

LUNCH MEAL PATTERN OVERVIEW



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)

Final Rule

- **Title: Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)**
 - Published: Jan. 26, 2012
 - Effective date: July 1, 2012

Reading the Meal Pattern Chart

 = upper range may be exceeded to allow for flexibility; Still must meet weekly dietary specifications

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 ^a	Grades6-8 ^a	Grades9-12 ^a	GradesK-5	Grades6-8	Grades9-12
	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green^f	0	0	0	0.5	0.5	0.5
Red/Orange^f	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes)^f	0	0	0	0.5	0.5	0.5
Starchy^f	0	0	0	0.5	0.5	0.5
Other^g	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total^h	0	0	0	1	1	1.5
Grains (oz eq)ⁱ	7-10 (1) 	8-10 (1) 	9-10 (1) 	8-9 (1) 	8-10 (1) 	10-12 (2) 
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1) 	9-10 (1) 	10-12 (2) 
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14		2015/16	2016/17	2017/18	2022/23
FRUITS COMPONENT							
Offer fruit daily	L						
Fruit quantity increase to 5 cups/week (minimum 1 cup/day)							
VEGETABLES COMPONENT							
Offer vegetables subgroups weekly	L						
GRAINS COMPONENT							
Half of grains must be whole grain-rich	L	B					
All grains must be whole-grain rich							
Offer weekly grains ranges	L	B					
MEATS/MEAT ALTERNATES COMPONENT							
Offer weekly meats/meat alternates ranges (daily min.)	L						
MILK COMPONENT							
Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
DIETARY SPECIFICATIONS (to be met on average over a week)							
Calorie ranges	L	B					
Saturated fat limit (no change)	L, B						
Sodium Targets ¹ -Target 1Target 2Final target						L, B	L, B
Zero grams of trans fat per portion	L	B					
MENU PLANNING							
A single FBMP approach	L	B					
AGE-GRADE GROUPS							
Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
OFFER VS. SERVE							
Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
MONITORING							
3-year adm. review cycle		L, B					
Conduct weighted nutrient analysis on 1 week of menus	L	B					



LUNCH REQUIREMENTS



Menu Planning Approaches

- Food-Based Menu Planning approach for all grade groups
 - Used at lunch and breakfast
- Offer versus Serve (OVS)
 - Student has to select a fruit or vegetable component
 - Must select at least ½ cup serving



Grade Groups

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

Lunch Meal Components

Must offer 5 components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternates
- Milk



Definitions

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



MEAL PATTERN

Lunch Meal Pattern Chart

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	½	½	½
Red/orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Addl Veg to Reach Total	1	1	1½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10(1)	10-12(2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

FRUITS



Fruits



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)		
Fruits (cups)	2½ (½)	2½ (½)	5 (1)

Forms of Allowable Fruits in School Meals

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

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
- Serve $\frac{1}{2}$ cup of fruit pieces and $\frac{1}{2}$ cup fruit juice to meet daily requirement (grades 9-12)
- Offer a combination of fruits to meet fruit component
 - $\frac{1}{2}$ cup pineapple tidbits + $\frac{1}{2}$ cup fresh fruit cup

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



VEGETABLES



Vegetables



	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3 ³ / ₄ (³ / ₄)	3 ³ / ₄ (³ / ₄)	5 (1)
• Dark green	1/2	1/2	1/2
• Red/Orange	3/4	3/4	1 1/4
• Beans/Peas (Legumes)	1/2	1/2	1/2
• Starchy	1/2	1/2	1/2
• Other	1/2	1/2	3/4
Additional Veg to Reach Total	1	1	1 1/2

Vegetables

- Vegetable subgroup ***weekly*** requirements
 - Dark Green (e.g., broccoli, collard greens)
 - Red/Orange (e.g., carrots, sweet potatoes)
 - Beans/Peas (Legumes) (e.g., kidney beans, lentils, chickpeas)
 - Starchy (e.g., corn, green peas, white potatoes)
 - Other (e.g., onions, green beans, cucumbers)
 - Additional vegetables to meet the weekly total

Vegetables

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

Dark Green and Red/Orange Vegetables

- **Dark Green**

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

- **Red/Orange**

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



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

Dry Beans and Peas: Clarifications

- May count a serving towards vegetable or meat/meat alternate requirement (but not both components in the same meal)
 - Menu planner determines how they credit in advance (not at POS)
- If two distinct servings of beans/peas (legumes) are offered in one meal as two separate dishes, may count as a vegetable (salad) and meat/meat alternate (chili)
- “Dry” refers to mature beans
 - Canned and frozen mature beans acceptable
 - Fresh beans or peas do not qualify



Starchy Vegetables

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

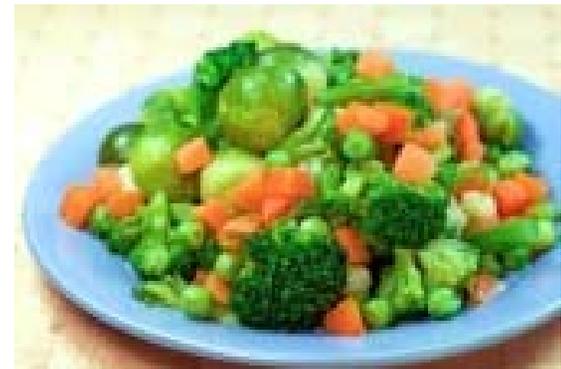


Vegetables: Clarifications

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
- No maximum limits on subgroups
 - Exception: Juice - No more than half of vegetable offerings may be in the form of juice over the course of a week

Vegetables: Clarifications

- Mixed Vegetable Dishes
 - Combinations containing $\frac{1}{8}$ cup or more of each different veggie subgroup may credit toward appropriate subgroups
 - If quantities of each are unknown, the dish counts toward the “additional” requirement



Vegetables: Clarifications

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

Salad Bars: Clarifications

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

Fruits and Vegetables

- Schools may offer fruits and vegetables in pureed form (smoothies, soups)
- Pureed forms credit based on the actual volume served
- *Food Buying Guide* has only a partial listing of pureed food items.
 - USDA memo SP 10-2012 (v.8) Meal Pattern Q&As
 - USDA memo SP 10-2014 (v.2) Smoothies Offered in CN Programs

GRAINS



Grains



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



Optional WGR temporary exemption

Grains Component: Flexibility

- Each reimbursable meal must meet the daily and weekly grain minimums
- Flexibility allowed with upper ranges
- Weekly calorie ranges are in effect
- Breaded or battered products will count towards the 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: USDA Memo SP 30-2012

- Addresses the new implementation 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 DGAs 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^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet crackers⁴ (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
<ul style="list-style-type: none"> Cookies³ (plain - includes vanilla wafers) Combread 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-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.

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 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^{1,2} (continued)

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (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
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	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"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	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"> • Brownies³ (plain) • Cake³ (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
<ul style="list-style-type: none"> • Cereal grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{5,6} • 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
<ul style="list-style-type: none"> • Ready-to-eat breakfast cereal (cold, dry)^{5,6} 	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

⁵ 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.

⁶ 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-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 ¹			

¹ 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-C 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-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: 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 ¹ A + B
Pancakes	50 grams	34 grams	1.47
Total Creditable Amount²			1.25

¹Total 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-C 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 ¹ A	Gram Standard of Creditable Grain per oz equivalent (16 g or 28 g) ² B	Creditable Amount A ÷ B
Total Creditable Amount³			

* 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 _____

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 ¹ A	Gram 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 Amount³			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 3.99 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 ≥ 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)

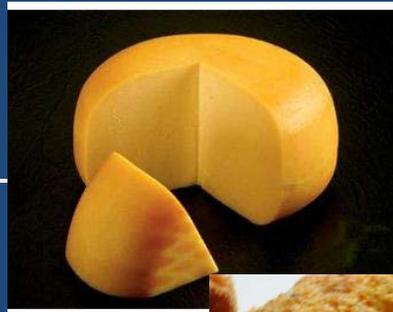
Grain-Based Desserts

- Grain-Based Desserts
 - Grain-based desserts limited to 2 oz eq/week
 - Calculation is based on the grain portion of the dessert only
- Graham crackers
 - Considered a dessert item at lunch

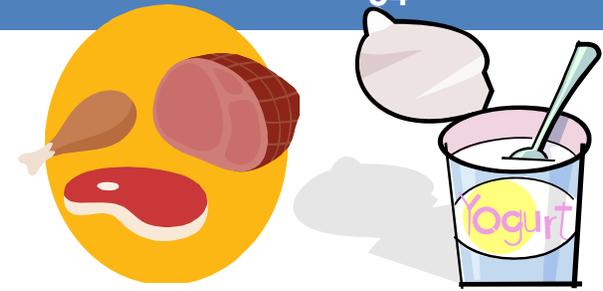
Grain-Based Desserts

- Grain-based dessert limit does not apply at breakfast
- Formulated grain-fruit products, such as granola bars & cereal bars credit as a grain only
- 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

MEATS



Meat/Meat Alternates



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

Meat/Meat Alternates

- Daily and weekly requirements for lunch only
 - 2 oz eq daily for students in grades 9-12
 - 1 oz eq daily for younger students
- Variety of meat/meat alternates encouraged
 - Lean meats & poultry, eggs, fish
 - Low-fat cheeses, yogurt, beans, nuts & seeds
- Tofu and soy yogurt will be allowable as meat alternates
 - USDA memo SP 16 - 2012

MILK



Milk



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

Fluid Milk



- Allowable milk options include
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Whole, 2% & low-fat flavored milk not allowable
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- If serving meals to children in the 3-4 y.o. age group, must follow milk fat and flavor restrictions.

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

Calorie Ranges

- Minimum and maximum calorie (kcal) levels
 - Average over course of the week

Grade Level:

K-5 (ages 5-10)

Calorie Ranges:

Breakfast: 350-500

Lunch: 550-650



Grade Level:

6-8 (Ages 11-13)

Calorie Ranges:

Breakfast: 400-550

Lunch: 600-700



Grade Level:

9-12 (Ages 14-18)

Calorie Ranges:

Breakfast: 450-600

Lunch: 750-850



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="430 706 577 755"><u>Lunch</u></p> <p data-bbox="325 771 682 950"> ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12) </p>	<p data-bbox="955 706 1102 755"><u>Lunch</u></p> <p data-bbox="840 771 1207 950"> ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12) </p>	<p data-bbox="1522 706 1669 755"><u>Lunch</u></p> <p data-bbox="1417 771 1764 950"> ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12) </p>
<p data-bbox="388 1023 619 1071"><u>Breakfast</u></p> <p data-bbox="325 1088 682 1274"> ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12) </p>	<p data-bbox="913 1023 1144 1071"><u>Breakfast</u></p> <p data-bbox="850 1088 1197 1274"> ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12) </p>	<p data-bbox="1480 1023 1711 1071"><u>Breakfast</u></p> <p data-bbox="1417 1088 1764 1274"> ≤430mg (K-5) ≤470mg (6-8) ≤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>

Saturated Fat

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

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
- Mixed dishes
 - e.g. beef and bean burritos



Lunch 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 students must select as part of a reimbursable meal
- Staff at the Point of Service and serving line must be trained on what makes a reimbursable meal:
 - Example: Knowing if duplicate items are allowed
 - Example: Recognizing appropriate serving sizes



Meal Identification



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



Meal Identification



- MDE may authorize alternatives to Point of Service lunch counts
 - Must be labeled well
 - Must be a system in place to ensure all meals are reimbursable

Pre-plating/Pre-packaging/Bundling

- Pre-plating/pre-packaging/bundling is allowed
- Encouraged to offer choices to the extent possible



MENU PLANNING



Menu Planning

- Must offer 5 components:
 - Fruit
 - Vegetable
 - Grain
 - Meat/Meat Alternate
 - Milk

Components vs. Items (OVS)

A component is one of the 5 food groups that comprise a reimbursable lunch and must be offered:

- Fruit
- Vegetable
- Grain
- Meat/Meat Alternate
- Milk

An item is a specific food offered within the 5 components:

- An item can consist of several food components

Grade Groups

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

Menu Planning for Grades 6-8 and 9-12

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

Short and Long Weeks: Clarifications

When a school operates on a permanent cycle that is shorter or longer than a standard 5 day week:

- Increase or decrease weekly requirements by 20% for each day that is over or under a standard 5 day week schedule
- For Occasional Short Weeks
 - Menus do not have to be adjusted
 - Must be consistent with intent of meal pattern



Multiple Offerings: Daily Minimum

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

Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
 - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement
- Treat each serving line as its own meal

Multiple Offerings: Clarifications

Each independent line must meet the daily and weekly requirements (including subgroups)

- If different stations available for selecting components, then all the stations as a whole must meet the daily and weekly requirements
- If all students have access to the same salad bar, which contains fruit and/or vegetable components, then subgroups could be met over the week (providing all vegetable subgroups are offered over the course of a week on the salad bar).

Combination Foods at Lunch

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

Examples:

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



Combination Foods at Lunch

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

Example:

Cheese Pizza

Fresh Apple

Lettuce Salad

Milk

ACTIVITY CHALLENGE



Count It?

Do the following PLANNED school lunches have the required components?

- less than 5 components?
- 5 components?

- Note: ***not*** implementing OVS

K-5



K-8



K-5



K-8



K-8



K-5



MENUS THAT MOVE

Menus that Move

Spring Cycle Menu Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Peaches Milk*	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fresh Pear Milk	Cheese Pizza Green Beans Potato Wedges Spring Fruit Salad Milk	Walking Taco Marinated Black Bean Salad Applesauce Tortilla Scoops Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk
Week 2	Grilled Chicken Sandwich 1Tsp Low-Fat Mayo Potato Rounds 2 Pkts Ketchup Pineapple Chunks Milk	Hatton Chicken Crunch with Brown Rice Green Beans Pears Milk	Chicken Alfredo with a Twist Carrots Garlic Broccoli Applesauce Milk	Eagle Tostada Bean & Corn Salad Peaches in Tropical Gelatin Milk	Turkey with Gravy Mashed Potatoes Berry Delicious Salad Fresh Banana Breadstick Milk
Week 3	Grilled Cheese Sandwich Tomato Soup California Vegetable Blend Peaches Whole-Grain Chocolate Chip Cookie Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Apricot Cup Fortune Cookie Milk	Rotini & Meat Sauce Green Beans Blushing Pears Whole-Grain Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Fresh Apple Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Peas Strawberry Cup Milk
Week 4	Hamburger on a Bun 2 Pkts Ketchup Potato Salad, ¼ cup Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Watermelon Fruit Juice Fortune Cookie Milk	Cheese & Pepperoni Breadstick Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pears Tortilla Scoops with Salsa Milk	Mini Corn Dogs 2 Pkts Ketchup Green Beans Sweet Potato Puffs Strawberry Cup Milk
Week 5	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Pears in Cherry Jell-O Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Peas Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Peaches with 2 Tbsp Whipped Topping Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Potato Rounds 2 Pkts Ketchup Fruit Juice Milk

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Menus that Move

Grades K – 8 • Spring • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Peaches Milk	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fresh Pear Milk	Cheese Pizza Green Beans Potato Wedges Spring Fruit Salad Milk	Walking Taco Marinated Baked Bean Salad Applesauce Tortilla Scoops Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk		
MEAL COMPONENTS	Daily Totals					Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	¾ cup	¾ cup	1-½ cups	¾ cup	1 cup	4-¾ cups	3-¾ cups
Dark Green		Chicken Stir-Fry = ¼ cup			Lemon Broccoli = ½ cup	¾ cup	½ cup
Red/Orange		Orange-Glazed Carrots = ½ cup	Cheese Pizza = ½ cup	Walking Taco = ½ cup	Sweet Potato Puffs = ½ cup	1-¼ cups	¾ cup
Beans/Legumes				Marinated Black Bean Salad = ½ cup		½ cup	½ cup
Starchy			Potato Wedges = ½ cup			½ cup	½ cup
Other	Coleslaw = ½ cup Lettuce/Tomato = ¼ cup	Chicken Stir-Fry = ¼ cup	Green Beans = ½ cup	Walking Taco = ½ cup		1-½ cups	½ cup
Fruits	Peaches = ½ cup	Fresh Pear = ½ cup (½ cup FRESH)	Spring Fruit Salad = ½ cup (½ cup FRESH)	Applesauce = ½ cup	Apricots = ½ cup	2-½ cups (1 cup FRESH)	2 ½ cups
Grains	Hamburger on a Bun = 2 oz-eq	Brown Rice = 1 oz-eq Chicken Stir-Fry = 1 oz eq	Cheese Pizza = 2.25 oz-eq	Tortilla Scoops = 1 oz-eq	Mac & Cheese = 1 oz-eq	8.25 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Brown Rice = 1 oz-eq	Cheese Pizza = 2.25 oz-eq			5.25 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Chicken Stir-Fry = 2 oz-eq	Cheese Pizza = 2 oz-eq	Walking Taco = 2 oz-eq	Mac & Cheese = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Spring • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	643 kcal/d
Saturated Fat	<10% of total kcal	7.5%
Sodium	≤1230 mg/d	1124 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Spring • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.
Grains	Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		All grains offered must be whole grain-rich.	
	At least three different types of whole grain-rich foods offered during the week.		Only one whole grain-rich offering per week may be a grain-based dessert.	

Grades K – 8 • Spring • Week 1 Summary of USDA Foods

Fruits

Applesauce, canned, unsweetened
Apricots, canned
Peaches, frozen

Grains

Rice, brown

Meats

Beef, patties, frozen
Chicken, popcorn, frozen
Beef, taco filling, frozen
Macaroni & Cheese, frozen, reduced fat

Vegetables

Beans, black, canned, low-sodium
Beans, green, frozen
Carrots, frozen
Potatoes, wedges, frozen

Grades K – 8 • Spring • Week 1 Summary of Recipes

Chicken Stir-Fry, (ES)
 Lemon Broccoli
Marinated Black Bean Salad, USDA
Orange-Glazed Carrots, USDA
 Spring/Summer Fruit Salad
 Walking Taco

RESOURCES

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. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". Below this is a navigation bar with links: Home, About FNS, Newsroom, Help, Contact Us, and En Español. A breadcrumb trail reads: "You are here: Home > School Meals > Legislation > Healthy, Hunger-Free Kids > Nutrition Standards". The main heading is "Nutrition Standards for School Meals". The content includes a paragraph: "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 is another paragraph: "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." To the right of the text is a photo of a young girl eating a sandwich. At the bottom, there is a "Regulation" section with a bullet point: "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 links for "Search all USDA", "Search Tips", and "Topics A-Z". Below the search box is an "Email Updates" section with a sign-up icon and text: "Sign-up to receive free email updates". At the bottom left is a "Browse by Subject" section with a link for "Applications".

Child Nutrition Programs – School Meals Home Page

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo and the text 'United States Department of Agriculture Food and Nutrition Service'. To the right are navigation links: 'About FNS', 'Ask the Expert', 'Contact Us', 'Other Languages', and 'En Español'. Below these is a search bar with a 'Search' button. A secondary navigation bar contains 'Programs', 'Data', 'Newsroom', 'Research', and 'Forms'. Further right are links for 'Site Map', 'Advanced Search', 'Help', 'Search Tips', and 'A to Z Map'. Social media icons for Facebook, Twitter, YouTube, Email, Flickr, and RSS are also present. A 'Print' button is located on the right side of the main content area.

Child Nutrition Programs

- > School Breakfast Program (SBP)
- > Fresh Fruit and Vegetable Program (FFVP)
- > Special Milk Program (SMP)
- > Summer Food Service Program (SFS)
- > 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

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>

Child Nutrition Programs – School Meals Home Page

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

Initiatives

- Farm to School
- HealthierUS School Challenge (HUSSC)
- Team Nutrition

Spotlights

	Local School Wellness Policy		Community Eligibility Provision
	Smart Snacks Sold in School - Resources		Nutrition Standards in School Meals
	Certification of Compliance: 6 Cents Rule		Family Friendly Application Translations

What's New

[Eligibility Effective Date for Directly Certified Students](#)

[Support for Healthy Meals Standards Continues to Grow](#)

[Extension of the Deadline for Local Educational Agencies to Submit Applications to Elect the Community Eligibility Provision](#)

[Questions & Answers Related to the "Smart Snacks" Interim Final Rule](#)

[Discover MyPlate: Nutrition Education for Kindergarten](#)

Recipes for School Food Service

- Menus That Move
- <http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

The screenshot displays the USDA Healthy Meals Resource System website. At the top, the USDA logo and 'United States Department of Agriculture' are visible on the left, and 'Healthy Meals Resource System' and 'TEAM NUTRITION' logo are on the right. A navigation bar includes links for Home, About HMRS, News, Topics A-Z, Get Connected, Help, and Contact Us. Below the navigation bar, there is a search box for HMRS and a 'Browse by Subject' menu. The main content area is titled 'Recipes >' and 'Recipes for School Food Service'. It features three recipe cards:

- What's Cooking? USDA Mixing Bowl**: USDA. Food, Nutrition and Consumer Services. *What's Cooking? USDA Mixing Bowl* is a searchable collection of recipes and other resources managed by a U.S. Department of Agriculture (USDA) agency, namely the Food, Nutrition and Consumer Services (FNCS). This site combines information provided by the Center for Nutrition Policy and Promotion (CNPP) through MyPlate and the Food and Nutrition Service (FNS) for specific federal nutrition assistance programs. These programs consist of the Child Nutrition Programs, the Food Distribution Programs, the Supplemental Nutrition Assistance Program (SNAP), and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- Recipes for Healthy Kids: Cookbook for Schools**: USDA. FNS. Team Nutrition. These recipes feature dark green and orange vegetables, dry beans and peas, and whole grains, and are low in total fat, saturated fat, sugar, and sodium.
- USDA Recipes for Schools**: USDA. FNS. Team Nutrition. A collection of over 150 standardized recipes developed by USDA for use in the National School Lunch Program.

Technical Assistance Resources

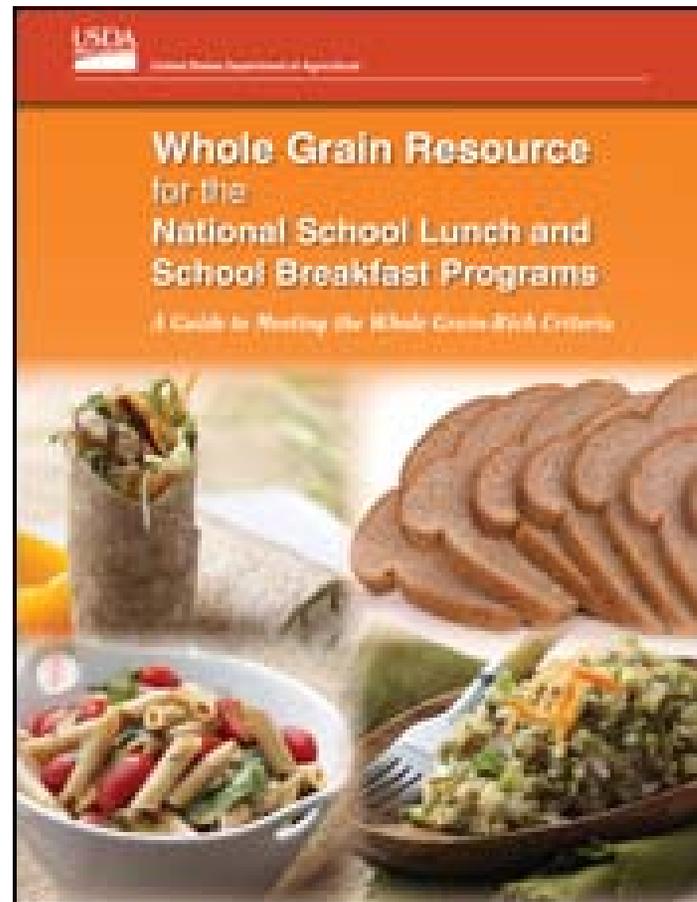
- **NEW!** SP 41-2015: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program
- **NEW!** SP 10-2012 (v.9): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"
- SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs

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

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>

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*

Search FNS

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.

We 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.

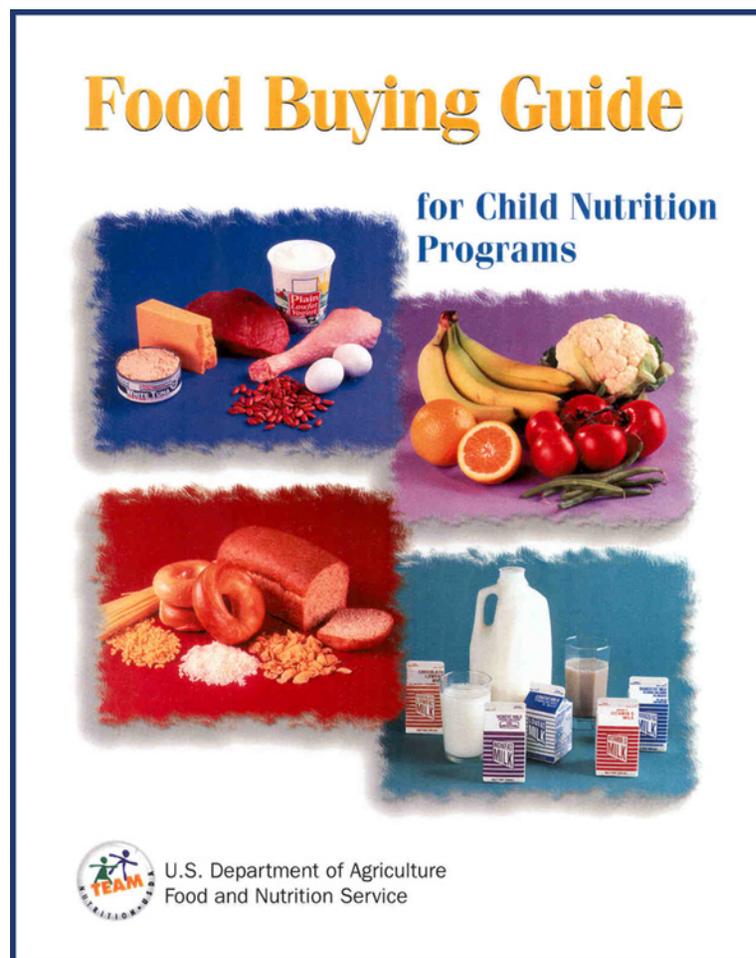
Easy ways to follow the 2010 Dietary Guidelines for Americans

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

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

Start | Inbox - Microsoft Outlook | Inbox - Microsoft Outlook | Slides | Microsoft PowerPoint - [L... | Resource Center - Wind... | Food Buying Guide Cal... | 3:26 PM

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

Recipes for Healthy Kids Cookbook



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

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.



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. The cookbooks should be published by the end of 2012.



Table of Contents		
8 Peruvian Sliders <i>Peruvian Chicken Sliders</i>	50 Tasty Tots <i>Peruvian Chicken Sliders</i>	96 Soup on Sandwich Turkey and Bean Soup <i>Peruvian Chicken Sliders</i>
Whole Grains	Dark Green and Orange Vegetables	Dry Beans and Peas
12. Citrus Pesto <i>Peruvian Chicken Sliders</i>	34. Cantina Style Harvest Bake <i>Peruvian Chicken Sliders</i>	100. Lentils of the Southwest <i>Peruvian Chicken Sliders</i>
16. Mediterranean Quinoa Salad <i>Peruvian Chicken Sliders</i>	44. Stir-Fry Tuna, Chicken, Spinach, and Carrots <i>Peruvian Chicken Sliders</i>	104. Cornish Soup <i>Peruvian Chicken Sliders</i>
20. Asian Grain Salad <i>Peruvian Chicken Sliders</i>	44. Buttermilk Wings <i>Peruvian Chicken Sliders</i>	108. Eagle Pesto <i>Peruvian Chicken Sliders</i>
24. Chicken Adobo with a Twist <i>Peruvian Chicken Sliders</i>	50. Grilled Hamlet Chicken Wrap <i>Peruvian Chicken Sliders</i>	112. Peas and Lentils <i>Peruvian Chicken Sliders</i>
28. Chicken Curry Lentils <i>Peruvian Chicken Sliders</i>	52. Harvest Delight <i>Peruvian Chicken Sliders</i>	116. Harvest Soup <i>Peruvian Chicken Sliders</i>
32. Sauté of Beans <i>Peruvian Chicken Sliders</i>	74. Roasted Fish Citrus Star Wrap <i>Peruvian Chicken Sliders</i>	120. Purple Peas and Beans <i>Peruvian Chicken Sliders</i>
36. Peas and Carrots <i>Peruvian Chicken Sliders</i>	82. Smoked Peruvian Chili <i>Peruvian Chicken Sliders</i>	124. Spanish Chickpea Soup <i>Peruvian Chicken Sliders</i>
40. Rainbow Rice <i>Peruvian Chicken Sliders</i>	86. Spanish Spanish Lentils <i>Peruvian Chicken Sliders</i>	128. Vegetable Chili Soup <i>Peruvian Chicken Sliders</i>
44. Stir-Fry Green Beans, Eggs, and Pasta <i>Peruvian Chicken Sliders</i>	92. Sweet Potato and Black Bean Soup <i>Peruvian Chicken Sliders</i>	

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

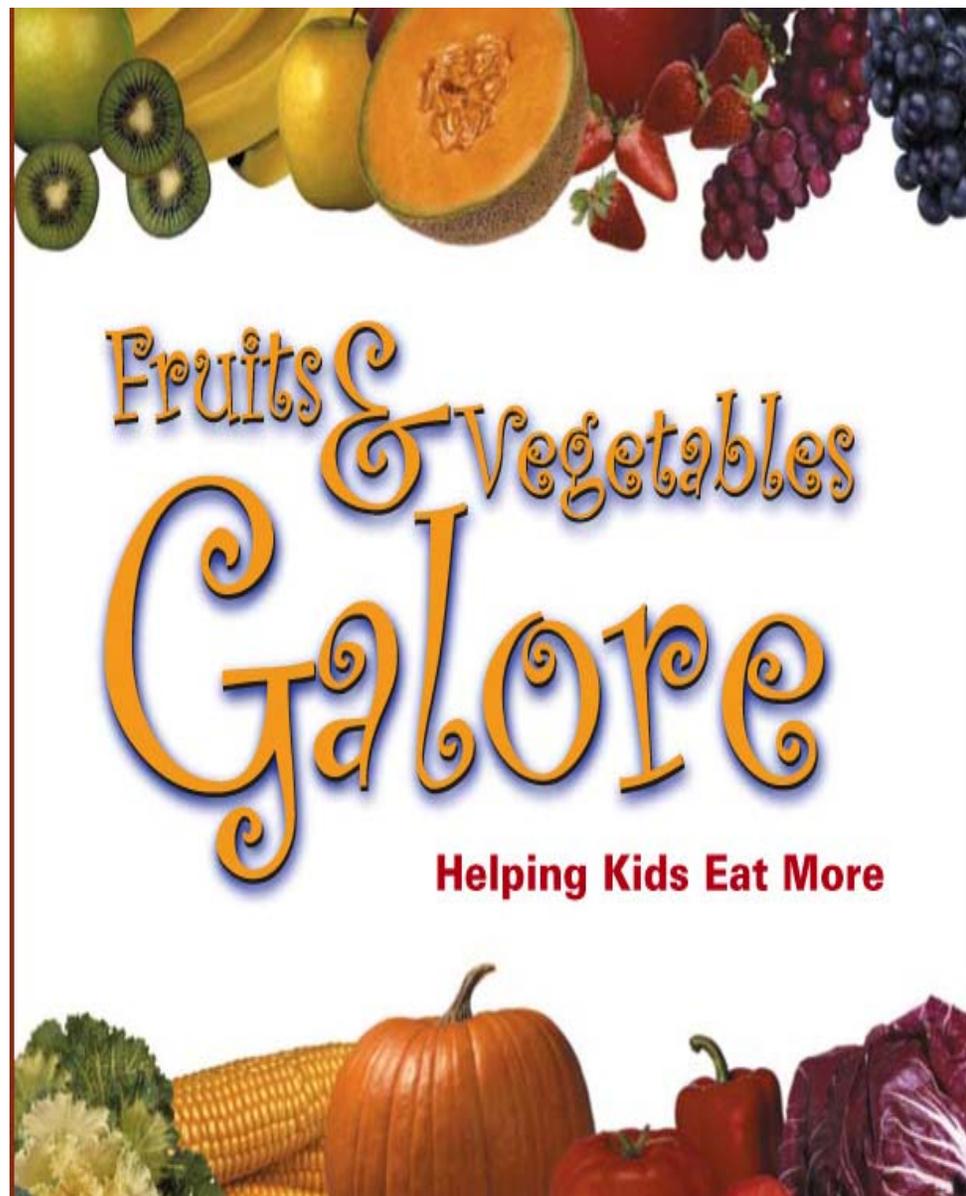
Choose My Plate Resources

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

The screenshot shows the Choose My Plate website in a Windows Internet Explorer browser. 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." A green button labeled "View Vegetables Food Gallery" is positioned at the bottom of the main content area. The left sidebar contains a "Topics" section 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

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/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

- 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