

# THE BREAKFAST MEAL PATTERN



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

# 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)

# WHY SCHOOL BREAKFAST ?

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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](http://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

[Counting Breakfast as Instructional Time memo](#)

# School Breakfast Toolkit

- Toolkit with information to promote and expand the SBP



<http://www.fns.usda.gov/sbp/toolkit>



<http://boostbreakfast.com/>



# BOOST BREAKFAST MICHIGAN



[Home](#)
[Why School Breakfast](#)
[How to Boost Breakfast](#)
[Marketing](#)
[Resources](#)

## Why Boost School Breakfast?

Building successful students is a common goal shared among families, school staff and school nutrition professionals.

[More](#)

## Breakfast Videos

Learn from viewing Michigan and other National school breakfast champions. Learn what they did and how they achieved school breakfast success.

[More](#)

## Snapshot of Breakfast in Michigan

Over 86% of Michigan schools that offer school lunch also offer school breakfast.

[More](#)

## Superintendent's First Fuel Breakfast Challenge

Michigan State Superintendent issued the Superintendent's Fuel Breakfast Challenge in March 2013.

[More](#)

## Team Nutrition on Twitter

[@TeamNutritionMI](#)

Webinar! The [@SmartLunchrooms](#) Scorecard App – LunchScore Tuesday, Jan 20 at 2 pm Register now!  
<http://t.co/madXJDMi21>

4 hours ago

## Printable Materials

View all printable materials from this website and boost breakfast training materials

[More](#)

# BREAKFAST MEAL PATTERN



# SBP Changes Effective SY 2014-2015

- Fruit quantity increased 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 ½ cup fruit (juice or vegetable)

# SBP Changes Effective SY 2014-2015

- Juice offerings cannot exceed 50% of the total weekly fruit offerings
- Vegetable substitution limit applies
  - First two cups of vegetables must be from non-starchy vegetable subgroups

# Food-Based Menu Planning Approach

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



# Breakfast Meal Pattern

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

# FRUITS



# Fruits



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

# Forms of Allowable Fruits in School Meals

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

# Fruits: Clarifications about Juice

- Juice – juice is credited as the volume served  
Must be 100% full-strength
- Frozen juice is credited based on the unfrozen liquid volume
- Juice – no more than  $\frac{1}{2}$  of the weekly offering for the fruit component can be in the form of juice



# Fruits Component

## Fruits required

- 1 cup required for all grades
- Vegetable substitute allowed

Dried fruit credits double the amount offered

Under OVS, at least  $\frac{1}{2}$  cup fruit (veg/juice) must be selected

# Fruits Component

- To provide flexibility in the types of fruits that can be offered, schools may offer a:
  - Single fruit type
  - Combination of fruits
  - Combination of fruits and vegetables



# GRAINS



# 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)



Optional WGR temporary exemption

# 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



# Grains Component: Flexibility

- SFAs will be in compliance with grain component requirements if menu is compliant with the daily and weekly minimums.
- Weekly calorie ranges are in effect.
- All grains that are part of a breaded or battered product must be counted towards the weekly grain requirement.
  - One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains
- Must take into consideration the trans fat and saturated fat of the grain items.

# 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” (WGR)
- 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

# Calculating Ounce Equivalencies

Can credit ounce equivalencies based on:

- 1) ounce weights listed in SP 30-2012 & updated Exhibit A
- 2) grams of creditable grain in each product portion
  - Documented by standardized recipe
  - Product Formulation Statement signed by manufacturer

## Exhibit A: School Lunch and Breakfast

### Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup>

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Savory crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: Weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain - includes vanilla wafers)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies,<sup>3</sup> cobbler,<sup>3</sup> fruit turnovers,<sup>4</sup> and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 oz eq = 34 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g or 0.3 oz

<sup>1</sup> The following food quantities from Groups A-C, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

**Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup> (continued)**

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> <li>Cereal grains (barley, quinoa, etc)</li> <li>Breakfast cereals (cooked)<sup>5,6</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> <li>Ready-to-eat breakfast cereal (cold, dry)<sup>5,6</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole grain, or whole grain and enriched or fortified cereal.

# Comparing the Two Methods of Calculating Ounce Equivalencies

### Sample Product 1:

#### Whole-Grain Bread

- One slice weighs 0.9 oz
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each slice contains 17 grams of creditable grain and no noncreditable grains

#### 1. Calculating based on total weight of creditable product:

Because this product contains the required 16 grams of creditable grain per ounce equivalent for Groups A-G of the revised Exhibit A, we may credit it using the Exhibit A weight. The weight of the bread slice is divided by the standard weight listed for Group B products (see page 23).

Calculation:  $0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$

0.9 oz rounds down to **0.75 oz eq grains** per slice.



#### 2. Calculating based on grams of creditable grain ingredient:

The same slice of bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead (or schools may retain a copy of their standardized recipe). Sample product formulation statements are provided starting on page 25.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.

Calculation:  $17 \text{ g} \div 16 \text{ g} = 1.06$

1.06 rounds down to **1.0 oz eq grains** per slice.

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014

#### Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_

- I. Does the product meet the whole grain-rich criteria:  Yes  No

*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*

- II. Does the product contain noncreditable grains:  Yes  No How many grams: \_\_\_\_\_

*(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*

- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-C use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
<b>Total Creditable Amount<sup>1</sup></b>			

<sup>1</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014

#### Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75oz)

**I. Does the product meet the whole grain-rich criteria:**  Yes  No

*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*

**II. Does the product contain noncreditable grains:**  Yes  No How many grams: \_\_\_\_\_

*(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*

**III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (RTE breakfast cereals).** *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: C

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount <sup>1</sup> A ÷ B
Pancakes	50 grams	34 grams	1.47
<b>Total Creditable Amount<sup>2</sup></b>			<b>1.25</b>

<sup>1</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent grains. I further certify that noncreditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_  
 Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_  
*(raw dough weight may be used to calculate creditable grain amount)*

- I. Does the product meet the whole grain-rich criteria:**  Yes  No  
*(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)*
- II. Does the product contain noncreditable grains:**  Yes  No **How many grams:** \_\_\_\_\_  
*(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams for Groups A-C or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)*
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (ready-to-eat breakfast cereals).** *(Different methodologies are applied to calculate servings of the grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the product belongs: \_\_\_\_\_

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

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

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

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded *down* to the nearest quarter (0.25) oz eq. Do *not* round up.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz equivalent

## Formulation Statement for Documenting Grains in School Meals

### Required Beginning School Year (SY) 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes -50g (1.75oz)  
(raw dough weight may be used to calculate creditable grain amount)

- I. Does the product meet the Whole Grain-Rich Criteria:  Yes  No  
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. Does the product contain noncreditable grains:  Yes  No How many grams: \_\_\_\_\_  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the product belongs: C

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

\* Creditable grains are whole-grain meal/flour and enriched meal/flour.

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

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz. eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that noncreditable grains are **not** above 0.24 oz eq. per portion. Products with more than 0.24 oz. equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

**As a reminder, all grains served must be whole grain-rich (unless SFA has an approved WGR exemption or pasta waiver for certain products).**

- Lunch
- Breakfast

# Whole Grain-Rich vs Whole Grain

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

# What Foods Meet Whole Grain-Rich Criteria?

- Contain ***100% whole grain***

OR

- Contain a blend of ***whole-grain meal and/or flour (50% or more)*** and ***enriched meal and/or flour (50% or less)***

# Considered Whole Grains

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

# NOT Whole Grains

Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable)

flour

white flour

wheat flour

all-purpose flour

unbleached flour

bromated flour

enriched bromated flour

enriched flour

instantized flour

phosphated flour

self-rising flour

self-rising wheat flour

enriched self-rising flour

bread flour

cake flour

durum flour

corn grits

hominy grits

hominy

farina

semolina

degerminated corn meal

enriched rice

rice flour

couscous

## Noncreditable Grains

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.

# Whole Grain-Rich Product Checklist

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

# Determining if Products Meet Whole Grain-Rich Requirements

- Ingredient declaration from a product carton that shows a whole grain as the primary ingredient by weight.
- Copy of a food label showing amount of whole grain in grams for NSLP/SBP serving size.
- Copy of food label displaying one of the FDA whole-grain health claims.
- Recipe that includes the ingredients & ingredient amounts by weight & volume.
- Customized product formulation statement on mfg letterhead.
- USDA Foods Fact Sheet (applicable for foods indicated as meeting the whole grain-rich criteria. Fact sheets must be accompanied by acceptable mfg documentation if it is not clear the item meets whole grain-rich criteria)

# Grain-Based Desserts

- Grain-based dessert limit does not apply at breakfast
- Formulated grain-fruit products credit as a grain, not a fruit
- 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

# 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:
    - Whole grain wheat, 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)

Case UPC	Product Name	Oz Eq Grain	Pack Size	Serving Size (Servings per Pkg)	Grams of Creditable Grains Per Serving	Meets USDA Whole Grain-Rich*
38000-54937	Rice Krispies® Chewy Cereal Bar Berry	1	96/1.27 oz.	1 Bar	17.3	X
38000-48396	Rice Krispies® Chewy Cereal Bar Apple Cinnamon	1	96/1.27 oz.	1 Bar	17.3	X
<b>Kellogg's® Nutri-Grain® Cereal Bars</b>						
38000-59779	Nutri-Grain® Cereal Bar Apple Cinnamon	1	96/1.55 oz.	1 Bar	16	X
38000-90819	Nutri-Grain® Cereal Bar Blueberry	1	96/1.55 oz.	1 Bar	16	X
38000-59772	Nutri-Grain® Cereal Bar Strawberry	1	96/1.55 oz.	1 Bar	16	X
38000-35645	Nutri-Grain® Cereal Bar Apple Cinnamon	0.75	48/1.3 oz.	1 Bar	12.7	X

# 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**



# Meat/Meat Alternate as a Grain

- When offering a meat/meat alternate as a grain:
  - 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 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

# MILK



# Milk



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

# 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
- The requirement of providing fluid milk does not alter nutrition standards for milk substitutes (e.g., soy beverages)



# Fluid Milk Substitutes



Required (disability accommodations) and optional (parent requested) non-dairy milk substitutes:

- Are considered meal exceptions
- Are not subject to the final rule
- Must be fortified in accordance with Food and Drug Administration guidelines (7 CFR 210.10(d)(3))

There is no fat/flavor restriction on milk substitutes.

# New Smoothie Crediting Information

- For all meals and snacks, smoothies can meet the following components:
  - Fluid milk
  - Meat/meat alternate (yogurt is the only creditable m/ma allowed)
  - Vegetable
  - Fruit
- Grains may be added to a smoothie, but cannot credit towards the grain component



# Some Key Smoothie Points



- Milk must be consistent with CNP guidelines
  - Fluid milk must always be offered on the serving line; must offer a variety of milk options
- Do not have to include full milk, fruit, or vegetable component
  - Must offer additional items to make up the difference
- Pureed fruit or vegetable must be counted as juice
  - Counts toward weekly juice limits
- Crediting of fruit or vegetable is determined on a volume as served basis
  - **[USDA memo SP 10-2014 \(v.3\)](#)**

# How Do Fruit Smoothies Credit?

- Commercial products may only credit toward the fruit or vegetable component
- All meal components must be offered in the required minimum amounts
  - Must still offer variety of fluid milk choices
  - Additional fruit, vegetable, m/ma and/or milk must be offered if the amount served in smoothie doesn't meet minimum serving sizes of meal pattern requirements
  - Additional fruit and vegetable offerings encouraged

[USDA memo SP 10-2014 \(v.3\)](#)



# FOUR DIETARY SPECIFICATIONS

---

# Four Dietary Specifications

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

# Calories

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
- Does not apply daily or per meal

# Sodium

## Sodium Limits and Timeline

Target 1: <u>SY 2014-15</u>	Target 2: <u>SY 2017-18</u>	Final target: <u>SY 2022-23</u>
<p data-bbox="430 706 575 751"><u>Lunch</u></p> <p data-bbox="323 768 680 813">≤1230mg (K-5)</p> <p data-bbox="323 829 680 875">≤1360mg (6-8)</p> <p data-bbox="312 891 690 937">≤1420mg (9-12)</p>	<p data-bbox="951 706 1096 751"><u>Lunch</u></p> <p data-bbox="858 768 1186 813">≤935mg (K-5)</p> <p data-bbox="848 829 1197 875">≤1035mg (6-8)</p> <p data-bbox="837 891 1207 937">≤1080mg (9-12)</p>	<p data-bbox="1514 706 1659 751"><u>Lunch</u></p> <p data-bbox="1421 768 1749 813">≤640mg (K-5)</p> <p data-bbox="1421 829 1749 875">≤710mg (6-8)</p> <p data-bbox="1411 891 1759 937">≤740mg (9-12)</p>
<p data-bbox="390 1024 619 1070"><u>Breakfast</u></p> <p data-bbox="331 1086 674 1131">≤540mg ( K-5)</p> <p data-bbox="338 1148 667 1193">≤600mg (6-8)</p> <p data-bbox="331 1209 674 1255">≤640mg (9-12)</p>	<p data-bbox="911 1024 1140 1070"><u>Breakfast</u></p> <p data-bbox="852 1086 1194 1131">≤485mg ( K-5)</p> <p data-bbox="858 1148 1188 1193">≤535mg (6-8)</p> <p data-bbox="852 1209 1194 1255">≤570mg (9-12)</p>	<p data-bbox="1476 1024 1705 1070"><u>Breakfast</u></p> <p data-bbox="1417 1086 1759 1131">≤430mg ( K-5)</p> <p data-bbox="1423 1148 1753 1193">≤470mg (6-8)</p> <p data-bbox="1417 1209 1759 1255">≤500mg (9-12)</p>

# Sodium

- Does the sodium limit apply to each meal offered?
  - No – the sodium limit applies to the weekly average of meals offered over the school week.
  - It does not apply daily or per meal.

# 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/20120102035310.pdf>

## USDA Foods

- <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

## What's Shaking: Creative Ways to Boost Flavor with Less Sodium

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

# 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
- Naturally-occurring trans fat excluded
  - e.g. beef, lamb, dairy products

# BREAKFAST REQUIREMENTS

---

# Training and Signage

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

# Meal Identification



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



# Build a Healthy Breakfast

*Build a healthy breakfast by choosing at least 3 items – 1 must be a fruit (vegetable or juice)*



Menu planner indicates how many items may be selected

Fruit/Vegetable/Juice – may select  items

1/2 c. applesauce (= 1 item)

4 oz. orange juice (= 1 item)

1/2 c. peaches (= 1 item)

Milk – may select 1 item

8 oz skim (white)

8 oz 1% (white)

Menu planner indicates how many items may be selected

Additional Item:

1 oz fat free cream cheese

Grains/Breakfast Entrees – may select  items

1 oz bagel (= 1 item)

2 oz muffin (= 1 item)

1 serving cereal (= 1 item)

school  
BREAKFAST



# Pre-plating/Pre-packaging/Bundling

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



# MENU PLANNING



# Menu Planning

- Must offer **3 components**
  - Fruit (vegetable/juice)
  - Grains (optional m/ma after daily grain met)
  - Milk
- The Meat/Meat Alternate is not a required component for a reimbursable breakfast.

# Components vs. Items (OVS)

- Component: One of the **3 food groups** that comprise a reimbursable breakfast and must be offered:
  - Fruit (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



# Grade Groups

- Three 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?

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# What is Straight Serve?

Straight Serve is when a student is served all required food components.

## Not implementing OVS

- Must offer at least 3 food items from the 3 required food components
- Must make sure daily and weekly minimums are met for the 3 required components

# Challenge Activity - Straight Serve







# CONCLUSION

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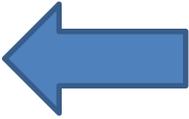
# **OFFER VS SERVE**

---

# 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 must be offered:

- Fruit (juice/veg)
- Grains
  - Meat/meat alternate (optional)
- Milk



- Item: Specific food offered within the 3 components:
  - If operating OVS, must offer at least 4 food items at breakfast
  - With OVS, student must select at least 3 items

# OVS: Choices vs Items

- **Items** are the minimum foods a child can take.
- **Choices** give students options to choose from different items.
  - Grain item: toast, bagel, cereal
  - Milk item: choc skim, unflavored skim
  - Fruit item: orange juice, orange slices, apple juice
- 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.

# OVS Implementation

- Offer 3 food components that consist of at least 4 food items
  - Fruit (vegetable or juice) \*
  - Grain \*\*
    - (may offer meat/meat alternate after daily grain is offered)
  - Milk

\* large fruit may count as 1 or 2 items

\*\* large grain may count as 1 or 2 items

# OVS Implementation

- Students must ***take*** at least **3 items** at breakfast
- Students may decline a food item
- But must select at least  $\frac{1}{2}$  cup fruit and at least 2 other items

# OVS – Large Grain Item

- Menu planner can offer a large grain item and count it as one or two food items
- Example: A large 4 oz muffin can count as 1 *or* 2 items



# OVS - Grains



If using a 4 oz muffin:

- If it counts as 1 item, student must select 2 more items
  - one item must be  $\frac{1}{2}$  cup f/v/j
- If it counts as 2 items, student must select 1 more item
  - must be at least  $\frac{1}{2}$  cup f/v/j

# Menu Example

## Menu with five food items:

Whole grain-rich muffin (2 oz eq grain)	[2 grain items]
Whole grain-rich cereal (1 oz eq grain)	[1 grain item]
Orange slices (1 cup fruit)	[1 fruit 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

# 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



# 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 item]
Variety of milk (1 cup)	[1 milk item]

## Reimbursable meal examples:

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

# 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



# 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

# 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 item]
Variety of milk (1 cup)	[1 milk item]

## Reimbursable meal examples:

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

# 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)	
Orange slices	( $\frac{1}{2}$ cup fruit)	[1 fruit item]
Apple juice	( $\frac{1}{2}$ cup fruit)	[1 fruit 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)

# 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
  - Vegetable substitute allowed
- Juice cannot exceed 50% of total fruit offerings over the course of a week
  - Only full strength juice
- Dried fruit credits double for amount offered
- Under OVS, at least  $\frac{1}{2}$  cup fruit (veg/juice) must be selected

# OVS - Fruit

- Menu planner can offer a large fruit (that is equivalent to at least one cup fruit) and that fruit may credit as one or more items
- Example: A large apple can count as 1 **or** 2 items



# Menu Example – Multiple Items

Menu with seven food items:

- |  |                 |                |
|--|-----------------|----------------|
| • Slice of toast   | (1 oz eq grain) | [1 grain item] |
| • Whole grain cereal   | (1 oz eq grain) | [1 grain item] |
| • Choose at least one (and up to all four) of the following items: |                 |                |
| ○ Tomato juice   | (½ cup fruit)   | [1 fruit item] |
| ○ Apple slices   | (½ cup fruit)   | [1 fruit item] |
| ○ Pineapple chunks   | (½ cup fruit)   | [1 fruit item] |
| ○ Mixed berries  | (½ cup fruit)   | [1 fruit item] |
| • Variety of milk  | (1 cup)         | [1 milk item]  |

## Reimbursable meal examples

- Toast, cereal, tomato juice, apple slices
- Toast, tomato juice, apple slices
- Berries, tomato juice, apple slices

# OVS – Pre-bagged Meals

- Some or all components are bundled together
  - Attempt to the extent possible to offer choices
    - Fruit basket
    - Milk choices
- No requirement that all possible combinations of choices be made available to students

# Challenge Activity - Offer vs Serve (OVS)











# 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>

The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". Below the header is a navigation bar with links: Home, About FNS, Newsroom, Help, Contact Us, and En Español. The main content area is titled "Nutrition Standards for School Meals" and features a breadcrumb trail: "You are Here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The main text states: "Through the Healthy, Hunger-Free Kids Act championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children." Below this, it says: "The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation." A photograph of a young girl eating a sandwich is visible on the right. A "Regulation" section is also present, listing: "Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)". On the left side of the page, there is a search box labeled "Search FNS" with a "Go" button, and options to "Search all USDA", "Search Tips", and "Topics A-Z". There is also an "Email Updates" section with a sign-up icon and text: "Sign-up to receive free email updates". At the bottom left, there is a "Browse by Subject" section with a link to "Applications".

# Child Nutrition Programs – School Meals Home Page

USDA United States Department of Agriculture  
Food and Nutrition Service

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## Child Nutrition Programs

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

### Browse By Subject

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

## School Meals

Print

### Child Nutrition Programs



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

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

# Technical Assistance Resources

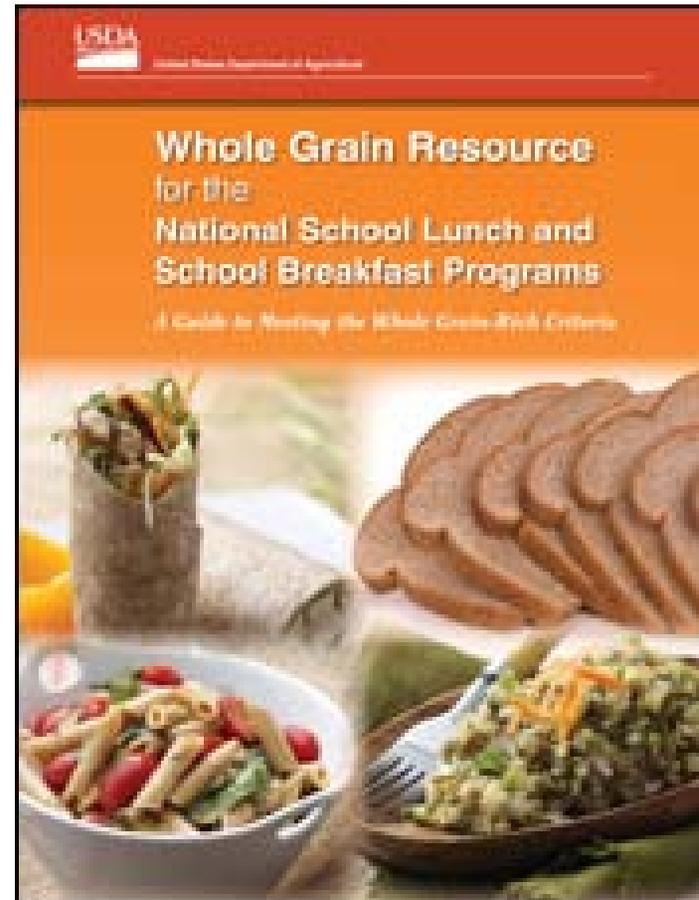
- FNS New Meal Pattern website  
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>
  - Timeline
  - Technical Assistance & Guidance Materials
  - Recently released Q&As, other policy memos
- Best Practices Sharing Center
  - SFAs and States can share resources and tools they 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

- **NEW!** *SP 41-2015: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- **NEW!** *SP 10-2012 (v.9): 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*

**<http://www.fns.usda.gov/school-meals/policy>**

# Whole Grain Resource



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

# Healthier School Day Website

USDA United States Department of Agriculture  
Food and Nutrition Service

Home About What's New Help Contact Us En Español

You are here: Home > Healthier School Day

**The School Day Just Got Healthier**

Healthier school meals have **More Fruit**



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

**the School Day just got Healthier**  
United States Department of Agriculture

**Success Stories & Blogs**

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

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**Go**

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

**Email Updates**

 Sign-up to receive free email updates

**Related Links**

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

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

# Fact Sheets for Healthier School Meals



## Just the Facts!

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

#### KEY ISSUES:

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

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

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

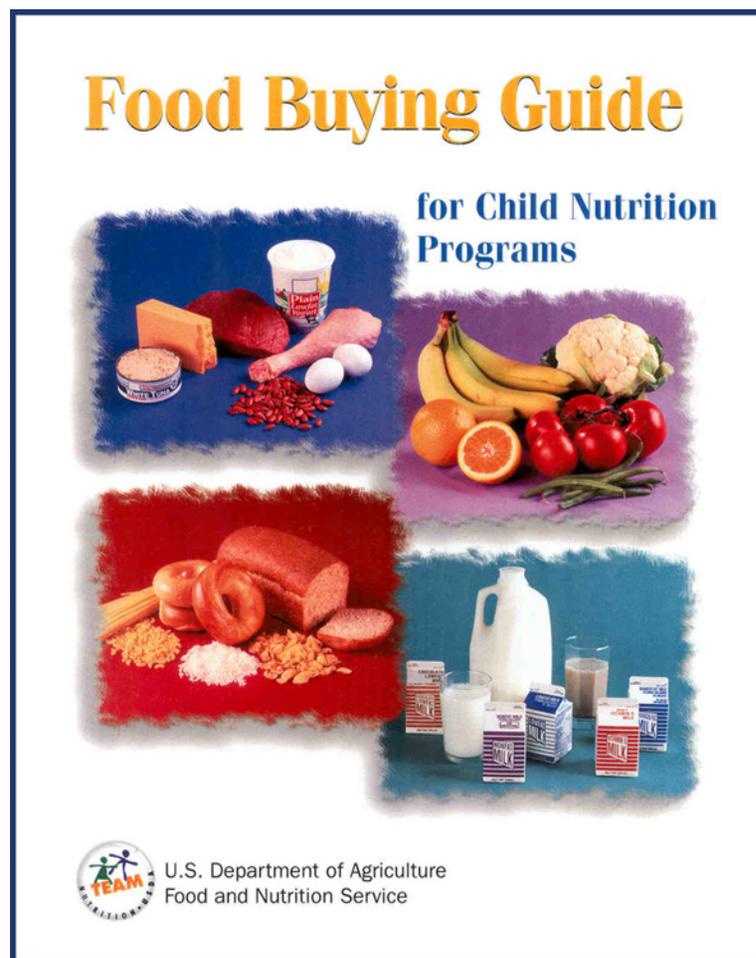
Easy ways to follow the 2010 Dietary Guidelines for Americans

#### Recipe for Success

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

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

# Updated Food Buying Guide



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

# Food Buying Guide Calculator

The screenshot shows a web browser window displaying the "Food Buying Guide Calculator for Child Nutrition Programs" website. The browser's address bar shows the URL "http://fbg.nfsmi.org/". The website features a large title "Food Buying Guide" in yellow and blue, with the subtitle "Calculator for Child Nutrition Programs" in blue. Below the title, there is a navigation menu with buttons for "Search", "View Food Buying Guide", "Select Food Group", "Self-Tutorial", and a dropdown menu for "Select A Food Group". The main content area is divided into five horizontal sections, each representing a food group: "Meat/Meat Alternates" (purple), "Vegetables" (green), "Fruits" (red), "Grains/Breads" (orange), and "Milk" (blue). Each section contains an image of representative food items. The browser's taskbar at the bottom shows several open applications, including Microsoft Outlook, Slides, Microsoft PowerPoint, Resource Center, and the Food Buying Guide Calculator. The system tray on the right shows the time as 3:26 PM.

Food Buying Guide Calculator for Child Nutrition Programs - Windows Internet Explorer

http://fbg.nfsmi.org/

File Edit View Favorites Tools Help

Food Buying Guide Calculator for Child Nutrition Progr...

Food Buying Guide  
Calculator for Child Nutrition Programs

Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.

Meat/Meat Alternates

Vegetables

Fruits

Grains/Breads

Milk

Search

Go

View Food Buying Guide

Select Food Group

-- Select A Food Group --

Self-Tutorial

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



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

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H

Thirty kid-approved recipes from the **Recipes for Healthy Kids Competition**, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative in collaboration with the American Culinary Federation and School Nutrition Association.



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

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

The cookbooks and recipes are available on the Team Nutrition Web site at [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov). The cookbooks should be published by the end of 2012.

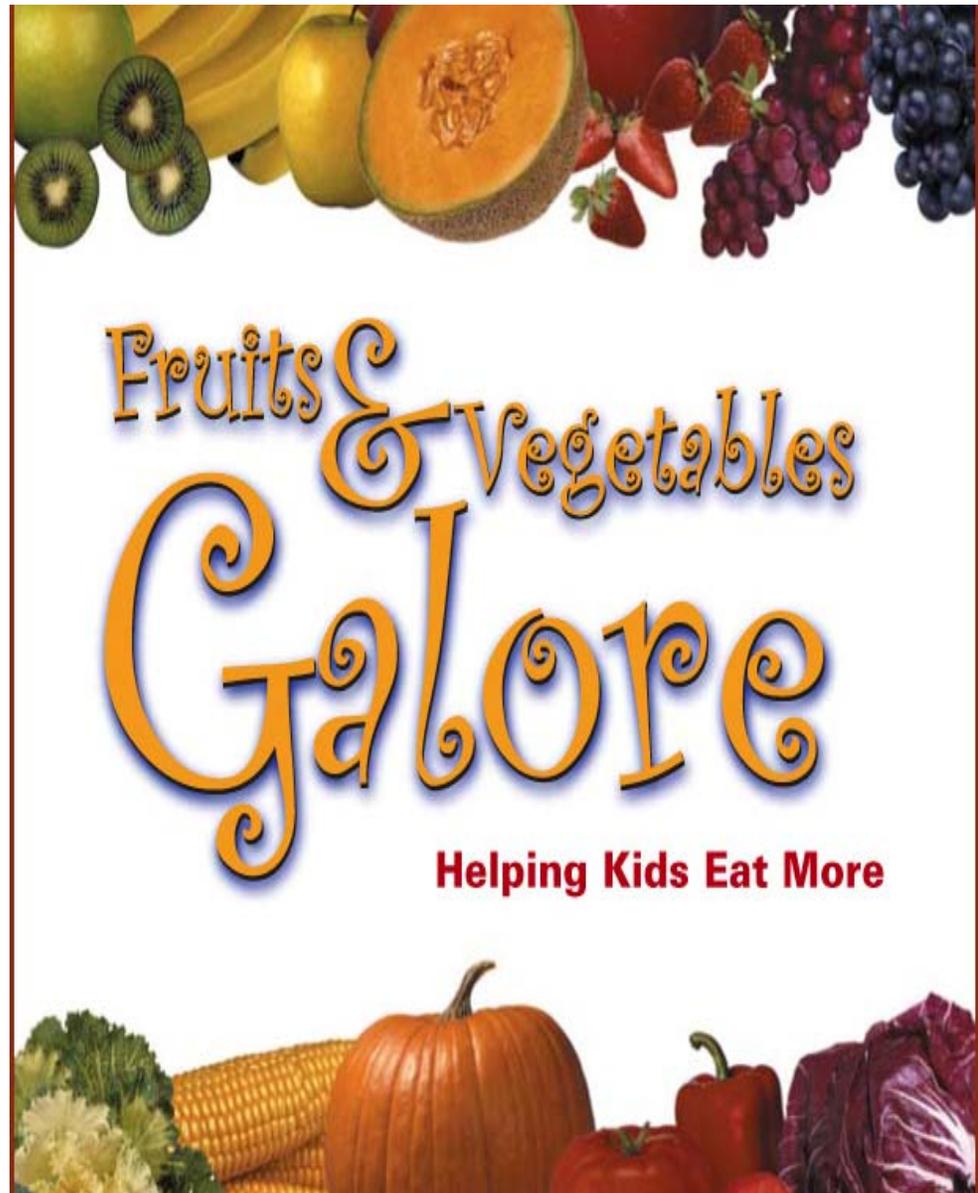
# Choose My Plate Resources

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

The screenshot shows the Choose My Plate website in a Windows Internet Explorer browser window. The address bar displays the URL <http://www.choosemyplate.gov/food-groups/vegetables.html>. The website header includes the USDA logo and the text "ChooseMyPlate.gov United States Department of Agriculture". Navigation links include "About USDA", "FAQs", "Newsroom", and "Contact Us". A search bar is located in the top right corner. The main content area is titled "Vegetables" and features a large image of various vegetables. Below the image, the text reads: "What Foods Are in the Vegetable Group? Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content." A "Key Consumer Message" box contains the text: "Make half your plate fruits and vegetables." Below this message is a green button labeled "View Vegetables Food Gallery". The left sidebar contains a "Topics" menu with links to "Food Groups Overview", "Fruits", "Vegetables", "Grains", "Protein Foods", "Dairy", and "Oils". The "Vegetables" link is highlighted. The browser's taskbar at the bottom shows several open applications, including "NAL Search: Search Res...", "What Are Vegetables...", "Inbox - Microsoft Outlook", "RE: Your slides for LAC - ...", "RE: New Meal Pattern - ...", "Complete Presentation", and "Microsoft PowerPoint - [L...". The system clock in the bottom right corner shows "2:05 PM".

***Fruits and  
Vegetables  
Galore:  
Helping Kids  
Eat More***

**[http://www.fns.usda.gov/  
tn/resource-library](http://www.fns.usda.gov/tn/resource-library)**



# Sodium Reduction Efforts

TN Healthy Meals Resource System

- <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

Fact Sheets for Healthier School Meals

- [http://www.fns.usda.gov/sites/default/files/jtf\\_resources.pdf](http://www.fns.usda.gov/sites/default/files/jtf_resources.pdf)

NFSMI

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

USDA Foods

- <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

# Acceptable Product Documentation

- Guidance for Accepting Processed Product Documentation
  - <http://www.fns.usda.gov/sites/default/files/cn/TA07-2010v3os.pdf>
- Child Nutrition Labeling Program
  - <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>
  - [http://www.fns.usda.gov/sites/default/files/cn/SP11v2\\_CACFP10\\_SFSP13-2015os.pdf](http://www.fns.usda.gov/sites/default/files/cn/SP11v2_CACFP10_SFSP13-2015os.pdf)
  - [http://www.fns.usda.gov/sites/default/files/cn/SP27\\_CACFP09\\_SFSP12-2015os.pdf](http://www.fns.usda.gov/sites/default/files/cn/SP27_CACFP09_SFSP12-2015os.pdf)

# USDA Foods

- How USDA Foods Support Meal Pattern Requirements (Chart)

[http://www.fns.usda.gov/sites/default/files/Meal\\_Pattern\\_USDA\\_Foods\\_Chart\\_Sept2013.pdf](http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf)

- Complete List of Available Foods

<http://www.fns.usda.gov/fdd/foods-expected-be-available>

- USDA Foods Fact Sheets

<http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

# Questions?

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

or

Email your questions to:  
[mde-schoolnutrition@michigan.gov](mailto:mde-schoolnutrition@michigan.gov)