

# LUNCH MEAL PATTERN OVERVIEW



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

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## 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)

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## 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

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## Menu Planning Approaches

- Food-Based Menu Planning approach for all age/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

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## Age/Grade Groups

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

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LUNCH REQUIREMENTS

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## Lunch Meal Components

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



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## 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

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MEAL PATTERN CHART

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## Lunch Meal Pattern Chart

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

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## FRUITS




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## Fruits



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

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### Forms of Allowable Fruits in School Meals

- Fresh
- Frozen
  - Frozen w/ added sugar OK to use in SY 2014-15
- Canned in water, light syrup or juice
- Dried
- Pasteurized, 100 % full-strength juice
  - 50% fruit juice limit applies to the total fruit offered per week

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### Fruits: Clarifications

- Can serve ½ cup of fruit pieces and ½ cup fruit juice to meet daily requirement (grades 9-12)
- Can offer a combination of fruits to meet fruit component
  - ½ cup pineapple tidbits + ½ cup fresh fruit cup

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### Fruits: Clarifications

- 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 ½ of the weekly offering for the fruit component can be in the form of juice




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# VEGETABLES



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## 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

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## Vegetables

- Vegetable subgroup **weekly** requirements for
  - 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 5 cup weekly total

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## 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
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable *OR* a meat alternate

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## 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*

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## Dry Beans and Peas: Clarifications

- May only count a serving towards vegetable or meat/meat alternate requirement (but not both components in the same food item)
  - Menu planner determines how they credit in advance (not at POS)
- “Dry” refers to mature beans
  - Canned and frozen mature beans acceptable
  - Fresh beans or peas do not qualify



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### Starchy Vegetables

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




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### 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

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### Vegetables: Clarifications

- Mixed Vegetable Dishes
  - Combinations containing 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




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### 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**

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HOW WOULD A SALAD CONTAINING  
 1/4 CUP OF ICEBERG LETTUCE AND  
 1/4 CUP OF ROMAINE CREDIT?

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### 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

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## Fruits and Vegetables

- Schools may offer both 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.

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## GRAINS




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## 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)

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

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### Grains

- Each reimbursable meal must meet the daily and weekly grain minimums
- Flexibility allowed with upper ranges
- 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

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### 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
- Beginning **July 1, 2013**, all grains must be credited using "oz eq" method

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### 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

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### Whole Grain-Rich vs Whole Grain

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

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### What Foods Meet Whole Grain-Rich Criteria?

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

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### Considered Whole Grains

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| <ul style="list-style-type: none"> <li>• Cracked wheat</li> <li>• Crushed wheat</li> <li>• Whole-wheat flour</li> <li>• Graham flour</li> <li>• Entire-wheat flour</li> <li>• Bromated whole-wheat flour</li> <li>• Whole durum wheat flour</li> <li>• Quinoa</li> <li>• Millet</li> <li>• Amaranth</li> </ul> | <ul style="list-style-type: none"> <li>• The word <i>whole</i> listed before a grain - e.g. <i>whole</i> wheat</li> <li>• <i>Berries &amp; groats</i> are used to designate whole grains – e.g. wheat <i>berries</i> or oat <i>groats</i></li> <li>• Rolled oats &amp; oatmeal (includes old-fashioned, quick cooking, instant)</li> <li>• Brown rice, brown rice flour, wild rice</li> <li>• Triticale, teff</li> <li>• Sorghum</li> <li>• Buckwheat</li> </ul> |
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### 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       |                            |                        |

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### 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.

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### 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

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### 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)

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### Grain-Based Desserts

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

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### 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

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## MEATS

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### 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)		
<b>Meat/Meat Alternates (oz eq)</b>	8-10 (1)	9-10 (1)	10-12 (2)

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

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### 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

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# MILK




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## Milk



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

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## 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
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Milk provisions also apply to children ages 3-4

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# FOUR DIETARY SPECIFICATIONS

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## Four Dietary Specifications

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

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## Calorie Ranges

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

<p><b>Grade Level:</b> K-5 (ages 5-10) <b>Calorie Ranges:</b> Breakfast: 350-500 Lunch: 550-650</p> 	<p><b>Grade Level:</b> 6-8 (Ages 11-13) <b>Calorie Ranges:</b> Breakfast: 400-500 Lunch: 600-700</p> 	<p><b>Grade Level:</b> 9-12 (Ages 14-18) <b>Calorie Ranges:</b> Breakfast: 450-600 Lunch: 750-850</p> 
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# Sodium

## Sodium Limits and Timeline

Target 1: <b>SY 2014-15</b>	Target 2: <b>SY 2017-18</b>	Final target: <b>SY 2022-23</b>
<u>Lunch</u> ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)	<u>Lunch</u> ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)	<u>Lunch</u> ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)
<u>Breakfast</u> ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)	<u>Breakfast</u> ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)	<u>Breakfast</u> ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)

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# Saturated Fat

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

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# Trans Fat

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




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## MENU PLANNING



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### Age/Grade Groups

<p><b>Grade Level:</b> K-5 (ages 5-10)</p> <p><b>Calorie Ranges</b> Breakfast: 350-500 Lunch: 550-650</p> 	<p><b>Grade Level:</b> 6-8 (Ages 11-13)</p> <p><b>Calorie Ranges:</b> Breakfast: 400-500 Lunch: 600-700</p> 	<p><b>Grade Level:</b> 9-12 (Ages 14-18)</p> <p><b>Calorie Ranges:</b> Breakfast: 450-600 Lunch: 750-850</p> 
<p>Overlaps B: 400-500 L: 600-650</p>	<p>Overlaps B: 450-500 L: ---</p>	

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### Age/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

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### Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer ½ cup more fruit daily
  - Offer ¼ cup more vegetables daily
    - Need ½ cup more red/orange, ¼ cup other, ½ 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

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### Short and Long Weeks: Clarifications

- For Occasional Short Weeks
  - Menus do not have to be adjusted
  - Must be consistent with intent of meal pattern




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### Multiple Offerings: Daily Minimum

- All 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

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### 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

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### 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

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### 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




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### Meal Identification



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




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### 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

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### New Smoothie Crediting Information

- At Lunch & Breakfast, 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




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### 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

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### 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
- Refer to memo SP 10 -2014 (v.2)




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### ACTIVITY CHALLENGE




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## 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



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## 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

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## Count It?

Do the following *PLANNED* school lunches have the required components?

- less than 5 components?
- 5 components?

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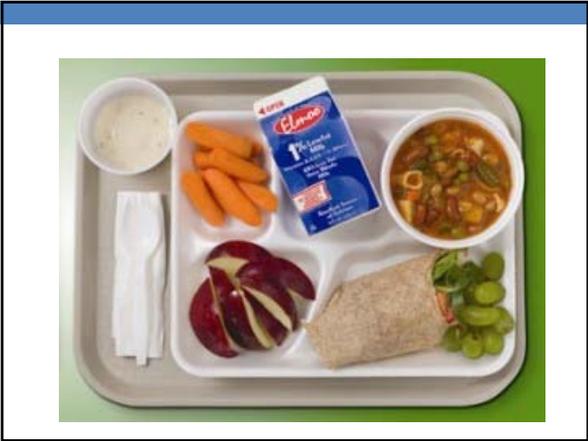
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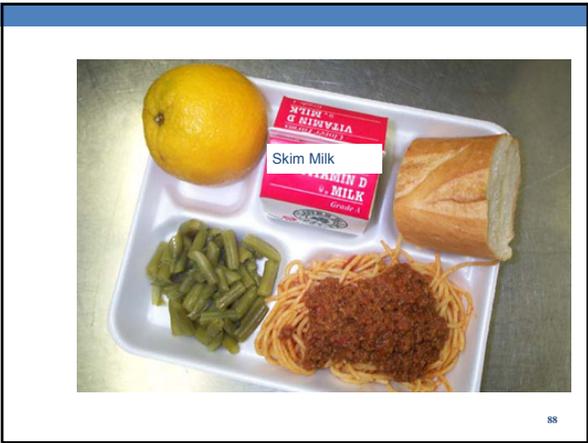
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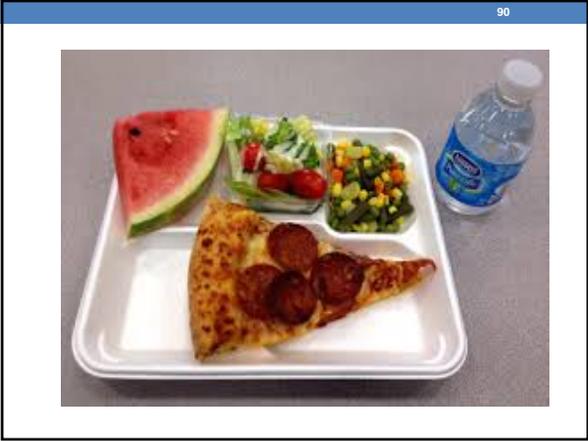
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## Technical Assistance Resources

- **NEW!** SP 57-2014: Offer Versus Serve: Guidance for the National School Lunch and Breakfast Program
- **NEW!** SP 10-2012 (v.8): Q and As on "Nutrition Standards in the National School Lunch and School Breakfast Programs"
- SP 30-2012: Grain Requirements for the National School Lunch & School Breakfast Programs
- **NEW!** SP 43-2014: Q and As on the SBP Meal Pattern in SY 2014-15

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

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## 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>

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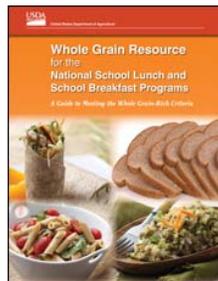
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## Whole Grain Resource



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

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### Food Buying Guide Calculator



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

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### Recipes for Healthy Kids Cookbook



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

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### Choose My Plate Resources

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




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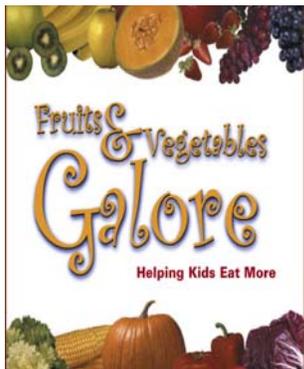
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**Fruits and Vegetables Galore: Helping Kids Eat More**



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

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**Sodium Reduction Efforts**

TN Healthy Meals Resource System

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

Fact Sheets for Healthier School Meals

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

NFSMI

• [http://www.nfsmi.org/documentlibraryfiles/PDF/201201020\\_35310.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/201201020_35310.pdf)

USDA Foods

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

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**USDA Foods**

• How USDA Foods Support Meal Pattern Requirements (Chart)

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

• Complete List of Available Foods

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

• USDA Foods Fact Sheets

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

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## Food Labeling

- **Product Formulation Statements**

- [http://www.fns.usda.gov/sites/default/files/TA\\_07-2010\\_os.pdf](http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf)

- **Child Nutrition Labeling Program**

- <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

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## Questions?

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

or

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

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