

Great Start Readiness Program: Claiming Meals in the School Lunch Program & Child and Adult Care Food Program

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Topics Covered

- GSRP Overview
- Meal Claiming under NSLP & CACFP
- GSRP Funding for Meals
- Meal Pattern Options
- Family Style Meals
- Resources

Great Start Readiness Program (GSRP)

- What is GSRP?
 - Michigan's state-funded preschool program for four-year-old children with factors which may place them at risk of educational failure.
 - Administered by MDE, Office of Great Start.
- Why?
 - Research on preschool programs and specific research on GSRP indicates that children provided with a high-quality preschool experience show significant positive developmental differences when compared to children from the same backgrounds who did not attend a high-quality preschool program.

Meal Claiming

- GSRP providers must claim all meals through NSLP and/or CACFP.
- Participation in CACFP and/or NSLP are handled upon successful application and approval for the programs through MEGS+ and respective program offices.
- Waiver
 - A waiver is available for GSRP providers who are not in CACFP and joining CACFP would be cost prohibitive
 - NSLP does not cover GSRP snack, only breakfast and lunch.
 - Michigan GSRP office handles the waiver.

Meal Claiming – Student Benefit Status

- Students are categorized as free, reduced or paid (NSLP) / A, B or C (CACFP) and claimed accordingly.
- Parents are not charged for the cost of food for reduced or paid students (B or C).
 - The program is billed for these costs directly.

GSRP Funding for Meals

- GSRP funds may only be used to cover the costs of classroom meals and snacks when the item entered into the GSRP budget represents the difference between the estimated cost of providing meals and snacks and the estimated reimbursement from the National School Lunch Program (NSLP) and/or the Child and Adult Care Food Program (CACFP) as applicable.
- GSRP LEA sub-recipients must use NSLP and/or CACFP to recoup the maximum reimbursement available to them before expending GSRP funds for the provision of meals and snacks.
- The cost of meals/snacks for the GSRP teaching team members, who are expected to join the children in family style meals, may not be charged to the teaching team and may be included in the GSRP portion of the meal/snack budget item.

Meal Patterns

- Meal patterns should follow the requirements of the program being claimed for that meal.
- NSLP
 - If breakfast and lunch are claimed through NSLP, the NSLP meal pattern and family-style meal pattern requirements would need to be followed, as well as point-of-service and documentation requirements
- CACFP
 - If snack and/or breakfast and lunch are claimed through CACFP, the CACFP meal pattern and family-style meal pattern requirements would need to be followed, as well as point-of-service and documentation requirements

Meal Patterns - CACFP

- CACFP
 - Age group: Follow age 3-5 meal pattern
 - Breakfast, lunch and snack
 - Information on site - www.michigan.gov/cacfp
 - Note - The next several slides include the **current** meal pattern for CACFP

CACFP Breakfast Meal Pattern for Children age 3-5

Food Component	Minimum Quantities
<i>Must serve all three components for a reimbursable meal</i>	
Fluid milk	6 fluid ounces
Vegetables and/or fruits	½ cup
Grains/Bread:	
Whole grain or enriched bread.	
Whole grain or enriched bread product, such as biscuit, roll, muffin.	½ slice
Whole grain, enriched or fortified Cereal, cereal grain, and/or pasta	½ serving ¼ cup

CACFP Lunch & Supper Meal Pattern for Children age 3-5

Food Component	Minimum Quantities
Fluid milk	6 fluid oz
Meat/Meat Alternate:	
Lean meat, poultry, or fish	1 1/2 oz
Tofu, soy products, or alternate protein products	1 1/2 oz
Cheese	1 1/2 oz
Large egg	3/4 egg
Cooked dry beans or peas	3/8 cup
Peanut butter or soy nut butter or other nut or seed butters	3 Tbsp
Yogurt, plain or flavored unsweetened or sweetened	6 oz or 3/4 cup
Vegetables and/or Fruits	1/2 cup
Grains/Bread:	
Whole grain or enriched bread.	
Whole grain or enriched bread product (biscuit, roll, muffin)	1/2 slice
Whole grain, enriched or fortified cereal, cereal grain, and/or pasta	1/2 serving 1/4 cup

The following may be used to meet no more than 50 percent of the requirement (3/4 cup): Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish)

CACFP Snack Meal Pattern for Children age 3-5

Food Component	Minimum Quantities
Fluid milk	4 fluid oz
Meat/Meat Alternate:	
Lean meat, poultry, or fish	1/2 oz
Tofu, soy products, or alternate protein products	1/2 oz
Cheese	1/2 oz
Large egg	1/2 egg
Cooked dry beans or peas	1/8 cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp
Yogurt, plain or flavored unsweetened or sweetened	2 oz or 1/4 cup
Peanuts, soy nuts, tree nuts, or Seeds	1/2 oz
Vegetables and/or Fruits	1/2 cup
Grains:	
Whole grain or enriched bread.	
Whole grain or enriched bread product, (biscuit, roll, muffin)	1/2 slice
Whole grain, enriched or fortified Cereal, cereal grain, and/or pasta	1/2 serving 1/4 cup

Meal Patterns - NSLP

- NSLP
 - Use meal pattern for youngest age group K-5 or K-8
 - Breakfast and lunch
 - The afterschool snack program may not be utilized for GSRP
 - Information on site - www.michigan.gov/schoolnutrition

NSLP Breakfast Meal Pattern (K-5)	
Food Component	Minimum Quantities
Fluid milk	8 fluid oz
Vegetables, fruits, or portions of both	1 cup
Grains (must be whole grain rich)	1 oz equivalent daily 7 – 10 oz eq/week
Meat/Meat Alternate <small>(may substitute 1 oz eq of m/ma for 1 oz eq grains after minimum daily 1 oz eq grains is offered.)</small>	None required

NSLP Lunch Meal Pattern (K-5)	
Food Component	Minimum Quantities
Fluid milk	8 fluid oz
Vegetables	3/4 cup
Fruits	1/2 cup
Grains (must be whole grain rich)	1 oz equivalent daily 8 – 9 oz eq/week
Meat/Meat Alternate	1 oz equivalent daily 8 – 10 oz eq/week

- ### Family Style Meals
- CACFP
 - **Family style:** Students *must take a milk* during family-style service; children should be encouraged to take the full required portion of each food group
 - NSLP
 - **Family style:** Children must take at least a 1/2 cup of fruit or vegetable (or a combination of both that make up the 1/2 cup); they also need to take two other food components if Offer Versus Serve is implemented - one of which could be milk; children should be encouraged to take the full required portion of each food component

Family Style Meals – Guidance from GSRP

- Children choose where to sit, whether to eat, what to eat, and how much to eat.
- Have enough food available to meet meal pattern requirements and to allow for seconds.
- At the beginning of the meal, children bring food to the table in serving bowls, plates, or baskets that children can use comfortably.
- Children are offered each meal component and make their own food choices based on individual appetites and preferences.
- Typically, an adult begins passing each food item, modeling with action and words as they serve themselves.
 - For example: "Today we have yellow string beans. I am taking one spoonful of beans and then I'll pass them to my friend Tamika." Tamika: "here you go! You might want one or two spoonfuls of beans." Adults provide verbal description as they model how to pass bowls and show children how to use two hands while holding a bowl on the outside so that their fingers do not touch the food. Adults model how to pour and scoop using appropriate utensils. Adults model conventional table manners, such as waiting for turns, passing foods and saying "please" and "thank you".
- Rather than acting as servers, adults sit at the tables with children throughout the snack or meal, unless more food is needed from larger or high-temperature containers.
- Food is passed from one child to another and everyone serves themselves.
- Children are encouraged to take a portion of each food component. Family style meal service affords some latitude in the size of initial servings because replenishment is immediately available.

Resources

- NSLP & SBP – www.Michigan.gov/schoolnutrition
- CACFP – www.Michigan.gov/cacfp
- GSRP – www.Michigan.gov/gsrp
