

Meal Patterns and Menu Planning

Office of School Support Services
School Nutrition Programs
May 2013



Law Requirements



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



NEW MEAL PATTERN



Meal Patterns

- A great place to start
- Everything else starts with developing the menu using specific meal pattern guidelines



Reading the Meal Pattern Chart

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5*	Grades 6-8*	Grades 9-12*	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food ¹ Per Week (Minimum Per Day)						
Fruits (cups) ²	5 (1)*	5 (1)*	5 (1)*	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ²	0	0	0	2.75 (0.75)	2.75 (0.75)	5 (1)
Dark green ³	0	0	0	0.5	0.5	0.5
Red/Orange ³	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) ³	0	0	0	0.5	0.5	0.5
Starchy ³	0	0	0	0.5	0.5	0.5
Other ³	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total ⁴	0	0	0	1	1	1.5
Grains (oz eq) ⁵	7-10 (1)★	8-10 (1)★	9-10 (1)★	8-9 (1)★	8-10 (1)★	10-12 (2)★
Meats/Meat Alternates (oz eq) ⁶	0*	0*	0*	8-10 (1)★	9-10 (1)★	10-12 (2)★
Fluid milk (cups) ⁷	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) ^{8,9}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ¹⁰	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ¹¹	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ¹²	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)					
	2013-14	2014-15	2015-16	2016-17	2017-18	2022-23
FRUITS COMPONENT						
Offer fruit daily	L					
Fruit quantity increased to 3 cups/week (minimum 1 cup/day)		B				
VEGETABLES COMPONENT						
Offer vegetables at every meal	L					
GRAINS COMPONENT						
Half of grains must be whole grain-rich	L					
All grains must be whole grain-rich		L, B				
Other weekly grains requirement	L					
MEATS/MEAT ALTERNATES COMPONENT						
Offer weekly meats/meat alternates (except fish)	L					
MILK COMPONENT						
Offer only fat free (unflavored or flavored) and low-fat (unflavored) milk	L, B					
DIETARY SPECIFICATIONS						
Can be met on average over a week						
Calorie ranges	L					
Calculated for lunch (no change)	L, B					
Sodium: Target 1, Target 2 and target						
Max grams of sugar per portion	L				L, B	L, B
MENU PLANNING						
All under NSLP approach	L					
AGE GRADE GROUPS						
Establish age grade groups: K-5, 6-8, and 9-12	L					
OFFERS SERVE						
Menu/offer/serve must contain a fruit or vegetable (1.7 cup minimum)	L					
MONITORING						
3-year audit, include cycle	L					
Conduct weighted nutrient analysis on 1 week of menus	L					6

Lunch Program Changes

- All changes to lunch went into effect July 1, 2012, with the following exceptions:
 - 3-year administrative review cycle (July 1, 2013)
 - All grains must be whole grain-rich (July 1, 2014)
 - First target (#1) for average weekly sodium limit (July 1, 2014)
 - Target 2 goes into effect for SY 2017-2018
 - Final Target goes into effect for SY 2022-2023



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GENERAL PROVISIONS



Menu Planning Approach Changes

- Food-Based Menu Planning approach for all age/grade groups
 - NSLP operators using FBMP
 - Began SY 2012-2013
 - SBP operators must use FBMP
 - Beginning SY 2013-2014



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Age/Grade Groups

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

LUNCH REQUIREMENTS



Definitions

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

Lunch Meal Components

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



Fruits (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

Forms of Allowable Fruits in School Meals

- Fresh
- Frozen without sugar
- Canned in water, light syrup or juice
- Dried
- Pasteurized, 100 % full-strength juice

Fruits: Clarifications

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



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Fruits: Clarifications

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



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Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (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	1	1.5

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Vegetables

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

Vegetables

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

VEGETABLE ACTIVITY



Dark Green and Red/Orange Vegetables

- Dark Green

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

- Red/Orange

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



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



Dry Beans and Peas: Clarifications

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



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Starchy Vegetables

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



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Vegetables: Clarifications

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
 - Minimum quantity is ¼ cup
- No maximum limits on subgroups
 - Exception: Juice
- Categorizing unusual vegetables:
<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersandRepFoods.pdf>



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Vegetables: Clarifications



- Mixed Vegetable Dishes
 - Combinations containing ¼ cup or more of each different veggie subgroup may credit toward appropriate subgroups
 - If quantities of each are unknown, the dish counts toward the “additional” requirement



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Vegetables: Clarifications

- Mixed salads
 - If mixed salad contains different vegetable subgroups (romaine/iceberg blend) and quantities are 1/4 cup or more, can credit to respective subgroup
 - If quantities of each are unknown, the total volume credits as “additional” requirement
 - ***Remember: ¼ cup of uncooked leafy greens credit as 1/8 cup**



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



Salad Bars: Clarifications

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



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NFSMI Resources

- Qualifying beans/peas (legumes)
- Handout: Vegetable Subgroups
- Handout: Vegetables in Subgroups



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Grains (Lunch)

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

★ No longer upper limits on grains, only daily & weekly minimums.



Criteria for Whole Grain-Rich Foods

- Meet oz eq requirements for the grains component, and
- Meet at least one of the following:
 - Whole grains content must be ≥ 8 grams for Groups A - G
 - Product includes FDA's whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first



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Grains: Clarifications

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



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Grains: Clarifications

- New crediting guidance effective July 1, 2013
 - SP 30-2012: Grains Requirements for the NSLP and SBP

GROUP	OZ EQ FOR GROUP
GROUP D • Doughnuts (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars* (gluten) • Muffins (all, except corn) • Sweet rolls (kneaded) • Toasted pastries (hardtack)	1 oz eq = 15 gm or 2.8 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 • Cereal bars, breakfast bars, granola bars* (with nuts, dried fruit, and/or chocolate pieces) • Cookies (with nuts, raisins, chocolate pieces and/or fruit pieces) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls (frosted) • Toasted pastries (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 • Cake (gluten, unfrosted) • Coffee cake*	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 1.4 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G • Biscuits (gluten) • Cake (all varieties, frosted)	1 oz eq = 123 gm or 4.4 oz 3/4 oz eq = 92 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 • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Rice (all shapes) • Rice (enriched whole or brown)	1 oz eq = 1.2 cup cooked or 1 ounce (28 g) dry
GROUP I • Ready to eat breakfast cereal (cold, dry)**	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 = 1.5 cups or 1 ounce for granola

* Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are randomly served in a breakfast room but may be served in meals other than breakfast.
** Cereals must be whole-grain, or whole grain and enriched or fortified cereals.

Other Grain Component Issues

- Grain-Based Desserts
 - Only 2 oz eq grain-based desserts are allowed at lunch per school week
 - These items are major source of solid fats and added sugars, per DGA 2010
- Cost and Availability Concerns
 - Important to note that many whole grain options available in USDA Foods: brown rice, whole grain pasta, oatmeal, etc.

Fluid Milk

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



Combination Foods at Lunch

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

Examples:

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



Combination Foods at Lunch

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

Example:

- Cheese Pizza
- Fresh Orange
- Lettuce Salad
- Milk



FOUR DIETARY SPECIFICATIONS (LUNCH AND BREAKFAST)




Four Dietary Specifications

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




Calorie Ranges

- Minimum and maximum calorie (kcal) levels
 - Average over course of the week
- Effective SY 2013-14 for SBP
- Effective SY 2012-13 for NSLP

<p>Grade Level: K-5 (ages 5-10)</p> <p>Calorie Ranges: Breakfast: 350-500 Lunch: 550-650</p> 	<p>Grade Level: 6-8 (Ages 11-13)</p> <p>Calorie Ranges: Breakfast: 400-500 Lunch: 600-700</p> 	<p>Grade Level: 9-12 (Ages 14-18)</p> <p>Calorie Ranges: Breakfast: 450-600 Lunch: 750-850</p> 
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Sodium

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



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Saturated Fat

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



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Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
 - Begins SY 2013-2014 for SBP
 - In effect for NSLP
- Naturally-occurring trans fat excluded
 - e.g. beef, lamb, dairy products
- Mixed dishes
 - e.g. beef and bean burritos



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MENU PLANNING



Age/Grade Groups

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

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



Overlaps
B: 400-500
L: 600-650

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

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



Overlaps
B: 450-500
L: ---

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

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



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Age/Grade Groups

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



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Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
 - Offer 1/2 cup more fruit daily
 - Offer 1/4 cup more vegetables daily
 - Need 1/2 cup more red/orange, 1/4 cup other; 1/2 cup additional (any subgroup) some time during the week
 - These changes alone *may* meet calorie needs for the 9-12 group
 - Consider an additional oz eq of grain and/or M/MA for the older kids

Short and Long Weeks: Clarifications

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

Multiple Offerings: Daily Minimum

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

Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
 - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement



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Multiple Offerings: Clarifications

- Each independent line must meet the daily and weekly requirements (including subgroups)
 - If different stations available for selecting components, then all the stations as a whole must meet the daily and weekly requirements
- The nutrient analysis should be weighted based on what is offered on each serving line



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Meal Identification



- All menu items on serving line must be identifiable, labeled, or listed at the beginning of serving line and prior to POS
- MDE may authorize alternatives to Point of Service lunch counts
 - Must be labeled well
 - Must be a system in place to ensure all meals are reimbursable



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GRAINS



Grain Requirements for the NSLP and SBP SP 30-2012

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



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Ounce Equivalent Standards

Grain products must be credited using the oz eq method

- Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
 - Breads
 - Biscuits
 - Bagels
- Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is ½ cup cooked
 - Oatmeal
 - Pasta
 - Brown rice
- Ready-to-eat cereal - 28 grams OR 1.0 ounce of product is considered an ounce equivalent
 - 1 cup of flakes or rounds
 - 1 ¼ cups puffed cereal
 - ¼ cup granola



Counting Grains

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



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Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations whole grain-rich products are:

- Foods that contain 100% whole grain
OR
- Foods that contain a blend of whole grain meal and/or flour and enriched meal and/or flour

Note: the grain content of a product must contain 50% or more whole grains by weight, and the remaining grain content must be enriched.



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Whole Grain-Rich Checklist

- **Meets Element 1 criteria:** The food item must meet the oz eq requirements as defined in Exhibit A
AND
- **Meets one of Element 2 criteria:**
 1. Whole grains per serving must be ≥ 8 grams
 2. Contains FDA health claim:
“Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers.”
 3. Whole grain is first ingredient



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Activity

- Handout: Whole Grain-Rich Foods
 - Whole Grain-Rich Foods
 - Grain Products (ingredients) that are not whole grains
 - Identifying Whole Grains

Grain Label-Reading Activity



Incorporating Grains into School Menus

- Encourage grain variety
- Grain-based desserts limited to 2 oz eq/week
 - These items are a major source of solid fats and added sugars per the 2010 DGAs
- Offer grains low in added sugar, sodium and saturated fat

Adding Whole Grains to School Meals

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



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Grain-based Desserts

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



MENUS



Doug Beightel/The Oregonian



Count it?

Do the following school lunches have the required components? (**not implementing OVS**)

- less than 5 components
- 5 components













BREAKFAST REQUIREMENTS



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Why School Breakfast?

- Studies have proven that students who eat breakfast benefit nutritionally and educationally. Eating school breakfast results in increased math and reading scores.
- The majority of students who start their day with breakfast say they feel good, are happy, and more alert throughout their school day.
- www.michigan.gov/schoolnutrition
 - click School Breakfast Program under Programs



School Breakfast Outreach

- SFAs participating in the SBP must inform families of the availability of breakfast
 - Prior to or at the beginning of the school year
 - Schools should send reminders regarding the availability of the SBP multiple times throughout the school year



Counting Breakfast as Instructional Time

- Memo clarifies MDE's position on counting breakfast time as instructional time
 - Gives examples when time counts toward instruction
 - May help encourage districts to provide breakfast without having to extend the school day



School Breakfast Toolkit

- Toolkit with information to promote and expand the SBP
 - <http://www.fns.usda.gov/cnd/Breakfast/expansion/default.htm>



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Breakfast Meal Components

- Fruit/Vegetable
- Grains (meat/meat alternate)
- Milk



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SY 2013-2014

Fruits (Breakfast)

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups) *	5 (1) *	5 (1) *	5 (1) *

* Fruit quantity requirement for SBP is effective July 1, 2014 (SY 2014-15)




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SY 2013-2014

Grains (Breakfast)

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1) ★	8-10 (1) ★	9-10 (1) ★

★ No longer upper limits on grains, only daily & weekly minimums.




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SY 2013-2014

Milk (Breakfast and Lunch)

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




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SBP Changes Effective SY 2013-2014

- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement*
*Maximum was lifted for SY 2013-14, per memo SP 26-2013
- Calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus



SBP Changes Effective SY 2014-2015

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



Additional Future SBP Changes

- SY 2017-2018
 - Target 2 sodium restriction
- SY 2022-2023
 - Final Target sodium restriction



Age/Grade Groups

- Three age/grade groups for planning breakfasts
 - K-5
 - 6-8
 - 9-12
- Flexibility in menu planning at breakfast
 - All three grade group requirements overlap at breakfast
 - A single menu can be used for all groups
 - 1/2 cup of fruit
 - 1 cup of milk
 - 9 oz eq weekly of grains



Fruits Component

- Must offer at least 1/2 cup of fruit and/or vegetables daily
- No maximum limit on fruit/vegetable quantities
- No maximum on juice in 2013-14
- Fresh, frozen, canned, and dried forms allowed
 - No fruit juice limit in SY 2013-14
 - No starchy vegetable substitution limits
- No OVS requirement to take fruit or vegetable
 - Student may decline any one item



Fruits Component

- Temporary allowance for frozen fruit with added sugar
 - SY 12/13 and SY 13/14
- Schools may offer a:
 - Single fruit type
 - Single vegetable
 - Combination of fruits
 - Combination of vegetables
 - Combination of fruits and vegetables



How Do Fruit Smoothies Credit?

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
 - Must still offer variety of fluid milk choices
 - Additional fruit offerings encouraged
- Refer to memo SP 36-2012, released 7/11/12



Grains Component

- Flexibility in menu planning and complying with weekly ranges for grains in SY 2013-14
 - SFAs compliant if meeting weekly minimum; maximum will *not* be assessed
- Flexibility allows:
 - More time for the development of food products that fit the NSLP meal pattern
 - More menu options for meal planners and students
 - More time for students to adjust to meal pattern changes



Grains Component: Flexibility

- No impact on:
 - Daily and weekly minimum for grains for breakfast
 - Weekly calorie ranges are in effect
 - Trans fat and saturated fat also apply



Grains: Updated Minimum Serving Sizes Criteria

All grain products must be credited based on per ounce equivalent (oz eq) standards beginning July 1, 2013 as addressed in the Grain Requirements for the National School Lunch Program and School Breakfast Program (SP30-2012)




Ounce Equivalent Standards

Grain products must be credited using the oz eq method

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




Whole Grain-Rich Foods

- In SY 2013-14, half of the grains offered must be whole grain-rich (WGR)
- All grains must be WGR by SY 2014-15
- Increasing availability commercially
 - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice
 - Traditional grits ok in SY 2013-14 as long as other grains offered are whole grain-rich





Grain-based Desserts

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



GROUP	OZ/EQ FOR GROUP
GROUP D • Doughnuts (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars* (gluten) • Muffins (all, except corn) • Sweet rolls (softbreads) • Toasted pastries (hardbreads)	1 or eq = 15 gm or 2.8 oz 3/4 or eq = 42 gm or 1.5 oz 1/2 or eq = 28 gm or 1.0 oz 1/4 or eq = 14 gm or 0.5 oz
GROUP E • Cereal bars, breakfast bars, granola bars* (with nuts, dried fruit, and/or chocolate pieces) • Cookies (with nuts, raisins, chocolate pieces and/or fruit pieces) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls (softbreads) • Toasted pastries (hardbreads)	1 or eq = 69 gm or 2.4 oz 3/4 or eq = 52 gm or 1.8 oz 1/2 or eq = 35 gm or 1.2 oz 1/4 or eq = 18 gm or 0.6 oz
GROUP F • Cakes (gluten, unfrosted) • Coffee cake*	1 or eq = 82 gm or 2.9 oz 3/4 or eq = 62 gm or 2.2 oz 1/2 or eq = 41 gm or 1.4 oz 1/4 or eq = 21 gm or 0.7 oz
GROUP G • Brownies (gluten) • Cakes (all varieties, frosted)	1 or eq = 123 gm or 4.4 oz 3/4 or eq = 92 gm or 3.3 oz 1/2 or eq = 63 gm or 2.2 oz 1/4 or eq = 32 gm or 1.1 oz
GROUP H • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)* • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Rice (all varieties) • Rice (enriched white or brown)	1 or eq = 1.2 cup cooked or 1 ounce (28 g) dry
GROUP I • Ready to eat breakfast cereal (cold, dry)**	1 or eq = 1 cup or 1 ounce for flakes and rounds 1 or eq = 1.25 cups or 1 ounce for puffed cereal 1 or eq = 1.5 cups or 1 ounce for granola

*Refer to program regulations for the appropriate serving size for supplies served to children ages 1 through 5 in the NSLP and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are randomly served in a breakfast menu but may be served in meals other than breakfast.
**Cereals must be whole-grain, or whole grain and enriched or fortified cereals.

Fortification

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



Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- SFAs that wish to offer a meat/meat alternate at breakfast have two options
 - Offer meat/meat alternate in place of grains
 - Offer a meat/meat alternate as an **extra**



Meat/Meat Alternate In Place of Grains

- When offering a meat/meat alternate in place of grains in SBP
 - Must also offer at least 1 ounce equivalent of grains daily
 - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications (calories, sat fat, trans fat, etc)
 - Must count as “item” in OVS



Meat/Meat Alternates as Extras

- When offering a meat/meat alternate as an extra item
 - Must also offer at least 1 ounce equivalent of grains daily
 - The meat/meat alternate does not count toward the grains range
 - The meat/meat alternate does not count for OVS purposes
 - Meat/meat alternate must fit within the weekly dietary specifications



OVS: Components vs. Items

- Always offer all three components in at least the required amounts
- For OVS, must offer at least four food items at breakfast
- Students may decline one food item
- Regulatory definition: A food item is a specific food offered within the food components
- For purposes of OVS, an item is the daily required minimum amount of each food component that a child can **take**
 - 1 cup of milk
 - 1 oz eq of grains
 - ½ cup of fruit (or veg)*



*NOT required in SY 2013-14



OVS: Choices vs Items

- **Items** are the minimum a child can take
- **Choices** give students options to choose from different items
 - Grain item: toast, bagel, cereal
 - Milk item: choc skim, unflavored skim
 - F/V item: hash browns, oranges, apple juice
- Continue to encourage choices



Example: Choices vs Items

- Menu = 1 milk, 1 slice toast, 2 fruit items
 - Fruit choices = ½ cup orange juice, ½ cup oranges, ½ cup apple, ½ cup peaches
 - Student could take 1 milk, 1 toast, and ½ cup oranges
 - Would not be required to take 3 out of 4 fruit choices!
 - SFAs should still **offer choices**, but decide how many **items** a student can take



OVS- Grains (part 1)

- A large grain counts as more than one food item for purposes of OVS in breakfast
 - e.g. 2 oz muffin = 2 food items
- Unchanged from prior OVS practice
- In addition to the 2 oz grain, at least 2 other food items must also be offered to have OVS
 - Student cannot decline the 2oz grain item
- Examples:
 - School offers 2 oz eq muffin, ½ cup apples, and milk (decline milk or apples)
 - School offers 2 oz eq muffin, ½ cup apples, ½ cup juice, and milk (decline milk or a fruit choice)



OVS- Grains (part 2)

- Allowing students to take two of the same grain item
 - If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count as two items
 - At the discretion of the menu planner to allow duplicates
 - Example: school offers milk and fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
 - Student could select fruit and two toasts
 - 2nd toast selected in place of other grain offered (cereal)
 - Only one item (milk) declined



OVS- Grains (part 3)

- Grains-meat/meat alternate combination items
 - When counting the meat/meat alternate as grains, the combo may count as two food items
 - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma counting as grains = 2 food items
 - If not counting the meat/meat alternate toward the grains component, the combo is one food item
 - Three additional items must be offered to have OVS
 - Student may decline the combination
 - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item



Substituting Meats for Grains

- When substituting meat/meat alternates for grains, half of the *actual* grain items should be WGR
- Example:
 - 1 oz eq grains offered each day + 1 oz eq m/ma offered each day= 5 oz eq Grains + 5 oz eq meat/meat alternate
 - Therefore, a minimum of 2.5 oz eq must be WGR (not 5)



OVS – Menu Planning

- Grain, milk, two fruit items
- Choice of fruit: ½ cup OJ, ½ cup apples, ½ cup grapes, ½ cup grape juice
- Child could select milk, ½ cup OJ, and ½ cup grape juice – but is it the best menu planning option?



Pre-plating/Bundling

- Remember – OVS is not required at breakfast
- Pre-plating/bundling is allowed
- Encouraged to offer choices to the extent possible
- Encourage breakfast in the classroom and grab n’ go breakfast kiosks



Technical Assistance Resources

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



Healthier Kansas Breakfast Cycle Menu

http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus_Breakfast.htm

Menus for the Week

PLEASE NOTE:
Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages																																						
Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomatillo Salsa Hash Brown Potatoes Kissel Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice	<table border="1"> <thead> <tr> <th>K-12</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>557</td> <td>554</td> </tr> <tr> <td>Cholesterol (Mg)</td> <td>75</td> <td>75</td> </tr> <tr> <td>Sodium (Mg)</td> <td>804</td> <td>1000</td> </tr> <tr> <td>Fiber (G)</td> <td>4.48</td> <td>2.50</td> </tr> <tr> <td>Iron (Mg)</td> <td>3.95</td> <td>2.99</td> </tr> <tr> <td>Calcium (Mg)</td> <td>545.1</td> <td>255.95</td> </tr> <tr> <td>Vitamin A (IU)</td> <td>1052</td> <td>971</td> </tr> <tr> <td>Vitamin C (Mg)</td> <td>92.22</td> <td>12.50</td> </tr> <tr> <td>Protein (G)</td> <td>21.45</td> <td>9.99</td> </tr> <tr> <td>Carbohydrate (G)</td> <td>87.02</td> <td>9.00</td> </tr> <tr> <td>Total Fat (G)</td> <td>13.02</td> <td>19.47</td> </tr> <tr> <td>Saturated Fat (G)</td> <td>3.18</td> <td>6.16</td> </tr> </tbody> </table>	K-12	Target	Calories	557	554	Cholesterol (Mg)	75	75	Sodium (Mg)	804	1000	Fiber (G)	4.48	2.50	Iron (Mg)	3.95	2.99	Calcium (Mg)	545.1	255.95	Vitamin A (IU)	1052	971	Vitamin C (Mg)	92.22	12.50	Protein (G)	21.45	9.99	Carbohydrate (G)	87.02	9.00	Total Fat (G)	13.02	19.47	Saturated Fat (G)	3.18	6.16
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Breakfast Program Resources

- MDE 2008 Memo - Counting Breakfast Time as Instructional Time
- MDE 2012 Memo - Outreach to Households on the Availability of the School Breakfast Program
- USDA's [Discover School Breakfast Toolkit](#)
- Sample breakfast flyer
- USDA memo SP 29-2011: Nutrition Requirements for Fluid Milk



 **QUESTIONS** 

Afterschool Snack Program

To be eligible to qualify, programs:

- Must be eligible to operate NSLP
- Purpose is to provide care in afterschool settings
- Must include education or enrichment activities in organized, structured, and supervised environment
 - Must be operated by the school
 - School facilities do not need to be used

Afterschool Snack Program

Schools can start up a program at any time:

- Amend CNAP/MEGS+ at any time
- Provide sufficient information to MDE to determine eligibility
- Documentation that site is located in an area served by a school that is 50% F/R
- For all other sites, documentation of F/R eligibility based on F/R snacks claimed

Afterschool Snack Program Reimbursement

- May seek reimbursement for one snack, per child, per day
- Children eligible to participate through age 18
- No age limit for mentally or physically impaired individuals
- Sites $\geq 50\%$ F/R receive free rate for all children served



Afterschool Snack Program Times of Operation

- Can only be served after the school day has ended
- Eligibility is based on when the scheduled school day ends
 - Kindergarten program ending at noon and children remain at school under a care program described earlier
 - Split sessions – after the first session even though there is a later session



Afterschool Snack Program Requirements

- Columns according to age
- Indicates minimum serving sizes
 - 4 - 8oz fluid milk
 - $\frac{1}{2}$ – 1oz meat/meat alternate
 - Total $\frac{1}{2}$ - $\frac{3}{4}$ c. fruit/vegetable
 - 1 grain/bread
- Two of the four components must be served
- Juice may not be served when milk is the only other component



Afterschool Snack Program Content of Meals

- Snacks must meet the meal pattern for snacks
- USDA recommends that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements



Afterschool Snack Program Record Keeping

- Total snack counts for sites qualifying for area eligibility or meal counts by type for all other sites
- Documentation of attendance on a daily basis
- Documentation of compliance with meal pattern requirements: menus and production records

Sample menus and templates are provided in the manual and on the School Nutrition Programs website www.michigan.gov/schoolnutrition

- click Afterschool Snack Program under Programs



On-site Review

- On-site reviews are a self-monitoring tool
- Program must be reviewed by the SFA two times per year
 - First 4 weeks of operation
 - During the second half of the school year
- ✓ Review forms retained by the SFA
- ✓ Food Service Management Company (FSMC) personnel may not perform review



New Snack Guidance

- USDA Fact Sheet: Athletic Programs and Afterschool Meal Service



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RESOURCES



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USDA Website

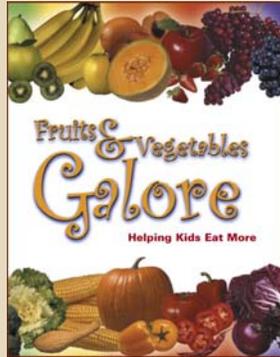
- For current updated information, go to **Nutrition Standards for School Meals**
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>



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**AVAILABLE
NOW FROM
TEAM
NUTRITION**

Fruits and
Vegetables Galore:
Helping Kids Eat
More



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Choose My Plate Resources
<http://www.choosemyplate.gov/food-groups/>



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**AVAILABLE FROM THE NATIONAL
FOOD SERVICE MANAGEMENT
INSTITUTE (NFSMI)**

**Whole
Grains in
Child
Nutrition
Programs**



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Healthy Meals Resource System

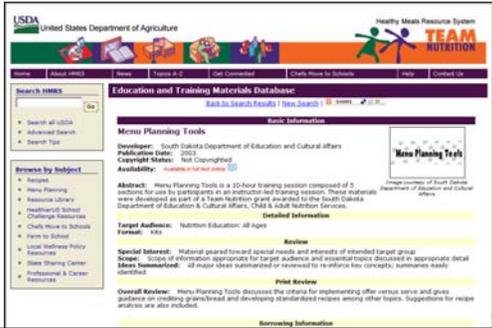
<http://healthymeals.nal.usda.gov>

Menu Planning (<http://healthymeals.nal.usda.gov/menu-planning>)
Use these tools to plan menus with ease! Includes special sections on beans, fruits, vegetables, whole grains, and sodium reduction.

Recipes (<http://healthymeals.nal.usda.gov/recipes>)
Find quantity recipes for school food service from a variety of sources, including the searchable Recipe Finder database!

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Healthy Meals Resource System at NAL



The screenshot shows the website interface for the 'Menu Planning Tools' page. It includes a search bar, navigation tabs, and detailed information about the tool's development, availability, and target audience. The page is titled 'Menu Planning Tools' and is part of the 'Education and Training Materials Database'.

Menu Planning Tools

Developer: South Dakota Department of Education and Cultural Affairs
Publication Date: 2003
Copyright Status: Not Copyrighted
Availability: Common for use online

Abstract: Menu Planning Tools is a 20-hour training session composed of 3 sections to use in an instructor-led training session. These materials were developed as part of a Team Nutrition grant awarded to the South Dakota Department of Education & Cultural Affairs, Child & Adult Nutrition Services.

Target Audience: Nutrition Education: All Ages

Special Interest: Material geared toward special needs and interests of intended target group.
Scope: Scope of information appropriate for target audience and essential topics discussed in appropriate detail.
Block Summary: All major ideas summarized or reviewed to reinforce key concepts, summarize easily.

Overall Review: Menu Planning Tools discusses the criteria for implementing offer versus serve and gives guidance on creating granola-bars and developing standardized recipes among other topics. Suggestions for recipe analysis are also included.

Best Practices Sharing Center at HMRS

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



The screenshot shows the website interface for the 'Best Practices Sharing Center'. It includes a search bar, navigation tabs, and a list of topics for search. The page is titled 'Best Practices Sharing Center' and is part of the 'Healthy Meals Resource System'.

Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy meals that meet school meal regulations.

Select from the options below to search for resources.

Submit a best practice...
Requires you to submit a form to info@healthymeals.gov.
In the body of the email, please provide the following information as well as the subject, your audience, and format that the resource is in.

Topics:
Sodium reduction
Fruits
Vegetables
Whole grains
Meat protein
Fluid milk
Dairy - Meat alternatives
Dairy's substitutions (softened, fat, low, trans fat)
Planning tools
Informing tools
SOP/PLN/Meal/Recipe Publications

Formats:
Slide
Recipe
Document
Training material (video, webinar, etc.)

Best Practices Sharing Center at HMRS

Users can search by:

TOPIC:

- Sodium reduction
- Fruits
- Vegetables
- Meal pattern
- Fluid milk
- Meat / Meat alternates
- Dietary specifications (calories, sat. fat, *trans* fat)
- Planning tools
- Monitoring tools



Best Practices Sharing Center at HMRS

Users can search by:

FORMAT:

- Menu
- Recipe
- Checklist
- Training material
- Success story / Method of implementation



Best Practices Sharing Center at HMRS

Share your resources!

Materials may be submitted via email to hms@ars.usda.gov.

In the body of the email, please provide the developer name as well as the subject areas, audiences, and format that the resource covers.

Questions?

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

or

Email your questions to:

mde-schoolnutrition@michigan.gov



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