

The New Breakfast Meal Pattern – a Horse of a Different Color



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School Nutrition Programs
June 2014




Law Requirements



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




NEW MEAL PATTERN





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 must be met
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)




Food-Based Menu Planning Approach

- 3 Required Components
 - Milk
 - Fruit (veg/juice)
 - Grains





Reading the Meal Pattern Chart

★ = no longer upper range requirement

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruit (cup(s))	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cup(s))	0	0	0	0.75 (1/4 cup)	0.75 (1/4 cup)	0.75 (1/4 cup)
Whole Grains*	0	0	0	0.75 (1/4 cup)	0.75 (1/4 cup)	0.75 (1/4 cup)
Meats/Meat Alternates (oz eq)	0	0	0	0.5 (1/2)	0.5 (1/2)	0.5 (1/2)
Milk**	0	0	0	0.5 (1/2)	0.5 (1/2)	0.5 (1/2)
Fluid milk (cup(s))	0	0	0	0.5 (1/2)	0.5 (1/2)	0.5 (1/2)
Additional Veg or Fruit	0	0	0	0	0	0
Fruit	0	0	0	0	0	0
Vegetables	0	0	0	0	0	0
Meats/Meat Alternates (oz eq)	0	0	0	0	0	0
Fluid milk (cup(s))	0	0	0	0	0	0
Other Specifications: Daily Sodium Based on the Average for a 10th Grader	100-150	100-150	100-150	100-150	100-150	100-150
Unsalted Fat	1-20	1-20	1-20	1-20	1-20	1-20
% of total caloric(s)	1-20	1-20	1-20	1-20	1-20	1-20
Excess Fat	0	0	0	0	0	0

*Whole grain label or manufacturer specifications must indicate per ounce of grain per serving.




SY 2013-2014

Food Component	Grades K-5	Grades 6-8	Grades 9-12
FRUIT	5 (1)	5 (1)	5 (1)
VEGETABLES	0	0	0
WHOLE GRAINS	0	0	0
MEATS/MEAT ALTERNATES	0	0	0
MILK	0	0	0
FLUID MILK (CUPS)	0	0	0
OTHER SPECIFICATIONS	100-150	100-150	100-150
UNSATURATED FAT	1-20	1-20	1-20
% OF TOTAL CALORIC(S)	1-20	1-20	1-20
EXCESS FAT	0	0	0




Implementation Timeline

NEW REQUIREMENTS	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19
FRUIT	0	1	2	3	4	5
VEGETABLES	0	0	0	0	0	0
WHOLE GRAINS	0	0	0	0	0	0
MEATS/MEAT ALTERNATES	0	0	0	0	0	0
MILK	0	0	0	0	0	0
FLUID MILK (CUPS)	0	0	0	0	0	0
OTHER SPECIFICATIONS	0	0	0	0	0	0
UNSATURATED FAT	0	0	0	0	0	0
% OF TOTAL CALORIC(S)	0	0	0	0	0	0
EXCESS FAT	0	0	0	0	0	0




Meal Pattern For Breakfast

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)




SY 2014-2015

Fruits

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)




Fruits Component

- Fruits required
 - 1 cup required for all grades (SY 2014-15)
 - Vegetable substitute allowed
- Juice cannot exceed 50% of total fruit offerings
 - Only full strength juice
- Dried fruit credits double for amount offered
- Under OVS, at least 1/2 cup fruit (veg/juice) must be selected





Fruits Component

- Temporary allowance for frozen fruit with added sugar
 - SY 14/15
- 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




How Do Fruit Smoothies Credit?

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




Grains

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)

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




Grain Requirements for the NSLP and SBP (SP 30-2012)

- Addresses the new use 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 Dietary Guidelines for Americans and MyPlate food guidance system
- Beginning **July 1, 2013**, all grains must be credited using "oz eq" method (not grains or breads)




Grains Component

- Same crediting and whole grain-rich criteria as lunch
- 1 oz. eq. minimum daily requirement (all grades)
- Daily and weekly requirements for menu planning purposes
 - K-5 7-10 oz eq per week
 - 6-8 8-10 oz eq per week
 - 9-12 9-10 oz eq per week
- May offer meat/meat alternate to meet grains if minimum (1 oz eq) grains offered
- May offer meat/meat alternate as an extra food (not credit as grain)





Grains Component

- All the grains offered must be whole grain-rich (WGR)
- RTE cereals must be fortified (unless 100% WG)





Ounce Equivalencies

Calculating Ounce Equivalencies

- Can credit ounce equivalencies based on:
 - 1) ounce weights listed in SP 30-2012 & updated Exhibit A
 - 2) grams of creditable grain in each product portion
- Documented by standardized recipe
- Product formulation statement signed by manufacturer

Exhibit A: School Lunch and Breakfast

Whole Grain-Rich Grains Equivalency (oz Eq) Requirements for School Meal Programs

Grain Item	100% Whole Grain A	100% Whole Grain B
1. Bread (see notes)	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
2. Bread (see notes)	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
3. Cereals	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
4. Pasta	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
5. Rice	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
6. Corn	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
7. Beans	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
8. Lentils	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
9. Peas	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
10. Soybeans	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
11. Chickpeas	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
12. Other legumes	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
13. Nuts	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
14. Seeds	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
15. Other grains	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain

Whole Grain-Rich Grains Equivalency (oz Eq) Requirements for School Meal Programs (continued)

Grain Item	100% Whole Grain A	100% Whole Grain B
1. Bread (see notes)	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
2. Bread (see notes)	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
3. Cereals	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
4. Pasta	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
5. Rice	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
6. Corn	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
7. Beans	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
8. Lentils	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
9. Peas	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
10. Soybeans	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
11. Chickpeas	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
12. Other legumes	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
13. Nuts	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
14. Seeds	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain
15. Other grains	1.00 oz eq = 1.00 oz of 100% whole grain	1.00 oz eq = 1.00 oz of 100% whole grain

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 ½ cups puffed cereal
 - + ½ cup granola



Comparing the Two Methods of Calculating Ounce Equivalencies

Calculating Ounce Equivalencies

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

Example Product 1:

Whole-Grain Bread

- One slice weighs 1.6 oz
- Ingredient statement lists whole wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains.



1. Calculating based on total weight of creditable product:
Because this product contains the required 16 grams of creditable grain per ounce equivalent in Group A-C of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products on page 22.
Calculation: $1.6 \text{ oz} \div 0.93 \text{ oz} = 1.72 \text{ oz eq}$
1.72 rounds down to 1.00 oz eq grains per portion.
2. Calculating based on grams of creditable grain:
The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead per schools may retain a copy of their standardized recipe. Sample product formulation statements are provided starting on page 23.
For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.
Calculation: $17 \text{ g} \div 16 \text{ g} = 1.06$
1.06 rounds down to 1.00 oz eq grains per slice.

Example Product 2:

Whole-Grain Pasta

- One portion of dry pasta weighs 32 grams (including creditable grain and other ingredients).
- Ingredient statement lists whole wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each ½ cup (cooked) contains 28 grams of creditable grain.



1. Calculating based on Exhibit A values:
Group B-C of Exhibit A states that ½ cup of cooked pasta equals one creditable ounce equivalent. 1.0 ounce equivalent grains. Product label and manufacturer documentation provided for verification.
Calculation: $1 \text{ cup} \div 2 = 0.5 \text{ cup}$ per oz eq = 1.00 oz eq grains
2. Calculating based on grams of creditable grain:
For this calculation, divide the grams of creditable grain by the standard of 28 grams per oz equivalent for Group B-C of Exhibit A.
Calculation: $28 \text{ g} \div 28 \text{ g} = 1.00$
1.00 rounds down to 1.00 oz eq grains per ½ cup cooked pasta.
3. Calculating based on dry weight:
For this calculation, the weight of the dry portion of pasta is divided by the weight listed for that product in the appropriate group of the revised Exhibit A.
Calculation: $32 \text{ g} \div 32 \text{ g} = 1.00$
1.00 rounds down to 1.00 oz eq grains per portion of dry pasta.

Formulation Statement for Documenting Grains in School Meals
Creating Statement Based on National School Lunch Program (NSLP) 2014-2015

Michigan Department of Education
 Michigan Department of Health and Human Services

Formulation Statement for Documenting Grains in School Meals
Creating Statement Based on National School Lunch Program (NSLP) 2014-2015

Michigan Department of Education
 Michigan Department of Health and Human Services

Formulation Statement for Documenting Grains in School Meals
Creating Statement Based on State of California School

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 Michigan Department of Health and Human Services

Formulation Statement for Documenting Grains in School Meals
Creating Statement Based on State of California School

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Whole Grain-Rich Criteria

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

- Lunch
- Breakfast



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Whole Grain-Rich vs Whole Grain

- SY 2014-2015: All grains must be whole grain-rich (not 100% whole grain)
- Whole grain-rich = At least 50% whole grain and rest of product/blend must be enriched refined flour

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What Foods Meet Whole Grain-Rich Criteria?

- Contain **100% whole grain** OR
- Contain a blend of **whole-grain meal and/or flour** and **enriched meal and/or flour** of which at least 50% is whole grain
 - Remaining 50% or less of grains must be enriched

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Considered Whole Grains

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Quinoa
- Millet
- Amaranth

- The word **whole** listed before a grain - e.g. **whole** wheat
- **Berries & groats** are used to designate whole grains – e.g. wheat **berries** or oat **groats**
- Rolled oats & oatmeal (includes old-fashioned, quick cooking, instant)
- Brown rice, brown rice flour, wild rice
- Triticale, teff
- Sorghum
- Buckwheat

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Cornbread (School Recipe)

YIELD:		VOLUME:	
88 Servings:	4 1/2 (14 oz) (bushel)	88 Servings:	about 2 quarts (2 cups) (bushel)
1 half-wheat pan:		32 portions:	
168 Servings:	8 1/2 (12 oz) (bushel)	168 Servings:	1 gallon (1 quart) (bushel)
2 half-wheat pans:		700 portions:	

Ingredients	Weight	Measure
Flour, enriched bleached	1 lb	2 1/4 cups
Flour, whole wheat	1/2 lb	2 cups
Cornmeal, whole grain	1 lb	2 1/2 cups
Salt		1 1/2 tsp
Eggs, whole	6 (1/2 qt)	12 eggs
Baking powder		2 (1/2) 2 tsp
Sugar		1 cup
Instant nonfat dry milk, nonacidulated		3 1/2 cups
Vegetable oil		1/2 cup

Nutrition Facts (Per Serving)			
Calories	108	Saturated Fat	0.40 g
Protein	2.00 g	Cholesterol	12 mg
Carbohydrate	18.00 g	Vitamin A	10 IU
Total Fat	2.00 g	Vitamin C	0.1 mg
		Sodium	60 mg
		Dietary Fiber	1.0 g

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Whole-Grain Ready-To-Eat Cereal




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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 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

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Fortification of Cereals

- 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
 - Sample ingredient list:
 - 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....

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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 to meet part of grains component
 - Offer a meat/meat alternate as an **extra**



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Meat/Meat Alternate as a Grain

- When offering a meat/meat alternate in place of grains:
 - 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

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Meat/Meat Alternate as Extra

- 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 weekly minimums
 - The meat/meat alternate does not count for OVS purposes
 - Meat/meat alternate must fit within the weekly dietary specifications

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Milk

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

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Fluid Milk

- 1 cup (8 fl. oz.) for all grades
- Must offer at least two choices
- Allowable milk options include
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Whole, 2% & low-fat flavored milk not allowable





Fluid Milk

- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- No fat/flavor restriction on milk substitutes





FOUR DIETARY SPECIFICATIONS




Four Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium (begins SY 2014-15)
 - Saturated fat
- Daily requirement
 - Trans fat




Dietary Specifications for School Meals

- Calories
 - Minimum *and* maximum levels for each grade group
- Sodium
 - Specific limits for each grade group
 - First target begins in SY 2014 and remains in effect for three years
- Saturated fat (unchanged)
 - Less than 10% of calories from saturated fat for all grades
- Trans fat
 - Zero grams per offered portion (check labels) for all grades




Calories

- Calorie ranges are based on science and data on children's food intake
- Calorie ranges are weekly averages

GRADES	LUNCH (kcal)	BREAKFAST (kcal)
K-5	550-650	350-500
6-8	600-700	400-550
9-12	750-850	450-600

- Student selections may be above or below the ranges




Sodium Reduction Efforts

- Modify procurement specifications and recipes
- Resources for reducing sodium
 - Team Nutrition Healthy Meals Resource System
 - <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>
 - National Food Service Management Institute
 - http://www.nfsmi.org/documentlibraryfiles/PDF/2012010_2035310.pdf
- USDA Foods




Saturated Fat

- Saturated fat limit
 - Less than 10 percent of total calories
 - Same as previous regulatory standard
- No total fat limit




Trans Fat

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




MENU PLANNING






Components vs. Items (OVS)

- **Component:** One of the **3 food groups** that comprise a reimbursable breakfast and that must be offered:
 - Fruit (or veg or juice)
 - Grains
 - Meat/meat alternates (optional)
 - Milk
- **Item:** Specific food offered within the 3 components:
 - If no OVS, must offer at least **3 food items**
 - If operating OVS, must offer at least **4 food items** at breakfast






Menu Planning

- Must offer **3 components**
 - Fruit/vegetable/juice
 - Grains (optional m/ma after daily grain met)
 - Milk
- Must offer **4 food items** if using OVS
 - Fruit/vegetable/juice
 - Grains (optional m/ma after daily grain met)
 - Milk
 - Additional item




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 cup of fruit
 - 9 oz eq weekly of grains
 - 1 cup of milk









Straight Serve or Offer Versus Serve?






What is Straight Serve?

- Not implementing OVS
 - Must offer at least 3 food items
 - Must make sure weekly minimums are met for the 3 required food items




Challenge Activity - Straight Serve













Offer vs Serve

What is Offer Versus Serve?

Offer Versus Serve (OVS) is a concept that applies to Child Nutrition menu planning and to the determination of reimbursable school meals. OVS allows students to decline some of the food offered in a school lunch or breakfast.

OVS Implementation

- OVS is:
 - Required at senior high schools
 - (lunch)
 - Optional at lower grade levels
 - (lunch)
 - Optional at breakfast in all grades ←

Components vs. Items

- Component:** One of the 3 food groups that comprise a reimbursable breakfast and that must be offered:
 - 1 cup of fruit (juice/veg)
 - 1 oz eq of grains
 - Meat/meat alternates (optional)
 - 1 cup of milk
- Item:** Specific food offered within the 3 components:
 - If no OVS, must offer at least 3 food items
 - If operating OVS, must offer at least 4 food items at breakfast
- Students must **take** at least 3 items at breakfast (OVS)
- Students are required to **take** ½ cup of fruit (juice/veg) (OVS)

OVS: Choices

- Items** are the minimum a child can take
- Choices** give students options to choose from different items
 - F/V item: hash browns, oranges, apple juice
 - Grain item: toast, bagel, cereal
 - Milk item: choc skim, unflavored skim
- Menu planner decides how many "items" make up a reimbursable meal, while having flexibility to still offer choices within those items
- Must indicate to students what items the student may select in order to have a reimbursable meal

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 (or other fruit offered)
 - Student would not be required to take 3 out of 4 fruit choices!
 - Menu planners can still **offer choices**, but decide how many **items** a student can take

OVS - Grains

- Menu planner can offer grains component as one or more items
- Example: A large muffin (2 oz eq) can count as 1 **or** 2 items



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OVS - Grains

- If using a 2 oz eq muffin:
 - If it counts as 1 item, students must select 2 more items
 - one item must be ½ cup f/v/j
 - If it counts as 2 items, student must select 1 more item
 - must be at least ½ cup f/v/j



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Menu Example

Menu with five food items:

Whole grain-rich muffin (2 oz eq grain)	(2 grain items)
AND	
Whole grain-rich cereal (1 oz eq grain)	(1 grain item)
Orange slices (1 cup fruit)	(1 fruit/vegetable item)
Variety of milk (1 cup)	(1 milk item)

Reimbursable meal examples:

- Whole grain rich muffin, orange slices
- Whole grain rich cereal, orange slices, milk

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OVS - Grains

- Allowing students to take duplicate items
 - 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 it as two items
 - Menu planner has the discretion to allow duplicates
 - Variety is encouraged



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Menu Example

Menu with four food items:

Slice of toast (1 oz eq grain)	(1 grain item)
Whole grain-rich cereal (1 oz eq grain)	(1 grain item)
Orange slices (1 cup fruit)	(1 fruit/vegetable item)
Variety of milk (1 cup)	(1 milk item)

Reimbursable meal examples:

- 2 slices of toast, orange slices
- Toast, cereal, orange slices

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OVS - Grains

- Grains and meat/meat alternate combinations
 - When counting the meat/meat alternate as a grain, a combo would count as 2 food items
- Example: egg sandwich = 1 oz eq of grains + 1 oz eq of m/ma counting as grains = 2 food items



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OVS - Grains

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

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Menu Example

Menu with four food items:

Whole grain-rich cereal (1 oz eq grain)	(1 grain item)
Hard-boiled egg (1 oz eq credited as grain)	(1 grain item)
Orange slices (1 cup fruit)	(1 fruit/vegetable item)
Variety of milk (1 cup)	(1 milk item)

Reimbursable meal examples:

- Egg, cereal, oranges
- Egg, oranges, milk
- Cereal, oranges, milk

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Menu Example

Menu with 4 food items with m/ma offered as an additional food:

Slice of toast (1 oz eq grain)	(1 grain item)
Hard-boiled egg ("additional" food)	(1 additional food)
Orange slices (½ cup fruit)	(1 fruit/vegetable item)
Apple juice (½ cup fruit)	(1 fruit/vegetable item)
Variety of milk (1 cup)	(1 milk item)

- Egg does not count as item and serves as an extra
- Must take 3 out of the 4 items (toast, orange slices, apple juice, milk)

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OVS - Fruit



- 1 cup daily minimum must be offered
- Menu planner can offer fruit as multiple items and/or in various portion sizes to total 1 cup
- Minimum amount that may be credited towards the fruit/vegetable component is 1/4 cup
 - MDE Administrative Policy #8, SY 2004-05

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Menu Example – Multiple Items

Menu with five food items:

• Slice of toast	(1 oz eq grain)	(1 grain item)
• Whole grain cereal	(1 oz eq grain)	(1 grain item)
• Tomato juice	(1/2 cup fruit)	(1 fruit/vegetable item)
• Apple slices	(1/2 cup fruit)	(1 fruit/vegetable item)
• Variety of milk	(1 cup)	(1 milk item)

Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Milk, toast, apple slices

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Menu Example – Various Portion Sizes

Breakfast food items containing fruits and/or vegetables:

- Egg frittata (with 1/4 cup vegetable)
- 8 oz 100% orange juice (1 cup fruit)
- Mango/Black Bean Salsa (1/2 cup fruit/vegetable combo)
- Diced pineapple (1/2 cup fruit)
- Apple slices (1/2 cup fruit)

May offer different 1/4 cup servings of fruits and or vegetables that may be selected to meet the 1 cup requirement

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Challenge Activity - Offer vs Serve (OVS)



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BREAKFAST REQUIREMENTS

Breakfast Signage

Build a Healthy Breakfast

Select 4 – 5 Items!

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Fruit/Vegetable/Juice</th> </tr> <tr> <td>Orange</td> <td>1 item (s)</td> </tr> <tr> <td>Apple Juice</td> <td>1 item (s)</td> </tr> <tr> <td>Pasta/sausage</td> <td>1 item (s)</td> </tr> <tr> <td colspan="2">May Select 1 item (s)</td> </tr> </table>	Fruit/Vegetable/Juice		Orange	1 item (s)	Apple Juice	1 item (s)	Pasta/sausage	1 item (s)	May Select 1 item (s)		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Milk</th> </tr> <tr> <td>Skim white</td> <td>1 item</td> </tr> <tr> <td>1% white</td> <td>1 item</td> </tr> <tr> <td>Skim chocolate</td> <td>1 item</td> </tr> <tr> <td>Whole milk</td> <td>1 item (s)</td> </tr> </table>	Milk		Skim white	1 item	1% white	1 item	Skim chocolate	1 item	Whole milk	1 item (s)
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Milk																					
Skim white	1 item																				
1% white	1 item																				
Skim chocolate	1 item																				
Whole milk	1 item (s)																				
<p>Notes: Today you make take 1 serving of Peanut Butter as a bonus item!</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Grains/Breakfast Entrees</th> </tr> <tr> <td>Bagel</td> <td>2 item (s)</td> </tr> <tr> <td>Breakfast Sandwich</td> <td>2 item (s)</td> </tr> <tr> <td>Yogurt</td> <td>1 item (s)</td> </tr> <tr> <td>Cereal</td> <td>1 item (s)</td> </tr> <tr> <td colspan="2">May Select 2 item (s)</td> </tr> </table>	Grains/Breakfast Entrees		Bagel	2 item (s)	Breakfast Sandwich	2 item (s)	Yogurt	1 item (s)	Cereal	1 item (s)	May Select 2 item (s)									
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Yogurt	1 item (s)																				
Cereal	1 item (s)																				
May Select 2 item (s)																					

Meal Identification

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

Training and Signage

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

Pre-plate/Pre-packaging/Bundling

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

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

RESOURCES

Technical Assistance Resources

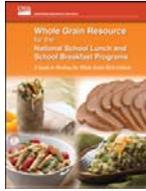
- FNS New Meal Pattern website
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
 - Timeline
 - Technical Assistance & Guidance Materials
 - Recently released Q&As, other policy memos
- Best Practices Sharing Center
 - SFAs and States can share resources and tools they use to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

Technical Assistance Resources

- SP 28-2013v2: *Questions & Answers on the School Breakfast Program Meal Pattern in School Year 2013-14*
- SP 45-2013: *Updated Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- SP 10-2012 (v.7): *Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"*
- SP 30-2012: *Grain Requirements for the National School Lunch & School Breakfast Programs*
- NEW! SP 43-2014: *Q and As on the SBP Meal Pattern in SY 2014-15*



Whole Grain Resource



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



USDA Website

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



Healthier School Day Website

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



Fact Sheets for Healthier School Meals

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



Food Buying Guide

for Child Nutrition Programs



Updated Food Buying Guide

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

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

Team Nutrition Releases "Recipes for Healthy Kids Cookbook for Schools"

Thirty food-approved recipes from the Recipes for Healthy Kids Cookbook, which is a U.S. Department of Agriculture (USDA) publication in September 2012 in support of FNS's and Michigan's Smart's Let's Move! initiative in collaboration with the National Center for Education and School Health Association.

Safe of Contents

The top recipes in each category have been identified as appropriate for homes, child care centers, and schools.

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

The cookbooks and recipe are available on the Team Nutrition Web site at www.teamnutrition.org. The cookbooks should be published by the end of 2012.



Sodium Reduction Efforts

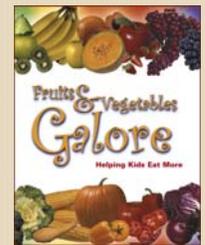
TN Healthy Meals Resource System

- <http://healthy-meals.nal.usda.gov/menu-planning/sodium-reduction>
 - http://www.fns.usda.gov/sites/default/files/tn_resources.pdf
- Fact Sheets for Healthier School Meals
- http://www.fns.usda.gov/sites/default/files/tn_resources.pdf
 - <http://www.nfsmi.org/documentlibrary/files/PDF/20120102035310.pdf>
- USDA Foods
- <http://www.fns.usda.gov/idd/nsfp-usda-foods-fact-sheets>



AVAILABLE NOW FROM TEAM NUTRITION

Fruits and Vegetables Galore: Helping Kids Eat More



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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