are defined in §210.10(c)(2)(iii)(E) for the purposes of the NSLP. "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement (additional vegetables).

Adapted from: http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf and http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP20-2012os.pdf

Handout: Food-Based Menu Planning

Food-Based Menu Planning Grain Component— Lunch Meal		
Grades K-5	Grades 6-8	Grades 9-12
8-9 oz eq weekly 1 per day (minimum)	8-10 oz eq weekly 1 per day (minimum)	10-12 oz eq weekly 2 per day (minimum)
At least half of the grains offered at lunch must be whole-grain rich during School Year 2012-2013 and 2013- 2014. . During SY 2012-13 and SY 2013-14 only, up to half of the required grains offered may be refined-grain foods that are enriched . Beginning SY 2014, all grains served must meet whole grain-rich criteria. The new meal pattern provides a minimum and maximum number of oz eq to meet the weekly grains requirement by age group. Exhibit A of *The USDA Food Buying Guide for Child Nutrition Programs* will be updated to include revised serving size criteria for Grains. Refer to USDA FNS policy memo: Grain Requirements for the National School Lunch Program and School Breakfast Program (SP30-2012, released April 26, 2012) at http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP30-2012os.pdf		

Food-Based Menu Planning Milk Component— Lunch Meal		
Grades K-5	Grades 6-8	Grades 9-12
5 cups weekly 1 cup daily	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily
Fluid milk must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored). Lactose-free milk is an acceptable alternative. It must be low-fat (1 % milk fat or less, unflavored) or fat-free (unflavored or flavored).		

Adapted from: http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf and http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP20-2012os.pdf

Handout: Qualifying Beans/Peas (Legumes)

Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or Meat/Meat Alternate component, but not as both components simultaneously. The term "dry beans and peas" refers to the harvesting process of allowing the bean or pea to "mature" or "dry" on the plant before harvesting; it does not refer to the "as-purchased" form of the bean. Many canned or frozen beans or peas are actually dry beans and peas that have been cooked and canned or frozen and are therefore acceptable for meeting criteria. For additional information see the USDA Food Buying Guide Calculator at: http://fbg.nfsmi.org/

Bean Products, dehydrated, Refried Beans
Bean products, dry beans, canned, beans baked or in sauce with pork
Bean Products, dry beans, canned, beans with bacon in sauce
Bean Products, dry beans, canned, beans with frankfurters in sauce
Bean Products, dry beans, canned; Beans, Baked or in sauce, Vegetarian, includes USDA Foods
Bean Products, dry beans, canned; Refried Beans, includes USDA Foods
Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)
Bean soup, dry beans, canned, ready-to-serve
Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods
Beans, black, (Turtle beans), dry, whole
Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods
Beans, black-eyed (or Peas), dry, whole, includes USDA Foods
Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods
Beans, garbanzo or chickpeas, dry, whole
Beans, Great Northern, dry, canned, whole, includes USDA Foods
Beans, Great Northern, dry, whole, includes USDA Foods
Beans, Kidney, dry, canned, whole, includes USDA Foods
Beans, Kidney, dry, whole, includes USDA Foods
Beans, Lima, dry Baby, whole, includes USDA Foods
Beans, Lima, dry, canned, Green, whole, includes USDA Foods
Beans, Lima, dry, Fordhook, whole
Beans, Mung, dry, whole
Beans, Navy or Pea, dry, whole, includes USDA Foods
Beans, Pink, dry, canned, whole, includes USDA Foods
Beans, Pink, dry, whole, includes USDA Foods
Beans, Pinto, dehydrated
Beans, Pinto, dry, canned, whole, includes USDA Foods
Beans, Pinto, dry, whole, includes USDA Foods
Beans, Red, Small, dry, canned, whole, includes USDA Foods
Beans, Red, Small, dry, whole, includes USDA Foods
Beans, Soy, dry, canned, shelled
Beans, Soy, dry, shelled
Lentils, dry
Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup
Pea soup, dry peas, canned, ready-to-serve
Peas, dry, split
Peas, dry, whole

10 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Vegetable Subgroups

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Acorn Squash					
Artichokes					
Asparagus					
Avocado					
Bean Sprouts					
Beets					
Black Beans					
Black-eyed Peas, mature, dry					
Bok Choy					
Broccoli					
Brussels Sprouts					
Butternut Squash					
Cabbage					
Carrots					
Cassava					
Cauliflower					
Celery					
Collard Greens					
Corn					
Cucumbers					
Dark Green Leafy Lettuce					
Edamame					
Eggplant					
Fresh cowpeas, field peas, or black-eyed peas(not dry)					

Handout: Vegetable Subgroups

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Garbanzo Beans (chickpeas)					
Green Bananas					
Green Beans					
Green Lima Beans					
Green Peas					
Green Peppers (bell peppers)					
Hubbard squash					
Iceberg (head) Lettuce					
Kale					
Kidney Beans					
Lentils					
Mesclun (assorted baby salad greens)					
Mushrooms					
Mustard Greens					
Navy Beans					
Okra					
Onions					
Parsnips					
Pinto Beans					
Plantains					

Handout: Vegetable Subgroups

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Pumpkin					
Red Peppers					
Romaine Lettuce					
Soybeans , dry, mature					
Spinach					
Split Peas					
Sweet Potatoes					
Taro					
Tomatoes					
Tomato Juice					
Turnips					
Turnips Greens					
Water Chestnuts					
Wax Beans					
White Beans					
White Potatoes					
Watercress					
Zucchini					

14 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Vegetable Subgroups—Answers

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Acorn Squash		X			
Artichokes					X
Asparagus					X
Avocado					X
Bean Sprouts					X
Beets					X
Black Beans			X		
Black-eyed peas, mature, dry)			X		
Bok Choy	X				
Broccoli	X				
Brussels Sprouts					X
Butternut Squash		X			
Cabbage					X
Carrot		X			
Cassava				X	
Cauliflower					X
Celery					X
Collard Greens	X				
Corn				X	
Cucumbers					X
Dark Green Leafy Lettuce	X				
Edamame				X	
Eggplant					X
Fresh cowpeas, field peas, or black-eyed peas (not dry)				X	

Handout: Vegetable Subgroups—Answers

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Garbanzo Beans (chickpeas)			X		
Green Bananas				X	
Green Beans					X
Green Lima Beans				X	
Green Peas				X	
Green Peppers (bell peppers)					X
Hubbard squash		X			
Iceberg (head) Lettuce					X
Kale	X				
Kidney Beans			X		
Lentils			X		
Mesclun (assorted baby salad greens)	X				
Mushrooms					X
Mustard Greens	X				
Navy Beans			X		
Okra					X
Onions					X
Parsnips				X	
Pinto Beans			X		
Plantains				X	

Handout: Vegetable Subgroups—Answers

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

Vegetable	Dark Green	Red/Orange	Beans/ Peas (Legumes)	Starchy	Other
Pumpkin		X			
Red Peppers		X			
Romaine Lettuce	X				
Soybeans , dry, mature			X		
Spinach	X				
Split Peas			X		
Sweet Potatoes		X			
Taro				X	
Tomatoes		X			
Tomato Juice		X			
Turnips					X
Turnips Greens	X				
Watercress	X				
Water Chestnuts				X	
Wax Beans					X
White Beans			X		
White Potatoes				X	
Zucchini					X

18 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Vegetables in Subgroups

Dark Green Vegetables Bok Choy Broccoli Collard Greens Dark Green Leafy Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Turnip Greens Watercress	**Starchy Vegetables** Cassava Corn Fresh Cowpeas, Field Peas, or Black-eyed Peas (not dry) Green Bananas Green Peas Green Lima Beans Edamame Parsnips Plantains Taro Water Chestnuts White Potatoes
Red/ Orange Vegetables Acorn Squash Butternut Squash Carrots Hubbard Squash Pumpkin Red Peppers Sweet Potatoes Tomatoes Tomato Juice	**Other Vegetables** Artichokes Asparagus Avocado Bean Sprouts Beets Brussels Sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg (head) Lettuce Mushrooms Okra Onions Turnips Wax Beans Zucchini
Beans/ Peas (Legumes) Black Beans Black-eyed Peas (mature, dry) Garbanzo Beans, Chickpeas Kidney Beans Lentils Navy Beans Pinto Beans Soy Beans Split Peas White Beans	

20 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Whole Grain-Rich Foods

Whole Grain-Rich Foods
• The word *whole* listed before a grain, for example, *whole* corn. • The words *berries* and *groats* are also used to designate whole grains, for example, wheat berries or oat groats. • Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal.)
• Amaranth • Cracked wheat • Crushed wheat • Whole-wheat flour • Graham flour • Entire-wheat flour • Bromated whole-wheat flour • Millet flakes • Whole durum wheat flour
• Brown rice, wild rice, cracked wheat
• Bulgur or barley, whole specialty grains
• Whole-grain spaghetti, vermicelli, or noodles
• Soba noodles (with whole buckwheat flour as primary ingredient

Handout: Whole Grain-Rich Foods

Grain Products (Ingredients) that Are Not Whole Grains	
Long-grain white rice	Instantized flour
Flour	Phosphated flour
Enriched flour	Self-rising flour
White flour	Enriched self-rising flour
Wheat flour	Bread flour
All-purpose flour	Cake flour
Unbleached flour	Hominy grits
Pearled (also called pearl) barley	Hominy
Farina	Durum flour
Enriched rice	Rice flour
Degerminated corn meal	

Handout: Identifying Whole Grains

Directions: Identify which of these grains are whole grains. Place a mark in the "Yes, It is a Whole Grain" or "No, It is not a Whole Grain" column. Justify your answer by writing a brief comment next to your answer.

Grains	Yes, It is a Whole Grain	No, It is not a Whole Grain
Amaranth		
Bulgur (cracked wheat)		
Buckwheat groats		
Brown rice		
Couscous		
Degerminated cornmeal		
Graham flour		
Grits		
Instant oatmeal		
Long-grain white rice		
Millet flakes		
Pearled (also called pearl) barley		
Rolled oats		
Semolina		
Wheat flour		
Rye berries		
Whole-grain barley		
Whole wheat flour		
White whole wheat flour		

24 June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Identifying Whole Grains—Answers

Directions: Identify which of these grains are whole grains. Place a mark in the "Yes, It is a Whole Grain" or "No, It is not a Whole Grain" column. Justify your answer by writing a brief comment next to your answer.

Grains	Yes, It is a Whole Grain	No, It is not a Whole Grain
Amaranth	Yes, amaranth is a whole grain.	
Bulgur (cracked wheat)	Yes, bulgur (cracked wheat) is a whole grain.	
Buckwheat groats	Yes, buckwheat groats are whole grain. They are usually cooked in a manner similar to cooking rice.	
Brown rice	Yes, brown rice is whole grain. In some areas of the country, brown rice should be refrigerated to retard spoilage.	
Couscous		No, couscous is not whole grain unless it is "whole wheat couscous."
Degerminated cornmeal		No, only whole cornmeal or whole-grain cornmeal is whole grain. "Degerminated" means that the germ has been removed. Removing the germ from whole cornmeal results in a longer shelf life.
Graham flour	Yes, graham flour is whole grain. Graham flour is whole wheat flour that is slightly coarser than the regular whole wheat flour.	

Handout: Identifying Whole Grains—Answers

Directions: Identify which of these grains are whole grains. Place a mark in the "Yes, It is a Whole Grain" or "No, It is not a Whole Grain" column. Justify your answer by writing a brief comment next to your answer.

Grains	**Yes, It is a Whole Grain**	**No, It is not a Whole Grain**
Grits		No, grits are not whole grain unless they are made from whole-grain corn. Specialty mills may produce whole-grain grits, but grits commonly available on the market are made by drying and grinding corn kernels from which the hull and germ have been removed.
Instant oatmeal	Yes, whole oats (old fashioned, quick, and instant) are whole grain. However, instant oatmeal is not encouraged because it is highly processed.	
Long-grain white rice		No, white rice is not whole grain. White rice is produced by refining whole-grain rice to remove the germ and bran.
Millet flakes	Yes, millet flakes is a whole grain.	
Pearled (also called pearl) barley		No, pearled barley is not whole grain. "Pearled" indicates that the bran has been removed.

Handout: Identifying Whole Grains—Answers

Directions: Identify which of these grains are whole grains. Place a mark in the "Yes, It is a Whole Grain" or "No, It is not a Whole Grain" column. Justify your answer by writing a brief comment next to your answer.

Grains	**Yes, It is a Whole Grain**	**No, It is not a Whole Grain**
Rolled oats	Yes, rolled oats are whole grain. Rolled oats are made by hulling and cleaning whole oats, then steaming and flattening them. Rolled oats are also called old fashioned oats.	
Semolina		No, semolina is not whole grain. Semolina is durum wheat that is ground more coarsely than regular wheat flours.
Wheat flour		No, wheat flour is not whole grain. It is produced by refining whole wheat to remove the germ and bran.
Rye berries	Yes, rye berries are whole grain. Various grains with "berries" listed after the grain (wheat, oat, rye, etc.) are whole grains.	
Wholegrain barley	Yes, whole grain barley is whole grain.	
Whole wheat Flour	Yes, whole wheat flour is a whole grain.	

Handout: Identifying Whole Grains —Answers

Directions: Identify which of these grains are whole grains. Place a mark in the "Yes, It is a Whole Grain" or "No, It is not a Whole Grain" column. Justify your answer by writing a brief comment next to your answer.

Grains	**Yes, It is a Whole Grain**	**No, It is not a Whole Grain**
White whole wheat flour	Yes, white whole wheat flour is whole grain. The current wheat market in the U.S. includes red wheat and a small amount of white wheat. The brown color commonly associated with whole wheat products results from the darker bran color of red wheat. White whole wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read the ingredient statement carefully on products labeled as "white wheat," as some of these products may not contain any white *whole* wheat flour.	

Handout: Evaluating Whole Grain-Rich Foods Products

Product	Product Serving Size	Primary or First Ingredient	Whole Grain Ingredient	Whole Grain(s) Primary Ingredient by Weights Yes, No, Possibly	Product is Creditable? Yes, No, Possibly	Product Requires Manufacturer Documentation Yes or No
1. Whole Wheat Bread						
2. Seven Grain Bread						
3. Bread Dough Sticks						

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Evaluating Whole Grain-Rich Foods Products

Product	Product Serving Size	Primary or First Ingredient	Whole Grain Ingredient	Whole Grain(s) Primary Ingredient by Weights Yes, No, Possibly	Product is Creditable? Yes, No, Possibly	Product Requires Manufacturer Documentation Yes or No
4. Pizza with Whole Grain Crust						
5. Whole Grain Pasta						
6. Wedge Cheese Pizza with Whole Wheat Crust						

Handout: Product Label

1. Whole Wheat Bread

Diets rich in whole-grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.
Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

Nutrition Facts
Serving Size: 1 slice (28 g)

Calories 69
Protein (g) 4
Carbohydrate (g) 12
Dietary Fiber (g) 2
Sugars (g) 2
Total Fat (g) 1
Saturated Fat (g) 0
Trans Fat (g) 0
Cholesterol (mg) 0
Sodium (mg) 132
Vitamin A 0%
Vitamin C 0%
Iron 4%
Calcium 3%

Ingredients: Whole wheat flour, water, corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: honey, partially hydrogenated soybean oil, salt, dough conditioners (may contain one or more of each of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate), whey, yeast nutrients (mono-calcium phosphate, calcium sulfate, ammonium sulfate), distilled vinegar, cornstarch.

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Product Label

2. Seven Grain Bread

Made with whole grains 8.5 g whole grains per serving
No trans fat
Seven wholesome grains with a touch of molasses

Nutrition Facts
Serving Size: 1 slice (41 g)

Calories 109
Protein (g) 5
Carbohydrate (g) 20
Dietary Fiber (g) 2
Sugars (g) 3
Total Fat (g) 2
Saturated Fat (g) 0
Trans Fat (g) 0
Cholesterol (mg) 0
Sodium (mg) 172
Vitamin A 0%
Vitamin C 0%
Iron 6%
Calcium 4%

Ingredients: Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole wheat flour, high fructose corn syrup, cracked wheat, molasses, raisin juice concentrate, soybean oil, yeast, whole-grain barley, salt, nonfat milk, whole rye flour, wheat gluten, whole-grain triticale, whole-grain millet, oats, ground corn, monoglycerides, soybeans, brown rice, grain vinegar, calcium sulfate, flaxseed, ascorbic acid (dough conditioner), soy lecithin.

Handout: Product Label

3. Wheat Bread Dough Sticks

Nutrition Facts
Serving Size: 1 breadstick (1 oz/29 g)

Calories 70
Protein (g) 3
Carbohydrate (g) 13
Dietary Fiber 2
Sugars (g) 1
Total Fat (g) 1
Saturated Fat (g) 0
Trans *Fat (g)* 0
Polyunsaturated Fat (g) 1
Monounsaturated Fat 0.5
Cholesterol (mg) 10
Sodium (mg) 170
Vitamin A 0%
Vitamin C 0%
Iron 25%
Calcium 2%

Ingredients: Water, white whole wheat flour, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of sugar, yeast, high heat milk solids (milk protein concentrate, lactose), cream, salt, egg, less than 2% sodium silico-aluminate added as an anti-caking agent, vital wheat gluten, datem, dextrose, soybean oil, ascorbic acid, enzyme, natural & artificial flavor, xanthan gum, propylene glycol, less than .1% soldium benzoate added to protect flavor, alcohol, less than .1% turmeric, less than .1% beta carotene, tocopherols (a natural source of vitamin E used to protect freshness), sodium steroyl, lactylate, contains: wheat, milk, egg, may contain soy.

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Product Label

4. Pizza with Whole Grain Crust

1 slice: 4.8 oz.
Note: This product did not have the weight in grams; 28.3 grams = 1 oz: (136 g)

Nutrition Facts
Serving Size: 4.8 oz

Calories 280
Calories from Fat 80
Protein 18 g
Total Carbohydrate 31 g
Dietary Fiber 3 g
Sugars 3 g
Total Fat 9 g
Saturated Fat 4 g
Trans Fat 0 g
Cholesterol 25 mg
Sodium 600 mg
Vitamin A 8%
Vitamin C 0%
Iron 1.8%
Calcium 20%

Ingredients: Toppings: Low moisture part-skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), reduced fat mozzarella pasteurized part skim milk, non-fat milk, modified food starch, cheese culture, potassium chloride, natural flavors, Vitamin A palmitate, enzymes; Crust: White whole wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate; riboflavin, folic acid, malted barley flour, ascorbic acid), water, contains 2% or less of: yeast, soybean oil, sugar, dough conditioner (vegetable gum L-cysteine, enzymes), calcium propionate to maintain freshness; Sauce: Tomatoes (water, tomato paste [not less than 31% soluble solids]), modified food starch, sugar, dextrose, spices, salt, onion, dehydrated Romano cheese (sheep's and cow's milk, cheese cultures, salt, enzymes), garlic powder, paprika, citric acid, beet powder (dehydrated). Contains milk and wheat.

Handout: Product Label

5. Whole Grain Pasta

Excellent source of fiber
While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce risk of this disease.
Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2. Low in fat No sodium

Nutrition Facts
Serving Size: 2 oz (dry)

Calories 180
Protein (g) 6
Carbohydrate (g) 42
Dietary Fiber (g) 6
Sugars (g) 1
Total Fat (g) 1
Saturated Fat (g) 0
Trans
Fat (g) 0
Cholesterol (mg) 0
Sodium (mg) 0
Iron 10%
Thiamin 35%
Riboflavin 15%
Niacin 20%
Folate 30%
Not a significant source of vitamin A, vitamin C, and calcium.

Ingredients: Semolina, whole wheat flour, soybean oil, wheat fiber, salt, monoglycerides.

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Product Label

6. Wedge Cheese Pizza with Whole Wheat Crust

CN

xxxxxxx

CN One 5.0 oz. Wedge Cheese Pizza with Whole Wheat Crust provides 2.0 oz equivalent meat alternate, 1/8 cup red/orange Vegetable, and 2 oz serving for Grains for the Child Nutrition Meal Pattern Requirements. (Use of the logo and statement authorized by the Food and Nutrition Service, USDA x-xx) CN CN

CN

Nutrition Facts
Serving Size: 1 slice, 5 oz (142 g)

Calories 320
Protein (g) 21
Carbohydrate (g) 30
Dietary Fiber (g) 2
Sugars (g) 6
Total Fat (g) 12
Saturated Fat (g) 7
Trans *Fat (g)* 0
Cholesterol (mg) 30
Sodium (mg) 550
Vitamin A 8%
Vitamin C 10%
Iron 10%
Calcium 10%

Igredients: CHEESE: Low Moisture-Part Skim Mozzarella Cheese (cultured pasteurized part skim milk, salt, enzymes). CRUST: Water, Whole Wheat Flour, Enriched flour (Wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), sugar, palm oil with lecithin, soybean oil, yeast, salt, sodium bicarbonate, sodium aluminum phosphate, dough conditioners (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes, L-cysteine). SAUCE: Tomatoes (water, tomato paste [not less than 31% soluble solids}), contains 1% or less of onion, salt, spices, garlic powder, soybean oil, xantham gum

Handout: Evaluating Whole Grain-Rich Foods Products Answers

Product	Product Serving Size	Primary or First Ingredient	Whole Grain Ingredient	Whole Grain(s) Primary Ingredient by Weights Yes, No, Possibly	Product is Creditable? Yes, No, Possibly	Product Requires Manufacturer Documentation Yes or No
1. Whole Wheat Bread	28 g	Whole Wheat Flour	Whole Wheat Flour	Yes Weight of Whole Wheat Flour exceeds other ingredients.	Yes	No Maintain copy of label on file for documentation.
2. Seven Grain Bread	41 g	Enriched Wheat Flour	Whole Wheat Flour, Cracked with Whole Barley	Possibly Although product states only 8.5gm whole grain per 41gm product, does not meet the 8gm or more per 28gm criteria.	Possibly	Yes Need additional whole grain information to ensure corn/oats is whole or enriched. Also need to document the weight of the whole grain being the greatest weight of all other ingredients with the exception to water.
3. Bread Dough Sticks	29 g	Water	White Whole Wheat Flour	Yes Weight of Whole Wheat Flour exceeds other ingredients.	Yes	No

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Evaluating Whole Grain-Rich Foods Products
Answers

Product	Product Serving Size	Primary or First Ingredient	Whole Grain Ingredient	Whole Grain(s) Primary Ingredient by Weights Yes, No, Possibly	Product is Creditable? Yes, No, Possibly	Product Requires Manufacturer Documentation Yes or No
4. Pizza with Whole Grain Crust	Do not know Weight of crust	White Whole Wheat Flour	White Whole Wheat Flour	Yes Weight of Whole Wheat Flour exceeds other ingredients.	Possibly	Yes, Need to document serving size of crust. Need to document the weight of the whole grain being the greatest weight of all other ingredients with the exception to water.
5. Whole Grain Pasta	2 oz dry	Semolina	Whole Wheat Flour	No	No Semolina is not enriched or whole grain and exceeds whole wheat flour. The product also contains wheat flour that is not enriched or whole.	No This product is not creditable.
6. Wedge Cheese Pizza with Whole Wheat Crust	2 G CN Label	Water	Whole Wheat Flour	Yes Weight of Whole Wheat Flour exceeds other ingredients.	Yes	No Maintain copy of the label on file for documentation.

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Offer Versus Serve Reimbursable Meal

Directions: Using the sample menu, determine if the student selection meets the requirements for a reimbursable meal. If it is a reimbursable meal, provide justification. If it is not a reimbursable meal, note the necessary improvements in the selection modification column. Assume the school offers all meal components and age-appropriate portion sizes.		
Student Selection	**Reimbursable**	**Not Reimbursable**
Monday Chicken Burger Whole-Grain Bun		
Monday Grilled Cheese Sandwich on Whole-Grain Bread Fat-Free Chocolate Milk		
Tuesday Italian Peas Whole-Grain Noodles Orange		
Wednesday Beef Burrito on Tortilla		
Wednesday Chicken Fajita Whole-Grain Pita Fat-Free Milk		
Thursday Ginger Chicken with Citrus Glaze Fresh Apple Slices Cole Slaw Whole-Grain Rice Fat-Free Milk		
Thursday Whole-Grain Roll Fat-Free Chocolate Milk		
Friday Kiwi Carrots Whole-Grain Roll Bread		

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Offer Versus Serve Reimbursable Meal —Answers

Directions: Using the sample menu, determine if the student selection meets the requirements for a reimbursable meal. If it is a reimbursable meal, provide justification. If it is not a reimbursable meal, note the necessary improvements in the selection modification column. Assume the school offers all meal components and age-appropriate portion sizes.

Student Selection	Reimbursable	Not Reimbursable
Monday Chicken Burger Whole-Grain Bun		**No** Only two components No Fruit or Vegetable component
Monday Grilled Cheese Sandwich on Whole-Grain Bread Fat-Free Chocolate Milk		**No** No Fruit or Vegetable component
Tuesday Italian Peas Whole-Grain Noodles Orange	**Yes** Three components are selected and one of the items is a Fruit or Vegetable. If Fruit and Vegetable are two of the three components, one of those must be a full serving. Cannot take less (1/2 cup) of both Fruit and Vegetable if only three components are on the tray.	
Wednesday Beef Burrito on Tortilla		**No** Only two components No Fruit or Vegetable component
Wednesday Chicken Fajita Whole-Grain Pita Fat-Free Milk		**No** No Fruit or Vegetable component
Thursday Ginger Chicken with Citrus Glaze Fresh Apple Slices Cole Slaw Whole-Grain Rice Fat-Free Milk	**Yes** All meal components have been selected	
Thursday Whole-Grain Roll Fat-Free Chocolate Milk		**No** Only two meal components No Fruit or Vegetable component
Friday Kiwi Carrots Whole Grain Roll	**Yes** Three components are selected and one of the items is a Fruit or Vegetable. If Fruit and Vegetable are two of the three components, one of those must be a full serving. Cannot take less (1/2 cup) of both Fruit and Vegetable if only three components are on the tray.	

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Food-Based Menu Template					
Lunch Requirements	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Meat/Meat Alternate ---------- Weekly oz eq ---------- Daily oz eq					
Vegetables ---------- Weekly cups ---------- Daily cups					
Dark Green					
Red/Orange					
Bean/ Peas (Legumes)					
Starchy					
Other					
Additional Vegetables					

Handout: Food-Based Menu Template

Lunch Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits ---------- Weekly requirements ---------- Daily Requirements					
Grains ---------- Weekly oz eq ---------- Daily oz eq					
Other					
Milk: Fat-Free fluid milk, flavored or unflavored 8 oz each day					

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Food-Based Menu Planning Worksheet

Directions: Using the Menu Template determine the number of servings for each meal component.

Component	Food Item	Serving Size	Total Servings
Meat/Meat Alternate ounce equivalent weekly ounce equivalent daily	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	_____ _____ _____ _____ _____
Fruits weekly daily	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	_____ _____ _____ _____ _____

Published June 26, 2012. Please refer to USDA memos for the most up-to-date information.

Handout: Food-Based Menu Planning Worksheet

Directions: Using the Menu Template determine the number of servings for each meal component.

Component	Food Item	Serving Size	Total Servings
Vegetables weekly daily	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Dark Green ____ Red/Orange ____ Bean, Peas, Legumes ____ Starchy _____ Other Vegetables _____
Grains weekly daily	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	_____ _____ _____ _____ _____
Other			
Milk: 5 weekly 1 cup daily	Fat-Free fat milk, unflavored or Fat-Free chocolate	All days 8 ounces	

Handout: Unit Price Meals Suggestions

As of July 1, 2012, Schools must identify, near or at the beginning of the serving line(s), the food items that constitute the unit priced reimbursable school meal(s). What are some ways to implement this requirement?

Directions: In small groups, share some ideas of how you might identify reimbursable meal components to students as they make their selections.

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

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Item number 111-12

June 26, 2012. Please refer to USDA memos for the most up-to-date information.

<u>Short and Long Week Calculations</u> *(rounded to nearest 0.5 oz eq and 0.25 cup)*

(Applies to schools who **regularly** *operate on a shorter or longer weekly cycle)*

- Since the dietary specifications are based on a average daily amounts, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)
- Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the "Additional Vegetable" category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement.

Three Day School Week Meal Component Adjustments

3-day School Week- Breakfast	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)
Grains (oz eq)	4-6 (1)	5-6 (1)	5.5-6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

3-day School Week- Lunch	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	3 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.25	0.25	0.5
Additional Veg to Reach Total	0	0	0
Grains (oz eq)	5- 5.5 (1)	5-6 (1)	6-7 (2)
Meats/Meat Alts (oz eq)	5-6 (1)	5.5-6 (1)	6-7 (2)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Four Day School Week Meal Component Adjustments

4-day School Week- Breakfast	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	4 (1)	4 (1)	4 (1)
Grains (oz eq)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

4-day School Week- Lunch	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	4 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	0.25	0.25	0.5
Grains (oz eq)	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
Meats/Meat Alts (oz eq)	6.5-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

Six Day School Week Meal Component Adjustments

6-day School Week- Breakfast	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	6 (1)	6 (1)	6 (1)
Grains (oz eq)	8.5-12 (1)	9.5-12 (1)	11-12 (1)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

6-day School Week- Lunch	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	6 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	1.75	1.75	2.5
Grains (oz eq)	9.5-11 (1)	9.5-12 (1)	12-14.5 (2)
Meats/Meat Alts (oz eq)	9.5-12 (1)	11-12 (1)	12-14.5 (2)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	10-14 (1)	11-14 (1)	12.5-14(1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

7-day School Week- Lunch	**Grades K-5** Weekly (daily)	**Grades 6-8** Weekly (daily)	**Grades 9-12** Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: April 14, 2011

MEMO CODE: SP_29 - 2011

SUBJECT: Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modifies requirements for fluid milk in the National School Lunch Program and School Breakfast Program. The purpose of this memorandum is to provide guidance on the implementation of these modifications.

Section 202 of the Act amends section 9(a)(2)(A) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(a)(2)(A)) by requiring that a variety of fluid milk be served consistent with the most recent Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that persons over two years of age consume fat-free or low-fat (1%) fluid milk. To offer milk variety consistent with this recommendation, school food authorities must offer at least two choices from the following: fat-free milk, low-fat (1%) milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose-free milk, fat-free or low-fat buttermilk, and fat-free or low-fat acidified milk. Such products must be pasteurized fluid milk that meets State and local standards, as currently required in 7 CFR 210.10(m)(1)(ii).

The proposed rule, *Nutrition Standards in the National School Lunch and School Breakfast Programs*, published in the Federal Register on January 13, 2011, includes a similar provision that addresses the allowable fat content of milk and also addresses flavored milk. Until an implementing rule goes into effect, plain or flavored low-fat and fat-free milk may be offered to meet the variety requirements described above.

We understand that many contracts are in place and would need to be altered to comply with this requirement. School food authorities should work to comply with this requirement as soon as possible, but not later than the beginning of School Year 2011-2012.

State agencies should direct any questions concerning this guidance to the appropriate FNS Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long
Director
Child Nutrition Division

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: July 12, 2011

MEMO CODE: SP 28- 2011 - Revised

SUBJECT: Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

This memorandum provides questions and answers to update the Child Nutrition Reauthorization 2010 implementation memorandum SP 28-2011, Water Availability During National School Lunch Program Meal Service. The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, establishes a requirement for making water available to children in the National School Lunch Program (NSLP). The purpose of this memorandum is to provide guidance on the implementation of this provision.

Section 203 of the Act amends section 9(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. (1758(a)) by requiring that schools participating in the NSLP make potable water available to children at no charge in the place where lunch meals are served during the meal service. There are a variety of ways that schools can implement this requirement. For example, schools can offer water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Whatever solution is chosen, the water must be available without restriction in the location where meals are served. Schools should be working toward developing a reasonable method to implement this requirement.

While potable water is required to be made available to students, it is not considered part of the reimbursable meal and students are not required to take water. There is no separate funding available for this provision and reimbursement may not be claimed. However, reasonable costs associated with providing potable water would be an allowable cost to the non-profit food service account.

We understand that some food service areas and/or procedures may require significant changes to properly incorporate this provision. We also recognize the range of complexities that may be involved in a school's ability to implement this provision. Therefore, we encourage schools to comply with this requirement as soon as possible, but not later than the beginning of School Year 2011-12.

The Food and Nutrition Service (FNS) plans to issue a proposed rule regarding water availability in conjunction with the proposed nutrition standards for all foods sold in schools. FNS has issued separate guidance to implement a similar provision in the Child and Adult Care Food Program (CACFP 20-211, 5/11/2011).

State agencies should direct any questions concerning this guidance to the appropriate FNS Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Questions and Answers:

Location Requirement

1. **Q. The HHFKA requires potable water be "in the place where meals are served during meal service". Can you provide additional detail on what this means?**

   A. The location of the potable water must be in the foodservice area or immediately adjacent to the meal service area. For example, if a school has a water fountain that is immediately outside the door to the foodservice area (and accessible to all students during the lunch period) this could be considered sufficient. The water fountain must be operational and able to provide potable water to students in a reasonable time during their meal period.

2. **Q. If there is a water fountain in the food service area available to students during the meal period, would this meet the requirement?**

   A. Yes. This meets the requirement, as long as the students have sufficient time to use the water fountain during their meal period. It is important to consider the amount of time it takes students to obtain water, children should not have to wait in long lines.

3. **Q. We have two water fountains in the courtyard outside the cafeteria. Would this be acceptable?**

   A. Only if the water fountain is adjacent to the foodservice area and children are routinely allowed access to this area during the meal.

4. **Q. Is water required in each location if a school has multiple locations in which they are serving NSLP?**

   A. Yes. Water must be available in each of the meal service locations.

Reasonable Costs

1. **Q. What is considered "reasonable costs associated with providing water would be an allowable charge to the non-profit food service account?" For example, constructing fixed water fountains, major plumbing renovations, purchasing water dispensers, providing bottled water throughout the school, reverse osmosis machines?**

A. A reasonable cost associated with providing water, in its nature and amount, is a cost that does not exceed that which would be incurred by a prudent person under the circumstances prevailing at the time the decision was made to incur the cost. The cost must be the result of sound business practice and competitive prices. The cost must be reasonable, necessary, and allocable to the Federal school meal programs to be an allowable cost. In determining whether a cost is a reasonable and necessary cost associated with providing water, a school food authority (SFA) should ask the following questions:

- Would a prudent person find the cost to be reasonable?
- Is this cost at a fair rate or do alternatives exist that may be more cost effective?
- Is the cost a significant deviation from the established practices of the SFA which may unjustifiably increase costs borne by the nonprofit school food service account?
- Could the SFA defend this purchase to the State agency (SA)?

For example, the cost of providing pitchers or cups that would be filled with potable water from the faucet or providing them to students to fill with potable water from a faucet is a reasonable cost. Some schools may want to provide water bottles to students or other alternatives; however, the SFA would need to determine whether such an option would meet the requirements for cost allowability (i.e. necessary, reasonable, and allocable) and meet the specific needs of the SFA.
Additionally, a cost is generally not reasonable if it adds materially to the value of the school building and related facilities or appreciably prolongs its intended life, as those types of costs are capital expenditures and should be borne by the school district's general fund. While the cost associated with major plumbing would likely add to the permanent value of the school building and is typically a cost that should be borne by the school district's general fund, the addition of a water fountain to allow for compliance with the statutory potable water requirement makes the cost acceptable. Moreover, equipment to filter water (e.g., a reverse osmosis filter system) could be reasonable depending on the cost, the need for such equipment, and if the SFA can show:
(1) that it has sufficient funds;
(2) that the district truly is lacking in capital improvement funding; and
(3) that the expenditure is necessary to carry out the mission of the program.
(4) It is difficult to assess reasonableness without knowledge of the specific cost and an understanding of that cost. Many costs have to be analyzed on a case-to case basis in order to determine if the cost is truly reasonable; in such cases, the SFA should consult with its SA for guidance.

2. **Q. Is the cost of a five gallon dispenser an allowable cost?**

A. This *could* be an allowable cost assuming that an SFA has determined this method of providing water to be cost efficient and practical.

3. **Q. Can a SFA charge the student for the cups in order to access water?**

   A. No. Charging students for cups in order to access water would be considered restricting access to water.

Alternate Serving Areas:

1. **Q. Would SFAs have to make potable water available to students on field trips where reimbursable meals are served to students?**

   A. Field trips may be exempted from the water requirement; however, schools should make an effort to have water available for all school related functions including field trips.

2. **Q. What should an SFA do about meals that are served outside of the cafeteria, such as those served in a classroom, in-school suspension etc.?**

   A. Schools must make water available for these students.

Program Questions:

1. **Q. Is potable water required to be available during lunch at Seamless Summer sites?**

   A. Yes.

2. **Q. Does the water requirement apply to non-school summer feeding sites?**

   A. No, the water requirement only applies to seamless summer feeding sites at schools.

3. **Q. Is water required at breakfast?**

   A. This provision specifically applies to the National School Lunch Program; however schools are encouraged to provide water during all meal service.

4. **Q. Is potable water required to be available during afterschool snacks?**

   A. Yes. The Afterschool Snack Program falls under the jurisdiction of the National School Lunch Program.

Food Safety:

1. **Q. Water dispensers must be monitored and probably refilled and cleaned. Who will do that? If left unattended in kitchen or cafeteria, safety is a big concern.**

A. School food service staff would be responsible for maintaining all of their equipment which would include dispensers.

General Questions:

1. **Q. Can the water be served at room temperature? Does the water have to be ice water?**

   A. The water does not have to be served chilled, water can be served at room temperature. However, children may find water to be more palatable if served chilled.

2. **Q. How should water be provided to students under the American Disabilities Act (ADA)?**

   A. The school should continue to follow the procedures documented in the IEP or the medical referral form.

3. **Q. Can I flavor the water? For example, can I add fruit or vegetables for flavor?**

   A. No. The water must be served plain.

4. **Q. If a water fountain is used and children are required to "raise their hand" to get up and go to the fountain, would that be considered "unrestricted access"?**

   A. Yes, although not ideal, as long as this is used to provide order and the student is not denied the opportunity to obtain water, this would be considered unrestricted access. All children should be able to use the water fountain in a timeframe that still allows enough time for consumption of the meal.

5. **Q. Must cups be provided and is there a minimum required size for cups (if provided)?**

   A. The SFA must provide cups if providing water in a bulk container (other than a drinking fountain). The water should be provided in cups suitable for the age of the child.

6. **Q. Can SFAs require that children bring their own cups, bottles, drinking vessels?**

   A. The SFA must provide cups at no cost to the child. Children cannot be required to bring their own cups for water provided in a bulk container.

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: July 11, 2012

MEMO CODE: SP 36-2012, CACFP 17-2012, SFSP 13-2012

SUBJECT: Smoothies Offered in Child Nutrition Programs

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

This memorandum revises the Food and Nutrition Service (FNS) guidance on crediting of fruit smoothies in Child Nutrition (CN) Programs. The memorandum focuses on the service of smoothies in the school meals programs but is applicable across all CN Programs.

Previously, FNS has not permitted fruit smoothies to contribute toward the milk requirements at breakfast. This crediting policy has been based on the premise that service of recognizable forms of food supports the educational aspects of the meal programs and simplifies program operation. The *Dietary Guidelines for Americans* emphasize that the majority of the fruit recommended should come from whole fruits, including fresh, canned, frozen, and dried forms, rather than from juice. When juices are consumed, 100% juice should be encouraged. However, there has been increased usage and identification of smoothies as a recognizable food item and in many cases, a healthful food option, particularly at breakfast and other meals and snacks as well.

Therefore, the guidance below provides school food authorities (SFAs) and other program operators with clarification on how smoothies may be offered at any meal served under CN Programs.

1. Can smoothies be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?

Milk and fruit can be credited in smoothies prepared by program operators to meet meal pattern requirements for any meal served under CN Programs. Vegetables cannot be credited in a smoothie. Grains and meat/meat alternates (including yogurt) may not be credited when served as a beverage.

2. Can program operators blend smoothies before the point of sale such as in a satellite kitchen?

Yes. Blending after the point of sale is not a requirement; smoothies can be served directly from the service line.

3. Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter and yogurt to improve flavor and consistency even though these ingredients in smoothies do not contribute to meal pattern requirements?

Yes. However, even though these extra ingredients in smoothies don't contribute to meal pattern requirements, the grain and meat/meat alternate components added in smoothies must be counted in the weekly minimum and maximum range tabulation for schools when offered in amounts greater than or equal to 0.25 oz equivalents. Program operators need to be aware of how these extra ingredients may impact calories and saturated fat.

4. Do smoothies have to include the full milk and fruit component if served?

No. Smoothies do not have to contain the full 1 cup fluid milk and full fruit requirement. However, program operators must always make certain that all components are offered in the required quantities to meet meal pattern requirements.

5. What type of milk must be used when making smoothies?

The types of milk used in smoothies must be consistent with CN Program guidance for the types of fluid milk acceptable for the specific program and age group being served. For school meal programs and Child and Adult Care Food Program (CACFP) the types of milk include low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

6. How does pureed fruit credit toward the meal pattern requirement?

The volume of pureed fruit included in a beverage can be counted as juice toward the daily and weekly fruit requirements. Program operators must limit the amount of juice offered to children to half (50%) of the weekly fruit offerings in school meals and no more than half (50%) of the daily fruit/vegetable component at lunch in the CACFP. Pureed fruit included in a beverage may be counted as the entire daily fruit/vegetable component at breakfast in the CACFP. However, at snack, a smoothie is not creditable as juice and milk cannot be served at the same snack unless a third creditable component is served. Juice and pureed fruit in beverages must be included in this calculation.

Additionally, crediting of fruit is determined on a volume as served basis. The Food Buying Guide for Child Nutrition Programs currently has yield information for pureed blackberries, figs, guava, papaya, plums, and raspberries; we anticipate adding more fruits as we update the fruit section of the buying guide. Currently, for other fruits, program operators should determine crediting based on volume of fruit AFTER pureeing. For example, program operators may determine the volume of blueberry puree obtained from one cup of whole blueberries by separately pureeing the blueberries and recording the resulting amount of puree. For crediting of commercially prepared smoothies, see question 9.

Only pureed fruit in beverages count as juice towards meal pattern requirements.

7. When smoothies are offered during a meal, does additional fruit and milk need to be offered?

When smoothies are offered on the serving line in the school meal programs, the fluid milk component must also be offered on the serving line in the required quantity to meet the meal requirements. This is necessary in order to meet the requirement to offer a variety of milk options for the school meal programs. FNS also strongly encourages program operators to offer additional fruit options for children. This promotes variety and may assist in increasing offerings for Offer Versus Serve purposes and would allow a child that does not take a smoothie the option to select a fruit.

8. How do I identify the food components in the smoothie to students?

Consistent with the nutrition standards for school meal regulations, SFAs must identify the food components offered to students and smoothies are subject to this same requirement. Schools serving smoothies should inform students about the components by listing the smoothie as a fruit and milk smoothie, for example, on the serving line. SFAs should consult with State agencies if they have any questions regarding methods of identification that are appropriate and sufficient.

9. How do commercially prepared smoothies credit toward meal pattern requirements?

*Commercially prepared smoothies may only credit toward the fruit component. Prepackaged smoothies do not comply with the Food and Drug Administration (FDA) standard of identity for "milk," and **do not** meet the CN Program requirements for "fluid milk." When these products contain "milk," they may be labeled as "dairy beverage" or "dairy drink." Therefore, milk in a commercially prepared smoothie does not credit.*

Prepackaged smoothies do not have a Federal standard of identity, which means that product formulation and labeling can vary widely. Some frozen fruit products may be labeled as "fruit smoothie" even though they may actually meet the Federal standard of identity for Frozen Desserts that do not qualify for contributing to the reimbursable meal as fruit. Fruit purees made into a beverage may or may not have "smoothie" in the product name. However, the product label should include a statement regarding the "percent juice content" required by the FDA for beverages made with fruit puree. An eight fluid ounce smoothie beverage made from fruit puree with the juice content labeled as "contains 50% juice" would credit as 4.0 fluid ounces or ½ cup of juice for example. The volume of pureed fruit included in the commercially prepared beverage may be counted as juice toward the daily and weekly fruit requirement. Smoothies with less than 100% juice content are the only example of when less than 100% juice may be offered. When considering the use of commercially prepared smoothies, SFAs need to be aware of how non-fruit ingredients may impact calories and saturated fat, particularly in light of the non-contributing milk in these products.

10. Can smoothies contain nutritional supplements such as whey protein powder and herbal supplements such as Ginko biloba?

No. Smoothies with dietary and herbal supplements are not creditable for CN Programs. However, smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.

11. Are smoothies allowed at breakfast and lunch?

Smoothies may be offered at any meal. It is not recommended to offer a smoothie at both breakfast and lunch on the same day.

The FNS Instruction 783-7, Rev. 1: Milk Requirement - Child Nutrition Programs will be updated to be consistent with this guidance to allow smoothies prepared by program operators with milk at breakfast.

School food authorities and other program operators should direct any questions concerning this guidance to their State agency. State agencies with questions should contact the appropriate FNS Regional Office.

Original Signed

Cynthia Long
Director
Child Nutrition Division

K-5

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Savory Roast Pork (2 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)** Oven Baked Chicken Bites (5) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)**	Beefy Mac & Cheese **WG (3/4 cup)** with Whole Wheat Breadstick **WG (1)** Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick **WG (1)**	Meatloaf Cupcakes (2 oz) Mashed Potatoes **S (1/2 cup)** with Whole Wheat Roll **WG (1)** Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll **WG (1)**	Southwest Chicken Cobb Salad **G (1 cup)** (1 oz Chicken, 1 oz Cheese, 0.9 gm Torilla Strips) with Whole Wheat Crackers **WG (8 crackers)** Hamburger (2 oz) and Fixings on Whole Wheat Roll **WG X2 (1)** Sliced Fresh Tomatoes **R/O (1/4 cup)** and Lettuce Leaves (1/4 cup)	Slice of Hot Cheesy Pizza **WG (2)** Baked Lemon Pepper Tilapia (2 oz) with Pita Chips **WG (0.9 oz)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Succulent Sweet Potatoes **R/O (1/2 cup)** Seasoned Green Beans **O (1/2 cup)** Crisp Veggie Dippers **R/O (1/2 cup)** Oodles of Raisins (1.5 oz box) Fresh Banana (1 each)	Black-eyed Peas **B/P (1/2 cup)** Crazy Cherry Tomatoes **R/O (1/4 cup)** w/Dipping Sauce Steamed Fresh Squash **O (1/2 cup)** Tangy Tangerine (1 each) Chilled Cinnamon Pears (1/2 cup)	Baked Au Gratin Potatoes **S (1/2 cup)** Fresh Steamed Broccoli **G** & Cauliflower **O (1/2 cup)** Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing Red Delicious Apple (1 each) Chilled Peach Slices (1/2 cup)	Oven Baked Potato Sticks **S (1/2 cup)** Seasoned Great Northern Beans **B/P (1/2 cup)** Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing Fresh Bunch O' Grapes (1/2 cup) Chilled Pineapple Chunks in Light Syrup (1/2 cup)	California Blend Mixed Vegetables **G (1/2 cup)** Seasoned Green Peas **S (1/2 cup)** Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing Crisp Coleslaw **O (1/2 cup)** Fresh Melon Chunks (1/2 cup) Chilled Apricot Slices in Light Syrup (1/2 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**
Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below				
Whole Wheat Crackers **WG (8 crackers)** Goldfish Crackers **WG (21 gm pkg)**	Whole Wheat Crackers **WG (8 crackers)** Goldfish Crackers **WG (21 gm pkg)**	Whole Wheat Crackers **WG (8 crackers)**	Whole Wheat Crackers **WG (8 crackers)** Goldfish Crackers **WG (21 gm pkg)**	Whole Wheat Crackers **WG (8 crackers)**

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain **G = Green Vegetable** **R/O = Red/Orange Vegetable** **S = Starchy Vegetable** **B/P = Beans/Peas** **O = Other Vegetable**

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K-5

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Oven Baked Lasagna **WG (3/4 cup noodles;** 2 oz beef) with Whole Wheat Breadstick **WG (1)**	Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll **WG (1)**	Oodles of Spaghetti with Meat Sauce **WG (1 cup)** with Garlic Bread **WG (1 oz)**	Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick **WG (1)**	Slice of Hot Cheesy or Pepperoni Pizza **WG (2)**
Herb Baked Chicken (2 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Breadstick **WG (1)**	Savory Fish Filet (2 oz) with Whole Wheat Roll **WG (1)**	Homemade Tuna Salad (2 oz) on Flatbread (57 gm) **WG (2)**	Veggie Quesadilla (6 inch) **WG (1)** on Spanish Rice (1/2 cup)	Tasty Taco Salad (2 oz Beef) with Pita Chips **WG (0.9 oz)** Fresh Tomatoes **R/O (1/4 cup)** and Shredded Lettuce **G (1 cup)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Steamed Fresh Carrots **R/O (1/2 cup)**	Smashed Potatoes **S (1/2 cup)**	Seasoned Green Beans **O (1/2 cup)**	Oven Baked Sweet Potato Fries **R/O (1/2 cup)**	Seasoned Black Beans **B/P (1/2 cup)**
Crisp Veggie Dippers **O (1/2 cup)**	Seasoned Baked Beans **B/P (1/2 cup)**	Creamy Broccoli and Raisin Salad **G (1/2 cup)**	Fresh Spinach Salad **G (1/2 cup)**	California Blend Mixed Vegetables **G (1/2 cup)**
Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing	X-Ray Vision Baby Carrots **R/O (2 oz pkg)**	Chunks of Fresh Melon (1/2 cup)	Chilled Three Bean Salad **B/P (1/2 cup)**	Chilled Mandarin Orange Salad (1/2 cup)
Fresh Banana (1 each)	Fresh Fruit Boats (1/2 cup)		Hot Cinnamon Apples (1/2 cup)	Fresh Plum (1 each)
	Traveling Trail Mix (1/2 cup)		Tangy Tangerine (1 each)	Chilled Pineapple Chunks in Light Syrup (1/2 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**
Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below				
Whole Wheat Crackers **WG (8 crackers)**	Whole Wheat Crackers **WG (8 crackers)**	Whole Wheat Crackers **WG (8 crackers)**	Whole Wheat Crackers **WG (8 crackers)**	Whole Wheat Crackers **WG (8 crackers)**
Goldfish Crackers **WG (21 gm pkg)**		Goldfish Crackers **WG (21 gm pkg)**	Goldfish Crackers **WG (21 gm pkg)**	
Cup O' Pudding (1/2 cup)		Fruited Gelatin (1/2 cup)		

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain **G = Green Vegetable** **R/O = Red/Orange Vegetable** **S = Starchy Vegetable** **B/P = Beans/Peas** **O = Other Vegetable**

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6-8

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Savory Roast Pork (2 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)** Oven Baked Chicken Bites (5) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)**	Beefy Mac & Cheese **WG (3/4 cup)** with Whole Wheat Breadstick **WG (1)** Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick **WG (1)**	Meatloaf Cupcakes (2 oz) Mashed Potatoes (1/2 cup) with Whole Wheat Roll **WG (1)** Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll **WG (1)**	Southwest Chicken Cobb Salad **G (1 cup)** (1 oz Chicken; 1 oz Cheese; 0.9 gm Torilla Strips) with Whole Wheat Crackers **WG (8 crackers)** Hamburger (2 oz) and Fixings on Whole Wheat Roll **WG X2 (1)** Sliced Fresh Tomatoes **R/O (1/4 cup)** and Lettuce Leaves (1/4 cup)	Slice of Hot Cheesy Pizza **WG (2)** Baked Lemon Pepper Tilapia (2 oz) with Pita Chips **WG (0.9 oz)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Succulent Sweet Potatoes **R/O (1/2 cup)** Seasoned Green Beans **O (1/2 cup)** Crisp Veggie Dippers **R/O (1/2 cup)** Oodles of Raisins (1.5 oz box) Fresh Banana (1 each)	Black-eyed Peas **B/P (1/2 cup)** Crazy Cherry Tomatoes **R/O (1/4 cup)** w/Dipping Sauce Steamed Fresh Squash **O (1/2 cup)** Tangy Tangerine (1 each) Chilled Cinnamon Pears (1/2 cup)	Baked Au Gratin Potatoes **S (1/2 cup)** Fresh Steamed Broccoli **G** & Cauliflower **O (1/2 cup)** Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing Red Delicious Apple (1 each) Chilled Peach Slices (1/2 cup)	Oven Baked Potato Sticks **S (1/2 cup)** Seasoned Great Northern Beans **B/P (1/2 cup)** Fresh Romaine Garden Salad **G (1 cup)** with Dressing Fresh Bunch O' Grapes (1/2 cup) Chilled Pineapple Chunks in Light Syrup (1/2 cup)	California Blend Mixed Vegetables **G (1/2 cup)** Seasoned Green Peas **S (1/2 cup)** Fresh Romaine Garden Salad **G (1/2 cup)** with Dressing Fresh Melon Chunks (1/2 cup) Chilled Apricot Slices in Light Syrup (1/2 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**

Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain **G = Green Vegetable** **R/O = Red/Orange Vegetable** **S = Starchy Vegetable** **B/P = Beans/Peas** **O = Other Vegetable**

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6-8

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Oven Baked Lasagna **WG (3/4 cup noodles;** 2 oz beef) with Whole Wheat Breadstick **WG (1)**	Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll **WG (1)**	Oodles of Spaghetti with Meat Sauce **WG (1 cup)** with Garlic Bread **WG (1 oz)**	Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick **WG (1)**	Slice of Hot Cheesy or Pepperoni Pizza **WG (2)**
Herb Baked Chicken (2 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Breadstick **WG (1)**	Savory Fish Filet (2 oz) with Whole Wheat Roll **WG (1)**	Homemade Tuna Salad (1/2 cup) on Flatbread (57 gm) **WG (2)**	Veggie Quesadilla (6-inch) **WG (1)** with Spanish Rice (1/2 cup)	Tasty Taco Salad (2 oz Beef) with Pita Chips **WG (0.9 oz)** Fresh Tomatoes **R/O (1/4 cup)** and Shredded Lettuce **G (1 cup)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Steamed Fresh Carrots **R/O (1/2 cup)**	Smashed Potatoes **S (1/2 cup)**	Seasoned Green Beans **O (1/2 cup)**	Oven Baked Sweet Potato Fries **R/O (1/2 cup)**	Seasoned Black Beans **B/P (1/2 cup)**
Crisp Veggie Dippers **O (1/2 cup)**	Seasoned Baked Beans **B/P (2/3 cup)**	Creamy Broccoli and Raisin Salad **G (1/2 cup)**	Fresh Spinach Salad **G (1 cup)**	California Blend Mixed Vegetables **G (1/2 cup)**
Fresh Romaine Garden Salad **G (1 cup)** with Dressing	X-Ray Vision Baby Carrots **R/O (2 oz pkg)**	Chunks of Fresh Melon (1/2 cup)	Chilled Three Bean Salad **B/P (1/2 cup)**	Chilled Mandarin Orange Salad (1 cup)
Fresh Banana (1 each)	Fresh Fruit Boats (1/2 cup)		Hot Cinnamon Apples (1/2 cup)	Fresh Plum (1 each)
	Traveling Trail Mix (1/2 cup)		Tangy Tangerine (1 each)	Chilled Pineapple Chunks in Light Syrup (1/2 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**
Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers				
Cup O' Pudding (1/2 cup)		Fruited Gelatin (1/2 cup)		

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain **G = Green Vegetable** **R/O = Red/Orange Vegetable** **S = Starchy Vegetable** **B/P = Beans/Peas** **O = Other Vegetable**

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9-12

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Savory Roast Pork (4 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)** Oven Baked Chicken Bites (5) on Brown Rice **WG (1/2 cup)** with Whole Wheat Roll **WG (1)**	Beefy Mac & Cheese **WG (3/4 cup)** with Whole Wheat Breadstick **WG (1)** Sweet and Sour Chicken (3/4 cup) on Fried Rice (2/3 cup) with Whole Wheat Breadstick **WG (1)**	Meatloaf Cupcakes (2 oz) Mashed Potatoes (1/2 cup) with Cornbread (3 oz) **WG (2)** Homemade Chicken Salad (1/2 cup) on Flatbread (57 gm) **WG (2)**	Southwest Chicken Cobb Salad **G (1 cup)** (1 oz Chicken; 1 oz Cheese; 0.9 gm Torilla Strips) with Whole Wheat Crackers **WG (8 crackers)** Hamburger (2 oz) and Fixings on Whole Wheat Roll **WG X2 (1)** Sliced Fresh Tomatoes **R/O (1/4 cup)** and Lettuce Leaves (1/4 cup)	Slice of Hot Cheesy Pizza **WG (2)** Baked Lemon Pepper Tilapia (2 oz) on Brown Rice **WG (1/2 cup)** with Pita Chips **WG (0.9 oz)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Succulent Sweet Potatoes **R/O (1/2 cup)** Seasoned Green Beans **O (3/4 cup)** Crisp Veggie Dippers **R/O (3/4 cup)** Oodles of Raisins (1 cup) Fresh Banana (1 each)	Black-eyed Peas **B/P (3/4 cup)** Crazy Cherry Tomatoes **R/O (3/4 cup)** w/Dipping Sauce Steamed Fresh Squash **O (3/4 cup)** Tangy Tangerine (1 each) Chilled Cinnamon Pears (1 cup)	Baked Au Gratin Potatoes **S (1/2 cup)** Fresh Steamed Broccoli **G** & Cauliflower **O (3/4 cup)** Fresh Romaine Garden Salad **G (1 cup)** with Dressing Red Delicious Apple (1 each) Chilled Peach Slices (1 cup)	Oven Baked Potato Sticks **S (1/2 cup)** Seasoned Great Northern Beans **B/P (3/4 cup)** Fresh Romaine Garden Salad **G (1 cup)** with Dressing Fresh Bunch O' Grapes (1 cup) Chilled Pineapple Chunks in Light Syrup (1 cup)	California Blend Mixed Vegetables **G (3/4 cup)** Seasoned Green Peas **S (3/4 cup)** Fresh Romaine Garden Salad **G (1 cup)** with Dressing Fresh Melon Chunks (1 cup) Chilled Apricot Slices in Light Syrup (1 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**

Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

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9-12

Sample Lunch Menus

NATIONAL DAIRY COUNCIL®

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices:	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**	**Entree Choices:**
Oven Baked Lasagna **WG (3/4 cup noodles;** 2 oz beef) with Whole Wheat Breadstick **WG (1)**	Oven Baked Chicken Tenders (2 oz) with Garlic Toast **WG (1)**	Oodles of Spaghetti with Meat Sauce **WG (1 cup)** with Garlic Toast **WG (1 oz)**	Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick **WG (1)**	Slice of Hot Cheesy or Pepperoni Pizza **WG (2)**
Herb Baked Chicken (2 oz) on Brown Rice **WG (1/2 cup)** with Whole Wheat Breadstick **WG (1)**	Savory Fish Filet (2 oz) on Bun (2 oz) **WG (2)**	Homemade Tuna Salad (1/2 cup) on Flatbread (57 gm) **WG (2)**	Veggie Quesadilla (6-inch) **WG (1)** with Spanish Rice (1/2 cup)	Tasty Taco Salad (2 oz Beef) with Pita Chips **WG (0.9 oz)** Fresh Tomatoes **R/O (1/4 cup)** and Shredded Lettuce **G (1 cup)**
Vegetable/Fruit Choices:	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**	**Vegetable/Fruit Choices:**
Steamed Fresh Carrots **R/O (3/4 cup)**	Smashed Potatoes **S (3/4 cup)**	Seasoned Green Beans **O (3/4 cup)**	Oven Baked Sweet Potato Fries **R/O (3/4 cup)**	Seasoned Black Beans **B/P (3/4 cup)**
Crisp Veggie Dippers **O (1 cup)**	Seasoned Baked Beans **B/P (2/3 cup)**	Creamy Broccoli and Raisin Salad **G (1 cup)**	Fresh Spinach Salad **G (1 cup)**	California Blend Mixed Vegetables **G (3/4 cup)**
Fresh Romaine Garden Salad **G (1 cup)** with Dressing	X-Ray Vision Baby Carrots **R/O (3/4 cup)**	Chunks of Fresh Melon (1 cup)	Chilled Three Bean Salad **B/P (1/2 cup)**	Chilled Mandarin Orange Salad (1 cup)
Fresh Banana (1 each)	Fresh Fruit Boats (1/2 cup)	Sliced Peaches in Light Syrup (3/4 cup)	Hot Cinnamon Apples (1 cup)	Fresh Plum (1 each)
Mixed Fruit in Light Syrup (3/4 cup)	Traveling Trail Mix (3/4 cup)		Tangy Tangerine (1 each)	Chilled Pineapple Chunks in Light Syrup (1 cup)
Salad Bar:	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**	**Salad Bar:**
Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers				
Cup O' Pudding (1/2 cup)		Fruited Gelatin (1/2 cup)		

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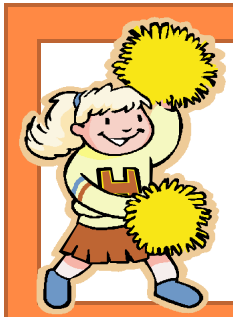
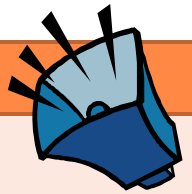


Fall 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cheese Pizza Green Beans Apple Choice of Milk	Jumpin' Jack Turkey Wrap Veg-Head Beans Mixed Green Salad Lite Ranch Dressing Mandarin Oranges Choice of Milk	Sweet 'n Easy Sloppy Joe Green Peppers Diced Peaches Choice of Milk	Waffles Syrup Sausage Links Shredded Hashbrowns Banana Choice of Milk	Terrific Turkey Tacos Baby Carrots Red Grapes Choice of Milk
Hot Ham & Cheese Sandwich Baked Beans Carrot Raisin Salad Banana Choice of Milk	Chicken Alfredo w/ a Twist Green Beans Diced Pears Choice of Milk	Tasty Turkey Burger on Bun Spicy Wedge Fries Broccoli Salad Apple Slices Choice of Milk	Teriyaki Dippers Brown Rice Whole Grain Breadstick Sugar Snap Peas Pineapple & Oranges Choice of Milk	Double Stuffed Pizza Baby Carrots Lite Ranch Dressing Watermelon Choice of Milk
Hamburger on Bun Mini Sweet Po-tater Puffs Broccoli Apple Slices Choice of Milk	Fajita Chicken Strip Ultragrain Flour Tortilla Romaine Lettuce Salsa Baby Carrots Kiwi Fruit Choice of Milk	BBQ Sandwich Corn Banana Choice of Milk	Grilled Cheese Sandwich Three Bean Salad Fresh Orange Choice of Milk	Chicken Chunks Beans 'n Rice Mixed Green Salad Lite Ranch Dressing Strawberries Choice of Milk
Classic Chili Cheddar Goldfish Crackers Green Peppers Diced Peaches Choice of Milk	Pork Rib-B-Q WW Hamburger Bun Broccoli Lite Ranch Dressing Mashed Potatoes Mandarin Oranges Choice of Milk	Beef, Chicken, & Bean Burrito Green Beans Apple Choice of Milk	Chicken Patty on WW Bun Baked Beans California Blend Vegetables Banana Choice of Milk	Whole Grain Pepperoni Pizza Baby Carrots Lite Ranch Dressing Diced Pears Choice of Milk
Grilled Chicken Patty Brown Rice Baby Lima Beans Red Grapes Choice of Milk	Deluxe Nachos Diced Peaches Choice of Milk	Chicken Chunks Dippin' Honey Black-eyed Peas Mixed Green Salad Apple Slices Choice of Milk	Cuban Sandwich Baby Carrots Banana Choice of Milk	Pepperoni Calzone-y Celery Sticks Pineapple Choice of Milk

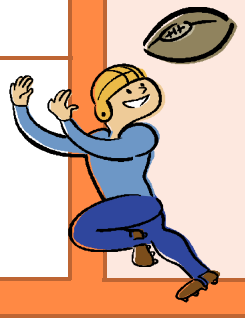


News

Welcome back to school!

It's going to be a great year!

Enjoy your lunch!



MOR SAMPLE Cycle Lunch Menus

Grade Level 6-8 Grade Level K-5

Updated 8/4/12

Grade Level 6-8 **Chicken Nuggets Baked Beans Baked Oven Fries Peach Cup Milk or: Philly Steak Sub Sandwich w/ Peppers & Onions**	***Grade Level 6-8*** **Taco on Soft Shell Shredded Lettuce & Cheese Seasoned Corn Side of Salsa Applesauce Cup / Milk or: Hamburger on Bun w/ Sweet Potato Fries**	***Grade Level 6-8*** **Pasta w/ Meatsauce or Marinara & Cheese Crunchy Breadsticks Steamed Broccoli Peach Cup / Milk or: Grilled Chicken Patty on Bun with Oven Fries**	***Grade Level 6-8*** **Stuffed Crust Cheese or Pepperoni Pizza Side Salad and Veggie Bar Dried Fruit Trail Mix Milk or: Popcorn Chicken Salad w/ Whole Grain Grahams**	***Grade Level 6-8*** **Chicken Bacon Ranch Wrap Sandwich w/ Lettuce & Tomato Smile Face Potatoes Fresh Baby Carrots Fruit Choice Milk or: Bosco Sticks w/ Marinara**
Mon 3rd Choice ***Vegetarian Optio*n: Schwan's Toasted Cheese Sandwich**	***Tues 3rd Choice*** ***Vegetarian Option*: Yogurt,String Cheese,Hummus, Pita, Carrot & Celery Sticks**	***Wed 3rd Choice*** ***Vegetarian Option*: Garden Burger on Whole Grain Bun**	***Thurs 3rd Choice*** ***Vegetarian Option*: Yogurt Parfait with Fruit and Granola**	***Fri 3rd Choice*** ***Vegetarian Option*: Veggie Wrap Sandwich w/ Cheese, Romaine,Tomatoes, Cucumbers and Peppers**

Grade Level K-5 **Mini Turkey Corn Dogs Smile Face Potatoes Vegetable Bar w/ Ranch Dip Pineapple Tidbits Milk**	***Grade Level K-5*** **Chicken Tenders w/ Choice of Dipping Sauces Oven Sweet Potatoes Baked Beans Chilled Pears Milk**	***Grade Level K-5*** **Macaroni & Cheese Wrapped Muffin Garden Peas Fresh Vegetable Bar Fresh Orange Wedges Milk**	***Grade Level K-5*** **Big Daddy's Cheese or Pepperoni Pizza Vegetable Bar w/ Ranch Dip Fresh Apple Slices Milk**	***Grade Level K-5*** **Taco Salad with Romaine Lettuce Beef and Shredded Cheese Tortillia Chips Side of Salsa Seaasoned Corn Fruit Choice Milk**
K-5 **MONDAY 2nd CHOICE Schwan's Toasted Cheese Sandwich**	***K-5*** **TUESDAY 2nd CHOICE Hamburger on Bun**	***K-5*** **WEDNESDAY 2nd CHOICE Hot Dog on Bun**	***K-5*** **THURSDAY 2nd CHOICE Chicken Patty on Bun**	**K-5** **FRIDAY 2nd CHOICE Macaroni & Cheese**

THE WEST BLOOMFIELD SCHOOL DISTRICT DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, HEIGHT, WEIGHT, RELIGION, MARITAL STATUS OR DISABILITY IN ITS PROGRAMS AND ACTIVITIES.

STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

RICK SNYDER
GOVERNOR

MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

July 12, 2012

MEMORANDUM

TO: Local and Intermediate School Superintendents, Public School Academy Administrators, and Nonpublic School Administrators

FROM: Carol Wolenberg, Deputy Superintendent Carol

SUBJECT: Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of the School Breakfast Program

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, establishes requirements for conducting outreach to households on the availability of the School Breakfast Program (SBP). The purpose of this memorandum is to provide guidance on the implementation of the provision that requires schools participating in the National School Lunch Program to conduct outreach on the availability of the SBP just prior to or at the beginning of the school year.

As instructed in the United States Department of Agriculture's (USDA) Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of the School Breakfast Program, SP 40-2011, the Michigan Department of Education is informing School Food Authorities (SFAs) of the requirement of outreach in an effort to help more children benefit from the nutritious meals served in the SBP.

SFAs participating in the SBP must inform families of the availability of breakfast. A notification of the availability of breakfast must be relayed just prior to or at the beginning of the school year in the informational packets that are sent to each household with free and reduced price meal applications for the new school year. In addition, the schools should send reminders regarding the availability of the SBP multiple times throughout the school year. Schools can provide communication through various means – public address announcements, disseminating printed or electronic material to families and school children. Information about the SBP should be posted on the school's website.

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www.michigan.gov/mde • (517) 373-3324

The following is a link to the SBP Toolkit, which we encourage you to use as a resource for outreach and expansion activities: http://www.fns.usda.gov/cnd/Breakfast/expansion/default.htm. Be sure to take advantage of other resources and materials through Team Nutrition and other interested parties. The full content of the guidance from USDA can be found at: http://www.michigan.gov/documents/mde/SP_40-2011_sbreakfast_355769_7.pdf.

Questions regarding the content of this memorandum may be directed to the Office of School Support Services, School Nutrition Programs unit by e-mail to mde-schoolnutrition@michigan.gov or phone 517-373-3347.

cc: Michigan Education Alliance

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: June 15, 2011

MEMO CODE: SP 40 - 2011

SUBJECT: Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of the School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, establishes requirements for conducting outreach in the Summer Food Service Program (SFSP) and the School Breakfast Program (SBP). The purpose of this memorandum is to provide guidance on the implementation of the provision requiring schools to conduct outreach on the availability of the SBP. Outreach efforts for the SFSP were addressed through a memorandum issued January 25, 2011, *Child Nutrition Reauthorization 2010: Outreach to Households on the Availability of Summer Food Service Program Meals (SFSP 04-2011, SP 15-2011).*

Research has shown that starting the day with a nutritious breakfast helps students stay alert and perform better in school. In an effort to help more children benefit from the nutritious meals served in the SBP, Section 112 of the Act amends section 13(a) of the Richard B. Russell National School Lunch Act (42U.S.C. 1761(a)) to require each State Agency that administers the National School Lunch Program, to the maximum extent practicable, to ensure that participating School Food Authorities (SFAs) inform eligible families of the availability of reimbursable breakfasts served under the SBP.

Schools participating in the SBP must inform families of the availability of breakfasts. A notification of the availability of breakfast must be relayed just prior to or at the beginning of the school year in the informational packets that are sent to each household with free and reduced price meal applications for the new school year. In addition, schools should send reminders regarding the availability of the SBP multiple times throughout the school year. Schools can provide reminders to children through their public address systems in schools or through means normally used to communicate with the households of enrolled children. Other acceptable outreach activities may include developing or disseminating printed or electronic material to families and school children. For example, information about the SBP should be posted on the school's website.

We encourage SFAs to use the information in *Expanding Your School Breakfast Program,* the SBP Toolkit found at http://www.fns.usda.gov/cnd/Breakfast/expansion/default.htm, as a resource for outreach and expansion activities. Many helpful SBP expansion resources and materials are available through Team Nutrition, State agencies and other local, State and national organizations. Additional activities to promote the availability of SBP meals may be approved by the State agency.

State agencies should direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long
Director
Child Nutrition Division

STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

JENNIFER M. GRANHOLM
GOVERNOR

MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

DATE: March 7, 2008

TO: Local and Intermediate School District Superintendents, Public School Academy Directors, and Nonpublic School Administrators

FROM: Carol Wolenberg, Deputy Superintendent

SUBJECT: **Counting Breakfast Time as Instructional Time**

Purpose

The purpose of this memorandum is to clarify the Michigan Department of Education's (MDE) position on counting breakfast time as instructional time. A total of 1,098 hours of instruction is required at a minimum to generate a 1.0 full time equivalency (FTE). Under certain circumstances, breakfast and instructional time may coincide.

Section 2 of the Pupil Accounting Manual addresses allowable hours of pupil instruction for state school aid payment purposes. Section 2.B.1. lists several requirements for instructional time to be counted toward the 1,098 hour minimum. Those requirements include: (1) Pupils and certificated teachers must be present and engaged in instruction for the time to be counted; and (2) The breakfast period and lunch period are not countable.

MDE has been asked whether the above language precludes a district from counting time when pupils and certificated teachers are present and engaged in instruction during a time when some of those pupils are having a district-provided breakfast. The time during a normal school day when instruction, as defined in the Pupil Accounting Manual, is taking place and when some pupils in that classroom are having a district-provided breakfast is countable as instructional time. The language in Section 2.B.1. of the manual referencing a "breakfast period" pertains to a time when instruction, as defined in the manual, is not taking place, such as when a breakfast is served in a cafeteria or other non-classroom area without teachers and instruction.

> Example when time does not count toward instruction: Breakfast is served in a cafeteria or common area. Instruction is not occurring.
>
> Examples when time will count toward instruction: (1) Breakfast is being consumed in a classroom by some or all of the students. A teacher is providing instruction. (2) Breakfast is being consumed during a countable homeroom period.

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We encourage districts to consider providing breakfast. Working within the guidance above may enable this to occur without having to lengthen the school day.

Questions related to this memo should be directed to Joellen Wonsey, Office of State Aid and School Finance, (517) 373-3352 or WonseyJ@Michigan.gov.

Got School Breakfast?

Does your child miss breakfast–no time or simply isn't hungry first thing in the morning?

Here's a solution:
School Breakfast!

School breakfast provides 1/4 of your child's daily nutrition needs and research shows breakfast provides fuel for school and boosts brain power. Breakfast at school is affordable, too. It's available for all students and if you qualify for free or reduced price lunch, you also qualify for the free or reduced price breakfast.

Encourage your child to join us every day for school breakfast.

Click to Type School District Name

Elementary School Price: **$0.00**

Middle School Price: **$0.00**

High School Price: **$0.00**

Free and Reduced Price for Families Who Qualify: **$0.0 - $0.25**

Times Served: **7:00 a.m. - 8:00 a.m.**

This institution is an equal opportunity provider.

MENU PLANNING IN THE SCHOOL BREAKFAST PROGRAM

School meals are intended to "safeguard the health and well-being of the Nation's children." Participating schools must serve breakfasts that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, breakfasts must provide, on average over each school week, at least 1/4th of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C. To provide local food service professionals with flexibility, there are five menu planning approaches to plan healthful and appealing meals. Schools choose one of the approaches below. The choice of what specific foods are served and how they are prepared and presented are made by local schools.

The Traditional Food-Based Menu Planning Approach

Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering four food items from the following food components: vegetables and/or fruits; milk; and two servings of meat/meat alternate, two servings of grains/breads OR one serving of each of these components. Minimum portion sizes are established by ages and grade groups.

(See chart on following page)

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR BREAKFASTS			
FOOD COMPONENTS AND FOOD ITEMS	AGES 1-2	AGES 3,4 AND 5	GRADES K-12
MILK (fluid) (as a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS, TWO FROM ONE COMPONENT, OR AN EQUIVALENT COMBINATION:			
GRAINS/BREADS :			
Whole-grain or enriched bread	½ slice	½ slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving
Whole-grain, enriched or fortified cereal	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce
MEAT OR MEAT ALTERNATES:			
Meat/poultry or fish	½ ounce	½ ounce	1 ounce
Alternate protein products[1]	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Large egg	½	½	½
Peanut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons
Cooked dry beans and peas	2 tablespoons	2 tablespoons	4 tablespoons
Nuts and/or seeds (as listed in program guidance)[2]	½ ounce	½ ounce	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup

[1] Must meet the requirements in appendix A of 7 CFR 210.
[2] No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Traditional Food-Based Menu Planning Approach is designed to meet nutritional standards set forth in program regulations.

The Enhanced Food-Based Menu Planning Approach

The Enhanced Food-Based Menu Planning Approach uses the same meal pattern and age groups as the Traditional Food-Based Menu Planning Approach. The only difference is the addition of an optional age/grade group was added for grades 7-12 to better meet the needs of children in that crucial growth period by adding low fat calories from additional servings of grains/breads.

ENHANCED FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR BREAKFASTS				
FOOD COMPONENTS AND FOOD ITEMS	REQUIRED FOR			OPTION FOR
	AGES 1-2	PRESCHOOL	GRADES K-12	GRADES 7-12
Milk (fluid) (as a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS, TWO FROM ONE COMPONENT OR AN EQUIVALENT COMBINATION:				
GRAINS/BREADS:				
Whole-grain or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving	1 serving
Whole-grain, enriched or fortified cereal	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce	¾ cup or 1 ounce plus an additional serving of one of the Grains/Breads above.
MEAT OR MEAT ALTERNATES:				
Meat/poultry or fish	½ ounce	½ ounce	1 ounce	1 ounce
Alternate protein products[1]	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Peanut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Cooked dry beans and peas	2 tablespoons	2 tablespoons	4 tablespoons	4 tablespoons
Nuts and/or seeds (as listed in program guidance)[2]	½ ounce	½ ounce	1 ounce	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup

[1] Must meet the requirements in appendix A of 7 CFR 210.
[2] No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Enhanced Food Based Menu Planning Approach is designed to meet the nutritional standards set forth in program regulations.

The Nutrient Standard Menu Planning Approach

Nutrient Standard Menu Planning (sometimes called "NuMenus") is a computer based menu planning system that uses approved computer software to analyze the specific nutrient content of menu items automatically while menus are being planned. It is designed to assist menu planners in choosing food items that create nutritious meals and meet the nutrient standards.

The Assisted Nutrient Standard Menu Planning

Assisted Nutrient Standard Menu Planning (sometimes called "Assisted NuMenus") is a variation of Nutrient Standard Menu Planning. It is for schools that lack the technical resources to conduct nutrient analysis themselves. Instead, schools have an outside source, such as another school district, State agency or a consultant, plan and analyze a menu based on local needs and preferences. The outside source also provides schools with recipes and product specifications to support the menus. The menus and analyses are periodically updated to reflect any changes in the menu or student selection patterns.

Here are the required minimums for nutrients and calories for these nutrient standard menu planning approaches:

MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFASTS NUTRIENT STANDARD MENU PLANNING APPROACHES (SCHOOL WEEK AVERAGES)			
	MINIMUM REQUIREMENTS		OPTIONAL
NUTRIENTS AND ENERGY ALLOWANCES	PRESCHOOL	GRADES K-12	GRADES 7-12
Energy allowances (calories)	388	554	618
Total fat (as a percentage of actual total food energy)	[1]	[1,2]	[2]
Saturated fat (as a percentage of actual total food energy)	[1]	[1,3]	[3]
RDA for protein (g)	5	10	12
RDA for calcium (mg)	200	257	300
RDA for iron (mg)	2.5	3	3.4
RDA for Vitamin A (RE)	113	197	225
RDA for Vitamin C (mg)	11	13	14

[1] The Dietary Guidelines recommend that after 2 years of age "...children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat."
[2] Not to exceed 30 percent over a school week
[3] Less than 10 percent over a school week

Any Reasonable Menu Planning Approach

This menu planning approach allows states and school districts to develop their own innovative approaches to menu planning, subject to the guidelines established in our regulations. These guidelines protect the nutritional and fiscal integrity of the program.

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

COMPARISON OF AFTERSCHOOL SNACK PROGRAM

NATIONAL SCHOOL LUNCH PROGRAM/CHILD & ADULT CARE FOOD PROGRAM

ELIGIBLE PROGRAMS

National School Lunch Program (NSLP)	Child and Adult Care Food Program (CACFP)
To be eligible to qualify for reimbursement under the NSLP, care programs must meet the following criteria:	To be eligible to qualify for reimbursement under the CACFP, at-risk Afterschool Care Programs must meet the following criteria:
1. They must be operated by a school that is eligible to operate the NSLP.	1. They must be operated by a public or private nonprofit organization. A private, for-profit child care center may participate if the center is licensed to provide nonresidential child care and at least 25% of the children in care (enrolled or licensed capacity, whichever is less) are eligible for free or reduced price meals or receive benefits from Title XX. Children who only participate in the at-risk afterschool snack or supper component must not be considered in determining the percentages.
2. The purpose of the program is to provide care in afterschool settings. • This does not mean that the programs must offer formal child care as recognized by a licensing authority. • There is no federal requirement to have federal, state or local	2. The purpose of the program must be to provide care in afterschool settings. • This does not mean that the program must offer formal child care as recognized by a licensing authority. • There is no federal requirement to have federal, state

licensing or approval. • Programs must be organized to provide children with regularly scheduled activities in a setting that is structured and supervised. • By regularly scheduled, USDA does not mean that the program must occur daily. • Eligible programs do not need to establish formal enrollment procedures. They must have a means of determining that children are present on a given day, such as a roster or sign-in sheet. 3. Eligible programs must include education or enrichment activities in organized, structured, and supervised environments. • Afterschool activities such as the school choir, debate team, drama society, et al. can qualify to participate under this provision only if their basic purpose is to provide afterschool care as defined above. • Under no circumstances, can organized athletic programs engaged in interscholastic sports be approved as Afterschool Programs under this provision. • The Conference Committee declared in their report that accompanied P.L. 105-336, that this provision would not be provided to members of athletic teams. • Programs which include supervised athletic activity along with education or enrichment activities may participate. • The key would be that they are open to all and do not limit membership for reasons other than space or security, or	or local licensing or approval. • Programs must be organized to provide children with regularly scheduled activities in a setting that is structured and supervised. • By regularly scheduled, USDA does not mean that the program must occur daily. • Eligible programs do not need to establish formal enrollment procedures. They must have a means of determining that children are present on a given day, such as a roster or sign-in sheet. 3. Eligible programs must include education or enrichment activities in organized, structured, and supervised environments. • Afterschool activities such as the school choir, debate team, drama society, et al. can qualify to participate under this provision only if their basic purpose is to provide afterschool care as defined above. • Under no circumstances, can organized athletic programs competing in a league, such as a community sports league, be approved under this provision. • The Conference Committee declared in their report that accompanied P.L. 105-336, that this provision would not be provided to members of athletic teams. • Programs which include supervised athletic activity along with education or enrichment activities may participate. • The key would be that they are open to all and do not limit membership for reasons other than space or

where applicable, licensing requirements.	security, or where applicable, licensing requirements.

ELIGIBLE SITES

National School Lunch Program	Child and Adult Care Food Program
• Any school that is eligible to operate the NSLP may be reimbursed for snacks served on or after October 1, 1998, to eligible children in eligible Afterschool Care Programs.	• To be eligible to participate under this provision, a site must be located in an area served by a school in which at least 50% of the enrolled children are certified eligible for free or reduced price meals (Category A or Category B). Emergency shelters may participate as an at-risk afterschool center without regard to location. All sites in the CACFP serving children 13 years of age or older must be area eligible. There is no provision for individualized means testing.
• Program must be operated by the school and not some other organization.	• Community organizations, such as Boys or Girls Clubs or a YWCA that is offering an approved Afterschool Care Program for eligible children, does not have to be licensed unless there is a state or local requirement for licensing. Check with your local licensing consultant to determine if your specific program requires licensing. If licensing is required, the facility would need to be licensed in order to participate in the program. Facilities that are not required to be licensed must meet state or local health and safety standards.
• School's personnel or regular school facilities do not need to be used.	• Day care homes may not qualify as Afterschool Care Sites under this provision because the law does not intend their participation.
• The school must retain final administrative and management	

responsibility for the program, including the program site. • The SFA for the school must be the party that enters into the agreement with the State Agency and must assume full responsibility for meeting all program requirements. • The school may make arrangements with other organizations to perform the day-to-day operations.	

REIMBURSEMENT

National School Lunch Program	Child and Adult Care Food Program
• Schools may claim reimbursement for one snack, per child, per day.	• The Afterschool Program may claim reimbursement for one snack, and/or one supper, per child, per day.
• Children are eligible to participate through age 18, and if the student's 19th birthday occurs during the school year, reimbursement may be claimed for snacks served to that student during the remainder of the school year.	• Children are eligible to participate through age 18, and if the student's 19th birthday occurs during the school year, reimbursement may be claimed for snacks and suppers served to that student during the remainder of the school year.
• Reimbursement may be claimed for individuals, regardless of age, who are determined by the State Agency to be mentally or physically impaired.	• Reimbursement may be claimed for individuals, regardless of age, who are determined by the State Agency to be mentally or physically impaired.
• Sites located in areas served by a school in which at least 50% of the enrolled children are certified eligible for free or reduced price meals are eligible to receive reimbursement at the free rate for snacks served to all children, regardless of each individual child's eligibility for free or reduced price lunches and breakfasts.	• All snacks and suppers served under this provision which meet the CACFP meal pattern are reimbursed at the free rate.
• Area eligibility will follow the Summer Food Service Program's policies for area eligibility using school data. Sites which are not in areas served by a school in which at least 50% of the enrolled children are certified eligible for	• It is not necessary for the site to make eligibility determinations for individual children or count and claim snacks according to type (free, reduced, or paid rates; Category A, B or C).

free or reduced price meals must count meals and claim by reimbursement type (free, reduced, and paid) and must have documentation of eligibility for all meals served free or at a reduce price. • A school may not charge children for snacks claimed at the free reimbursement rate. • Charges for reduced price snacks may not exceed 15 cents, as stipulated in program regulations.	• There is no provision for individualized means testing (and reimbursement at the free, reduced price or paid rates) for CACFP Afterschool Sites serving children 13 years of age or older, in non-needy areas. • Sites may not charge children for snack or supper reimbursement under this provision.

TIMES OF OPERATION

National School Lunch Program	Child and Adult Care Food Program
• The change in law applies only to programs that provide care for children after their school day has ended. • Snacks served in programs operated before school or during the school day may not be reimbursed. • Schools are not eligible to receive reimbursement for snacks served on the weekends or holidays, including vacation periods. • Children's eligibility is based on when their scheduled school day ends. When a kindergarten program ends at noon and children remain in school under a care program as described earlier, snacks served to these children can be reimbursed. When a school has split sessions, children enrolled in the early	• The change in law applies only to programs that provide care for children after their school day has ended. • Snacks and suppers served in programs operated before school or during the school day may not be reimbursed. • Snacks and suppers served on weekends, holidays or vacation periods while school is in session may be reimbursed.

session, who participate in approved Afterschool Programs, may receive reimbursable snacks even though the school continues to operate a later academic session.	

CONTENT OF MEALS

National School Lunch Program	Child and Adult Care Food Program
• Snacks must meet the meal pattern for snacks set forth in 7 CFR sections 210.10(n) and 210.10(a). • Portions for children ages 13 through 18 shall be no less than the portions stipulated for children ages 6 through 12. • USDA recommends that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements.	• Snacks and suppers must meet the meal pattern for snacks set forth in 7 CFR sections 226.20(a) (3) and (4). • Portions for children ages 13 through 18 shall be no less than the portions stipulated for children ages 6 through 12. • USDA recommends that institutions offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

ADDITIONAL REQUIREMENTS

National School Lunch Program	Child and Adult Care Food Program
• Schools must provide sufficient information to enable the State Agency to determine if the program is eligible or not, and if it qualifies for all free meals based on area eligibility. • Upon approval, the State Agency must amend its Agreement with the School Food Authority. • All relevant provisions in the agreement apply to the afterschool activities, including the requirements to comply with program regulations. • State Agencies must review snack operations as part of its general oversight of the NSLP.	• New public or nonprofit organizations that would like to participate under this provision must contact the Michigan Department of Education Child and Adult Care Food Program. • All organizations must provide sufficient information to enable the State Agency to determine if the program is eligible or not. • All relevant provisions in the agreement apply to the afterschool activities, including the requirements to comply with program regulations. • State Agencies must review snack and supper operations as part of its general oversight of the

	CACFP.

RECORD KEEPING

National School Lunch Program	Child and Adult Care Food Program
• At a minimum, school food authorities must maintain the following records for the time periods required in 7 CFR section 210.23(c):	• At a minimum, public and private nonprofit organizations must maintain the following records for the time periods specified in 7 CFR section 226.10(d):
• If all meals are claimed free, documentation that the site is located in an area served by a school in which 50% of the enrolled students are certified eligible for free or reduced price meals.	• Documentation that the site is located in an area served by a school in which at least 50% of the enrolled students are eligible for free or reduced price meals.
• For all other sites, documentation of free and reduced price eligibility for all children for whom free and reduced priced snacks are claimed. (Free and reduced price applications or direct certification lists.)	
• Total meal counts for sites qualifying for free reimbursement for all children, or meal counts by type for all other sites.	• Total meal counts.
• Documentation of individual children's attendance on a daily basis.	• Documentation of individual children's attendance on a daily basis.
• Documentation of compliance with meal pattern requirements: menus and production records.	• Documentation of compliance with meal pattern requirements: menus.

Michigan Department of Education
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AFTERSCHOOL SNACK REQUIREMENTS

To be eligible for reimbursement, 2 of the following 4 components must be served. Juice may **not** be served when milk is served as the only other component. These are minimum portion sizes.

COMPONENTS	Ages 1 & 2	Ages 3 to 5	Ages 6 to 18
MILK			
Milk, Fluid	1/2 cup	1/2 cup	1 cup
FRUITS & VEGETABLES			
Fruits and/or Vegetables	1/2 cup	1/2 cup	3/4 cup
Full Strength Fruit - Vegetable Juice	1/2 cup	1/2 cup	3/4 cup
BREAD & GRAINS *			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread - Biscuits - Rolls - Muffins - etc.	1/2 serving	1/2 serving	1 serving
Cold Dry Cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.
Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
Cooked Pasta - Noodle Products	1/4 cup	1/4 cup	1/2 cup
Cooked Cereal Grains *(Equivalent Quantity)*	1/4 cup	1/4 cup	1/2 cup
MEAT & MEAT ALTERNATES			
Lean Meat - Poultry - Fish	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Eggs	1/2 large egg	1/2 large egg	1/2 large egg
Cooked Dry Beans - Peas	1/8 cup	1/8 cup	1/4 cup
Peanut Butter - Soynut Butter - Other Nut or Seed Butters	1 tbsp.	1 tbsp.	2 tbsp.
Peanuts - Soynuts - Tree Nuts or Seeds	1/2 oz.	1/2 oz.	1 oz.
Yogurt: Plain or Flavored *(Unsweetened or Sweetened – Commercially Prepared)*	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
An Equivalent Quantity of Any Combination of the Meat/Meat Alternates			

* Refer to Appendix 4: Grains/Breads Instruction, pages 237 – 242 of *"A Menu Planner for Healthy School Meals"* for more information about the Bread/Grain requirements.

8/07

Michigan Department of Education
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School Nutrition Programs

SAMPLE AFTERSCHOOL SNACK MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pretzels - 2 rods 100% Juice - 6 oz.	Whole Wheat Bagel - 1 oz. Peanut Butter – 2 TB.	Apple Juice - 6 oz. Vanilla Wafers - 9	Yogurt - 4 oz. Graham Crackers – 4 (2-1/2 in. square)	Raw Vegetables - 3/4 cup (Carrots, Celery, Broccoli, Cauliflower); Yogurt Dip; Cheese Cubes - 1 oz.
Fresh Fruit - 1 med. pc. Corn Muffin - 1.1 oz.	Ham & Cheese Cubes - 1 oz. Waverly Wafers - 5	Plain Granola Bar - 1.8 oz. Milk - 8 oz.	Cottage Cheese w/Cinnamon - 1/4 cup Wheat Thins - 12	Chex Mix - 1 cup 100% Juice - 6 oz.
English Muffin - 1/2 Peanut Butter - 2 Tb. 100% Juice - 6 oz.	Fresh Fruit – 1 med. pc. Triscuit Crackers - 5	Toaster Pastry (unfrosted) – 1.8 oz. Milk – 8 oz.	Banana - 1 med. Milk - 8 oz.	Oatmeal Cookies - 4 (2-5/8 in. x 1/4 in. thick) Milk – 8 oz.
Rice Krispie Bar - 2, (1.5 oz.) Milk - 8 oz.	Apple Slices - 2-3/4 in. Apple, Sliced Peanut Butter - 2 TB	Mozzarella Cheese Stick – 1 oz. Animal Crackers – 1 oz.	Pineapple Chunks - 3/4 cup Banana Nut Muffin - 1.8 oz.	Pizza Bagel Bites - 2 oz., (1 Mini-Bagel) 100% Juice - 6 oz.

REMINDERS

To meet meal pattern requirements for Afterschool Snacks, select 2 *different* components from the following 4:

- Fluid milk - 1 cup
- Full strength juice, fruit or vegetable - 3/4 cup
- Meat or meat alternate - 1 ounce
- Bread and/or cereal: Enriched or whole grain bread or cereal - 1 slice bread, 3/4 cup cereal

NOTE: Juice may *not* be served when milk is served as the only other component.
Refer to *A Menu Planner for Healthy School Meals*, Appendix 4, pages 237-242 for additional information on the Grain/Bread requirements.

SNACK MENU, PRODUCTION AND MEAL COUNT RECORD

Date: _____ **Sponsor:** _____ **Site:** _____

Two (2) of the four (4) components **must** be served.
Juice **may not** be served when milk is served as the only other component.

COMPONENT	FOOD ITEM USED	FOOD UNIT	NUMBER OF UNITS USED
Vegetable/Fruit 3/4 Cup			
Bread/Bread Alternate 1 Serving			
Meat/Meat Alternate 1 Ounce			
Milk 1 Cup			

TOTAL SNACKS PREPARED: _____ **TOTAL SNACKS SERVED:** _____

Daily Snack Count

Supervisor: _____ **Site Location:** _____

Snacks Served to Children: Cross off number as each student receives a snack.

1	11	21	31	41	51	61	71	81	91	101	111	121	131	141
2	12	22	32	42	52	62	72	82	92	102	112	122	132	142
3	13	23	33	43	53	63	73	83	93	103	113	123	133	143
4	14	24	34	44	54	64	74	84	94	104	114	124	134	144
5	15	25	35	45	55	65	75	85	95	105	115	125	135	145
6	16	26	36	46	56	66	76	86	96	106	116	126	136	146
7	17	27	37	47	57	67	77	87	97	107	117	127	137	147
8	18	28	38	48	58	68	78	88	98	108	118	128	138	148
9	19	29	39	49	59	69	79	89	99	109	119	129	139	149
10	20	30	40	50	60	70	80	90	100	110	120	130	140	150

TOTAL SNACKS SERVED:

AfterSchool Snack Program
SIGN-IN SHEET

Site Location: _____ Date: _____

1.	21.
2.	22.
3.	23.
4.	24.
5.	25.
6.	26.
7.	27.
8.	28.
9.	29.
10.	30.
11.	31.
12.	32.
13.	33.
14.	34.
15.	35.
16.	36.
17.	37.
18.	38.
19.	39.
20.	40.

AFTERSCHOOL SNACK PROGRAM ROSTER

Month: _____ **20___**

Site Location: _____ **Supervisor:** _____

Student Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1.																															
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Michigan Department of Education
Office of School Support Services
School Nutrition Programs

AFTERSCHOOL SNACK PROGRAM
ON-SITE REVIEW

School Food Authority	*Agreement Number*	
School Name	*Review Date*	*Review Number*

One review per building must be completed two times per school year.	Yes	No	N/A
AREA ELIGIBLE MEAL COUNT SYSTEM			
1. Is site area eligible?			
2. Are children receiving snacks at no charge?			
3. Are snacks served to children being counted and claimed as free?			
4. Are snacks served to children being counted at Point of Service?			
NON-AREA ELIGIBLE MEAL COUNT SYSTEM			
5. Is site non-area eligible?			
6. Does meal count system produce an accurate count of reimbursable snacks by category (free, reduced price, and paid) served to eligible children at Point of Service?			
7. Are only snacks that meet meal pattern requirements counted and claimed for reimbursement?			
8. Does meal count system prevent overt identification?			
GENERAL OPERATIONS			
9. Time(s) of operation for snack program: _____ p.m.			
10. Is program operated after the end of the normal school day?			
11. Is there a sign-in sheet or roster of students who participate in the Afterschool Snack Program?			
12. Does program provide care for children?			
13. Is there an educational and/or enrichment element in program?			
14. Are care and activities supervised?			
MEAL PATTERN/FOOD PRODUCTION			
15. Does menu for review month meet snack meal pattern requirements?			
16. Does menu on day of review meet snack meal pattern requirements?			
17. Are production records completed daily for afterschool snack program?			
18. Do production records document enough food is prepared to meet the requirements for reimbursable snacks for the number of snacks claimed?			
RESULTS OF REVIEW			
19. Is a Corrective Action Plan required? **Due Date for Corrective Action Plan: _____**			

Required Corrective Action Plan as discussed with school representative.

20. If required, what is the due date for follow-up review within 45 days of original review?
Follow-up Review Due Date: _____

Comments, Notes and Observations

X	X
SFA Reviewer Signature	*School Site Representative Signature*