Grains – Finding Answers Over the Rainbow

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School Nutrition Programs
June 2014

GRAINS

Grain Requirements for the NSLP and SBP: USDA Memo SP 30-2012

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

Ounce Equivalencies

Calculating Ounce Equivalencies

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

Exhibit A: School Lunch and Breakfast

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

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: Weights apply to bread in stuffing.	1 oz eq = 22 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers[3] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	**OZ EQ FOR GROUP C**
• Cookies[3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies,[3] cobbler,[3] fruit turnovers,[4] and meat/meat alternate pies) • Waffles	1 oz eq = 34 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g or 0.3 oz

[1] The following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.
[2] Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
[3] Allowed only as dessert at lunch as specified in §210.10.
[4] Allowed for dessert at lunch as specified in §210.10, and for breakfast served under the SBP.

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

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[3] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[3] (plain) • Muffins (all, except corn) • Sweet rolls[3] (unfrosted) • Toaster pastry[3] (unfrosted)	1 oz eq = 55 g or 2.0 oz 3/4 oz eq = 42 g or 1.5 oz 1/2 oz eq = 28 g or 1.0 oz 1/4 oz eq = 14 g or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[3] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[3] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[3] (frosted) • Toaster pastry[3] (frosted)	1 oz eq = 68 g or 2.4 oz 3/4 oz eq = 52 g or 1.8 oz 1/2 oz eq = 35 g or 1.2 oz 1/4 oz eq = 18 g or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[3]	1 oz eq = 82 g or 2.9 oz 3/4 oz eq = 62 g or 2.2 oz 1/2 oz eq = 41 g or 1.5 oz 1/4 oz eq = 21 g or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)	1 oz eq = 125 g or 4.4 oz 3/4 oz eq = 94 g or 3.3 oz 1/2 oz eq = 63 g or 2.2 oz 1/4 oz eq = 32 g or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal grains (barley, quinoa, etc) • Breakfast cereals (cooked)[4,5] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready-to-eat breakfast cereal (cold, dry)[4,5]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

[1] Refer to program regulations for the appropriate serving size for supplements served to children ages 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.

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

Ounce Equivalent Standards

Grain products must be credited using the oz eq method

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

Comparing the Two Methods of Calculating Ounce Equivalencies

Calculating Ounce Equivalencies

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

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Sample Product 1:

Whole-Grain Bread

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

1. Calculating based on total weight of creditable product:

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

Calculation: **0.9 oz ÷ 1.0 oz = 0.9 oz**

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

2. Calculating based on grams of creditable grain ingredient:

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

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

Calculation: **17 g ÷ 16 g = 1.06**

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

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11

Sample Product 2:

Whole-Grain Pasta

- One portion of dry pasta weighs 32 grams (including creditable grains and other ingredients).
- Ingredient statement lists whole-wheat flour first. All other grains are enriched.
- Manufacturer documentation states that each ½ cup (cooked) contains 29 grams of creditable grain.

1. Calculating based on Exhibit A volume:

Group H of Exhibit A states that ½ cup of cooked pasta (made from creditable ingredients) provides 1.0 ounce equivalent grains. Product label and manufacturer documentation should be maintained on file.

Calculation: **½ cup served ÷ ½ cup per oz eq = 1.0 oz eq grains**

2. Calculating based on dry weight:

For this calculation, the weight of the dry portion of pasta is divided by the weight listed for that product in the appropriate group of the revised Exhibit A.

Calculation: **32 g ÷ 28 g = 1.14**

1.14 rounds down to **1.0 oz eq grains** per portion of dry pasta.

3. Calculating based on grams of creditable grain ingredient per portion:

The same pasta may be credited using the percent of creditable grain. Manufacturers must provide documentation on company letterhead.

For this calculation, divide the grams of creditable grain by the standard of 28 grams per oz equivalent for Group H of Exhibit A.

Calculation: **29 g ÷ 28 g = 1.03**

1.03 rounds down to **1.0 oz eq grains** per ½ cup cooked pasta.

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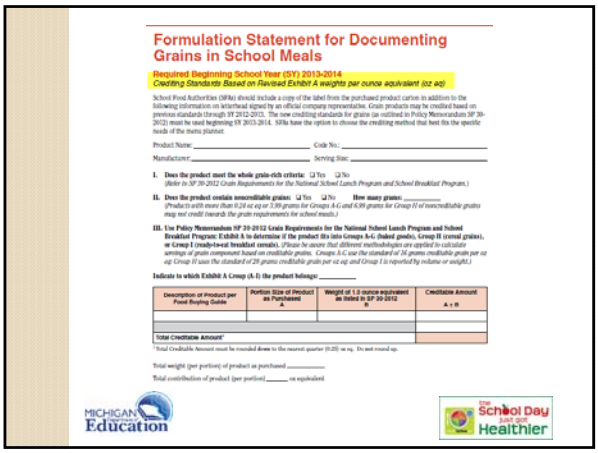
12



Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014
Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

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

Product Name: _____ Code No.: _____
Manufacturer: _____ Serving Size: _____

I. Does the product meet the whole grain-rich criteria: ☐ Yes ☐ No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: ☐ Yes ☐ No **How many grams:** _____
(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

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

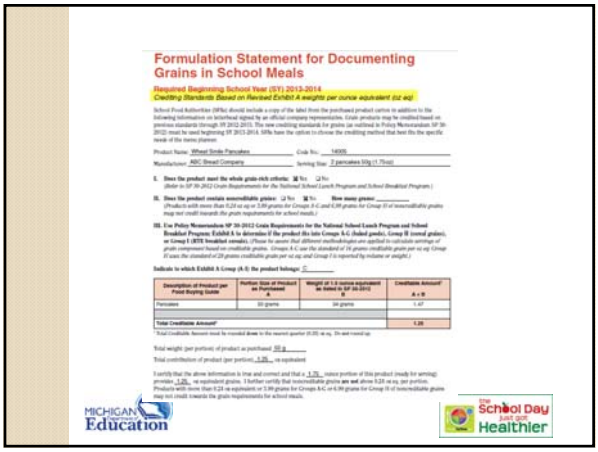
Indicate to which Exhibit A Group (A-I) the product belongs: _____

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Total Creditable Amount*			

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

Total weight (per portion) of product as purchased _____

Total contribution of product (per portion) _____ oz equivalent



Formulation Statement for Documenting Grains in School Meals

Required Beginning School Year (SY) 2013-2014
Crediting Standards Based on Revised Exhibit A weights per ounce equivalent (oz eq)

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

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

I. Does the product meet the whole grain-rich criteria: ☒ Yes ☐ No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: ☐ Yes ☒ No **How many grams:** _____
(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

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

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

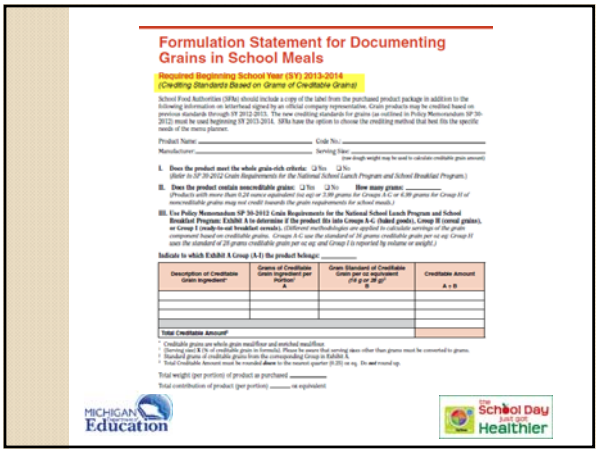
Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount* A ÷ B
Pancakes	50 grams	34 grams	1.47
Total Creditable Amount*			1.25

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

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

Total contribution of product (per portion) 1.25 oz equivalent

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



Formulation Statement for Documenting Grains in School Meals

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

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

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

I. Does the product meet the whole grain-rich criteria: ☐ Yes ☐ No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: ☐ Yes ☐ No **How many grams:** _____
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

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

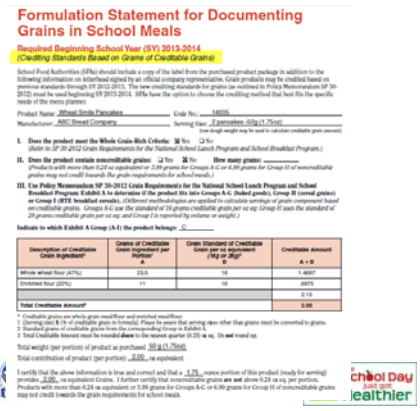
Indicate to which Exhibit A Group (A-I) the product belongs: _____

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

* Creditable grains are whole grain meal/flour and enriched meal/flour.
† Serving size(s) **B** (B of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
‡ Standard grams of creditable grains from the corresponding Group in Exhibit A.
§ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased _____

Total contribution of product (per portion) _____ oz equivalent



Formulation Statement for Documenting Grains in School Meals

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

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

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

I. Does the product meet the Whole Grain-Rich Criteria: ☒ Yes ☐ No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain noncreditable grains: ☐ Yes ☒ No **How many grams:** _____
(Products with more than 0.24 oz equivalent or 3.96 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)

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

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

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

* Creditable grains are whole grain meal/flour and enriched meal/flour.
1 (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
2 Standard grams of creditable grains from the corresponding Group in Exhibit A.
3 Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) **oz eq**. Do **not** round up.

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

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that noncreditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.96 grams for Groups A-G or 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.

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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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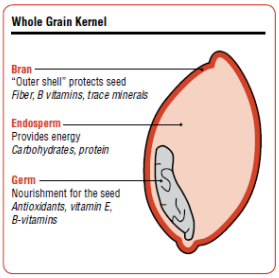
18

What is a Whole Grain?



Whole Grain-Rich vs Whole Grain

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

What Foods Meet Whole Grain-Rich Criteria?

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

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

Considered Whole Grains

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

22

NOT Whole Grains

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

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

23

NOT Whole Grains

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

24

Noncreditable Grains

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

Whole Grain-Rich Product Checklist

- **Meets Element 1 criteria**: The food item must meet the oz eq requirements as defined in Exhibit A

  AND
- **Meets one of Element 2 criteria:**
  1. Whole grains per serving must be ≥ 8 grams for Groups A-G
  2. Contains FDA health claim:

     "Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers."
  3. Whole grain is first ingredient in the product listing

Determining if Products Meet Whole Grain-Rich Requirements

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

Which of the Following Products are Whole Grain-Rich?

White Whole-Wheat Breadsticks

Nutrition Facts
Serving Size: 2 Breadsticks (48g)

Amount Per Serving	
Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Proteins 5g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	6%
Ash	0%	• Folate	6%
Niacin	10%	• Riboflavin	4%
Thiamin	10%	•	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Total Carbohydrate 4 Protein 4

Ingredients for U.S. Market:
Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less that 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

29

Whole-Grain Chicken Corn Dog

Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Case: 72

Amount Per Serving	
Calories 240	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 590mg	**25%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Proteins 9g	**18%**
Calcium	15%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Batter Ingredients:
Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.

Chicken Frank Ingredients:
Mechanically separated chicken,water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains: Wheat

30

All Natural Whole-Wheat Pasta

Nutrition Facts
Serving Size 2 oz

Amount Per Serving	
Calories 200	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 6g	**24%**
Sugars 2g	
Proteins 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%

Not a significant source of Cholesterol, Vitamin A, Vitamin C

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients:
Whole grain wheat flour, wheat flour, oat fiber.

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31

Whole-Grain Cereal Bar

Nutrition Facts
Serving Size 1 bar (28g)

Amount Per Serving	
Calories 105	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Proteins 1g	
Calcium	8%
Iron	2%

Not a significant source of Cholesterol, Vitamin A, Vitamin C

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients:
Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.

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Reduced Carb Wheat Tortilla

Nutrition Facts
Serving Size 1 Tortilla (103g)
Servings Per Package: 12

Amount Per Serving	
Calories 290	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 660mg	**27%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 30g	**120%**
Sugars 0g	
Proteins 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients:
Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfites), sodium bicarbonate, contains 1% or less of salt, cellulose gum, cornstarch, distilled monoglycerides

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White Corn Tortillas

Nutrition Facts

Serving Size: 1 Tortilla (41g)
Servings Per Container: 8

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Proteins 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg

Ingredients:
Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.

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Whole-Grain Cheese Pizza

CN

XXXXXX*

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

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Ingredients:
Crust (Flour blend [whole wheat flour, enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese [milk, culture, rennet, salt], milk solids, disodium phosphate], disodium phosphate, sorbic acid. Sauce (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil [prevent caking]], modified food starch). CONTAINS: WHEAT, MILK, AND SOY.

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35

Cornbread (School Recipe)

YIELD:		VOLUME:	
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	**50 Servings:**	about 2 quarts 2 cups (batter) 50 pieces
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	**100 Servings:**	1 gallon 1 quart (batter) 100 pieces

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

Nutrients Per Serving

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

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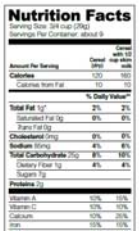
36

Whole-Grain Ready-To-Eat Cereal



Nutrition Facts

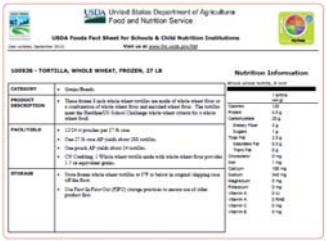
Serving Size: 3/4 cup (28g)
Servings Per Container: about 9

Amount Per Serving	Cereal (28g)	Cereal with 1/2 cup vitamin A milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value*	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 60mg	4%	6%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 7g		
Proteins 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	15%	15%

Ingredients:
Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, tricalcium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride, Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.

USDA Foods



USDA United States Department of Agriculture
Food and Nutrition Service

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

Last updated: December 2010

100938 - TORTILLA, WHOLE WHEAT, FROZEN, 27 LB

CATEGORY	• Grain/Bread
PRODUCT DESCRIPTION	• These three 3 inch whole wheat tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the Flexible/CN Inland Challenge whole wheat criteria for a whole wheat food. • USDA is provides per 27 lb case. • One 27 lb case AP yields about 200 tortillas. • One pouch AP yields about 24 tortillas. • CN Crediting - 1 Whole wheat tortilla made with whole wheat flour provides 1.7 oz equivalent grain.
PACK/YIELD	• USDA is provides per 27 lb case. • One 27 lb case AP yields about 200 tortillas. • One pouch AP yields about 24 tortillas. • CN Crediting - 1 Whole wheat tortilla made with whole wheat flour provides 1.7 oz equivalent grain.
STORAGE	• Store frozen whole wheat tortillas at 0°F or below in original shipping case until ready to use. • Use Farm to Fork Out (FIFO) storage practices to assure use of older product first.

Nutrition Information:

Whole wheat tortilla, 3 inch

	1 serving (42 g)
Calories	120
Protein	3.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	0 g
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	120 mg
Sodium	340 mg
Potassium	0 mg
Phosphorus	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin B	0 mg

Adding Whole Grains to School Meals

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

39

Grain-based Desserts

- Grain-Based Desserts
  - Grain-based desserts limited to 2 oz eq/week
- Graham crackers
  - Considered a dessert item at lunch

Grain-based Desserts

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

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

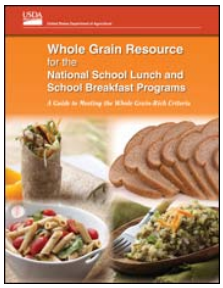
43

Technical Assistance Resources

- *SP 45-2013: Updated Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program*
- *SP 10-2012 (v.7): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"*
- *SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs*
- *SP 41-2014: Clarification Policy for Food Consumption Outside FS Area and Whole Grain-Rich Requirement*
- *SP 47-2014: Flexibility for WGR Pasta*

44

Whole Grain Resource



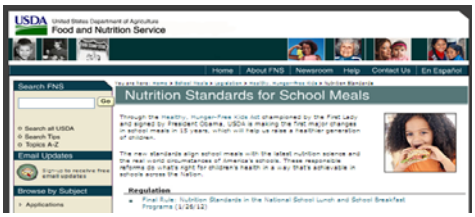
- http://www.fns.usda.gov/tn/whole-grain-resource

45

USDA Website

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

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



46

47

Sodium Reduction Efforts

TN Healthy Meals Resource System

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

Fact Sheets for Healthier School Meals

- http://www.fns.usda.gov/sites/default/files/jtf_resources.pdf

NFSMI

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

USDA Foods

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

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48

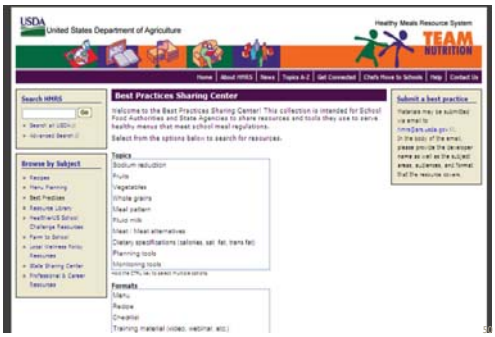
USDA Foods

- How USDA Foods Support Meal Pattern Requirements (Chart)
  - http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf
- Complete List of Available Foods
  - http://www.fns.usda.gov/fdd/foods-expected-be-available
- USDA Foods Fact Sheets
  - http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets

49

Best Practices Sharing Center at HMRS

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



50

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51