

Meal Patterns and Menu Planning

Office of School Support Services
School Nutrition Programs
(revised July 2013)



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)



NEW MEAL PATTERN



Lunch Program Changes

- All changes to lunch went into effect July 1, 2012, with the following exceptions:
 - 3-year administrative review cycle (July 1, 2013)
 - All grains must be whole grain-rich (July 1, 2014)
 - First target (#1) for average weekly sodium limit (July 1, 2014)
 - Target 2 goes into effect for SY 2017-2018
 - Final Target goes into effect for SY 2022-2023



7

GENERAL PROVISIONS



Menu Planning Approach Changes

- Food-Based Menu Planning approach for all age/grade groups
 - NSLP operators using FBMP
 - Began SY 2012-2013
 - SBP operators must use FBMP
 - Beginning SY 2013-2014



9

Age/Grade Groups

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

LUNCH REQUIREMENTS



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

Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk



Fruits (Lunch)

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)	2.5 (0.5)	2.5 (0.5)	5 (1)

Forms of Allowable Fruits in School Meals

- Fresh
- Frozen without sugar
- Canned in water, light syrup or juice
- Dried
- Pasteurized, 100 % full-strength juice

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



16

Fruits: Clarifications

- Juice – juice is credited as the volume served. Must be 100% full-strength
- Juice – no more than ½ of the weekly offering for the fruit component can be in the form of juice



17

Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

18

Vegetables

- **Daily** lunch serving reflects variety over week
- 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

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

Dark Green and Red/Orange Vegetables

- | | |
|--|---|
| <ul style="list-style-type: none">• Dark Green<ul style="list-style-type: none">◦ bok choy◦ broccoli◦ collard greens◦ dark green leafy lettuce◦ kale◦ mesclun◦ mustard greens◦ romaine lettuce◦ spinach◦ turnip greens◦ watercress | <ul style="list-style-type: none">• Red/Orange<ul style="list-style-type: none">◦ 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 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



22

Starchy Vegetables

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



23

Vegetables: Clarifications

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
 - Minimum quantity is ¼ cup
- No maximum limits on subgroups
 - Exception: Juice
- Categorizing unusual vegetables:

<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersandRepFoods.pdf>



24

Vegetables: Clarifications



- Mixed Vegetable Dishes
 - Combinations containing $\frac{1}{4}$ 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 $\frac{1}{4}$ cup or more, can credit to respective subgroup
 - If quantities of each are unknown, the total volume credits as “additional” requirement
 - *Remember: $\frac{1}{4}$ cup of uncooked leafy greens credit as $\frac{1}{8}$ cup

**HOW WOULD A SALAD
CONTAINING $\frac{1}{4}$ CUP OF
ICEBERG LETTUCE AND
 $\frac{1}{4}$ CUP OF ROMAINE
CREDIT?**

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



28

Grains (Lunch)

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) 

 No longer upper limits on grains, only daily & weekly minimums.



30

Criteria for Whole Grain-Rich Foods

- Meet oz eq requirements for the grains component, and
- Meet at least one of the following:
 - Whole grains content must be ≥ 8 grams for Groups A - G
 - Product includes FDA's whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first



30

Grains: Clarifications

- Each reimbursable meal must meet the daily grain minimum
- No *daily* or *weekly* grain maximum 
- Breaded or battered products will count towards the grain requirement



Grains: Clarifications

- New crediting guidance effective July 1, 2013
 - SP 30-2012: Grains Requirements for the NSLP and SBP

Group E

GROUP D	OZ EQ FOR GROUP D
• Doughnuts (cake and yeast raised, unfrosted)	1 oz eq = 15 gm or 2.8 oz
• Cereal bars, breakfast bars, granola bars ¹	3.4 oz eq = 42 gm or 1.5 oz
• Wheat	1.2 oz eq = 28 gm or 1.0 oz
• Muffins (all, except corn)	1.4 oz eq = 18 gm or 0.5 oz
• Sweet rolls (unfrosted)	
• Toasted pastas ² (unbrowned)	
GROUP E	OZ EQ FOR GROUP E
• Cereal bars, breakfast bars, granola bars ¹ (with nuts, dried fruit, and/or chocolate)	1 oz eq = 42 gm or 1.5 oz
• Biscuits	3.4 oz eq = 52 gm or 1.8 oz
• Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit pieces)	1.2 oz eq = 28 gm or 1.2 oz
• Doughnuts (cake and yeast raised, frosted or glazed)	1.4 oz eq = 18 gm or 0.6 oz
• French toast	
• Sweet rolls ⁴ (browned)	
• Toasted pastas ² (browned)	
GROUP F	OZ EQ FOR GROUP F
• Cake (gluten, unfrosted)	1 oz eq = 42 gm or 2.9 oz
• Coffee cake	3.4 oz eq = 42 gm or 2.2 oz
	1.2 oz eq = 41 gm or 1.5 oz
	1.4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
• Biscuits (gluten)	1 oz eq = 22 gm or 0.8 oz
• Cake (all varieties, frosted)	3.4 oz eq = 94 gm or 3.3 oz
	1.2 oz eq = 42 gm or 2.2 oz
	1.4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
• Cereal Grains (barley, quinoa, etc)	1 oz eq = 1.25 cups cooked, or 1 ounce (28 g) dry
• Breakfast cereals (cooked) ⁵	
• Bulgur or cracked wheat	
• Macaroni (all shapes)	
• Noodles (all varieties)	
• Pasta (all shapes)	
• Ravioli (meatle only)	
• Rice (enriched white or brown)	
GROUP I	OZ EQ FOR GROUP I
• Ready to eat breakfast cereal (cold, dry) ⁶	1 oz eq = 1 cup or 1 ounce for gluten and rye 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1.5 cups or 1 ounce for grains

¹ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP, and meals served to children ages 6 through 18 and adult participants in the C-14 SBP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
² Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Other Grain Component Issues

- Grain-Based Desserts
 - Only 2 oz eq grain-based desserts are allowed at lunch per school week
 - These items are major source of solid fats and added sugars, per DGA 2010
- Cost and Availability Concerns
 - Important to note that many whole grain options available in USDA Foods: brown rice, whole grain pasta, oatmeal, etc.



34

Meats/Meat Alternates (Lunch)

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



★ No longer upper limits on meats/meat alternates, only daily & weekly minimums.



35

Meats/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
- Tofu and soy yogurt will be allowable as meat alternate
 - USDA memo SP 16 - 2012



36

Milk (Breakfast and Lunch)

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)¹	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
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Students *may* decline milk component under OVS
- Milk provisions also apply to children ages 3-4



Combination Foods at Lunch

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

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 Orange
- Lettuce Salad
- Milk



FOUR DIETARY SPECIFICATIONS (LUNCH AND BREAKFAST)



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
- Effective SY 2013-14 for SBP
- Effective SY 2012-13 for NSLP

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: 400-500
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: SY 2014-15	Target 2: SY 2017-18	Final target: SY 2022-23
Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)	Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)
Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)	Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)



44

Saturated Fat

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



45

Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
 - Begins SY 2013-2014 for SBP
 - In effect for NSLP
- Naturally-occurring trans fat excluded
 - e.g. beef, lamb, dairy products
- Mixed dishes
 - e.g. beef and bean burritos



MENU PLANNING



Age/Grade Groups

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: 400-500
Lunch: 600-700



Grade Level:
9-12 (Ages 14-18)

Calorie Ranges:
Breakfast: 450-600
Lunch: 750-850



Overlaps
B: 400-500
L: 600-650

Overlaps
B: 450-500
L: ---

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

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

Short and Long Weeks: Clarifications

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

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



52

Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
 - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement



53

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
- The nutrient analysis should be weighted based on what is offered on each serving line



54

Meal Identification



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

GRAINS



Grain Requirements for the NSLP and SBP SP 30-2012

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

Ounce Equivalent Standards

Grain products must be credited using the oz eq method

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



Counting Grains

- ¼ of an oz eq is the smallest amount that can credit towards the quantities of grains
- Grains offered in amounts <0.25 oz eq are never included in the calculation of daily & weekly grain offerings
- All grains part of battered and/or breaded products offered must be counted towards the grain requirement
- Multiple items may be combined to meet daily minimum

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations whole grain-rich products are:

- Foods that contain 100% whole grain
- OR
- Foods that contain a blend of whole grain meal and/or flour and enriched meal and/or flour

Note: the grain content of a product must contain 50% or more whole grains by weight, and the remaining grain content must be enriched.

Whole Grain-Rich 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
 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



61

Incorporating Grains into School Menus

- Encourage grain variety
- Grain-based desserts limited to 2 oz eq/week
 - These items are a major source of solid fats and added sugars per the 2010 DGAs
- Offer grains low in added sugar, sodium and saturated fat



62

Adding Whole Grains to School Meals

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



63

Grain-based Desserts

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



ACTIVITY CHALLENGE



Count it?

Do the following school lunches have the required components? (**not implementing OVS**)

- less than 5 components
- 5 components











◦ BREAKFAST REQUIREMENTS

Why School Breakfast?

- Studies have proven that students who eat breakfast benefit nutritionally and educationally. Eating school breakfast results in increased math and reading scores.
- The majority of students who start their day with breakfast say they feel good, are happy, and more alert throughout their school day.
- www.michigan.gov/schoolnutrition
 - click School Breakfast Program under Programs

School Breakfast Outreach

- SFAs participating in the SBP must inform families of the availability of breakfast
 - Prior to or at the beginning of the school year
 - Schools should send reminders regarding the availability of the SBP multiple times throughout the school year



Counting Breakfast as Instructional Time

- Memo clarifies MDE's position on counting breakfast time as instructional time
 - Gives examples when time counts toward instruction
 - May help encourage districts to provide breakfast without having to extend the school day



School Breakfast Toolkit

- Toolkit with information to promote and expand the SBP
 - <http://www.fns.usda.gov/cnd/Breakfast/expansion/default.htm>



Breakfast Meal Components

- Fruit/Vegetable
- Grains (meat/meat alternate)
- Milk



Fruits (Breakfast)

SY 2013-2014

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

* Fruit quantity requirement for SBP is effective July 1, 2014 (SY 2014-15)

SY 2013-2014

Grains (Breakfast)

SY 2013-2014

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1) ★	8-10 (1) ★	9-10 (1) ★

★ No longer upper limits on grains, only daily & weekly minimums.

SY 2013-2014

SY 2013-2014

Milk (Breakfast and Lunch)

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) ¹	5 (1)	5 (1)	5 (1)

SY 2013-2014



79

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)
- Students *may* decline milk component under OVS
- Milk provisions also apply to children ages 3-4



SBP Changes Effective SY 2013-2014

- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement*
*Maximum was lifted for SY 2013-14, per memo SP 26-2013
- Calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus



SBP Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)



Additional Future SBP Changes

- SY 2017-2018
 - Target 2 sodium restriction
- SY 2022-2023
 - Final Target sodium restriction



Age/Grade Groups

- Three age/grade groups for planning breakfasts
 - K-5
 - 6-8
 - 9-12
- Flexibility in menu planning at breakfast
 - All three grade group requirements overlap at breakfast
 - A single menu can be used for all groups
 - 1/2 cup of fruit
 - 1 cup of milk
 - 9 oz eq weekly of grains



Fruits Component

- Must offer at least ½ cup of fruit and/or vegetables daily
- No maximum limit on fruit/vegetable quantities
- No maximum on juice in 2013-14
- Fresh, frozen, canned, and dried forms allowed
 - No fruit juice limit in SY 2013-14
 - No starchy vegetable substitution limits
- No OVS requirement to take fruit or vegetable
 - Student may decline any one item



Fruits Component

- Temporary allowance for frozen fruit with added sugar
 - SY 12/13 and SY 13/14
- Schools may offer a:
 - Single fruit type
 - Single vegetable
 - Combination of fruits
 - Combination of vegetables
 - Combination of fruits and vegetables



How Do Fruit Smoothies Credit?

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
 - Must still offer variety of fluid milk choices
 - Additional fruit offerings encouraged
- Refer to memo SP 36-2012, released 7/11/12



Grains Component

- Flexibility in menu planning and complying with weekly ranges for grains in SY 2013-14
 - SFAs compliant if meeting weekly minimum; maximum will *not* be assessed
- Flexibility allows:
 - More time for the development of food products that fit the NSLP meal pattern
 - More menu options for meal planners and students
 - More time for students to adjust to meal pattern changes



Grains Component: Flexibility

- No impact on:
 - Daily and weekly minimum for grains for breakfast
 - Weekly calorie ranges are in effect
 - Trans fat and saturated fat also apply



Grains: Updated Minimum Serving Sizes Criteria

All grain products must be credited based on per ounce equivalent (oz eq) standards beginning July 1, 2013 as addressed in the Grain Requirements for the National School Lunch Program and School Breakfast Program (SP 30-2012)



Ounce Equivalent Standards

Grain products must be credited using the oz eq method

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



Whole Grain-Rich Foods

- In SY 2013-14, half of the grains offered must be whole grain-rich (WGR)
- All grains must be WGR by SY 2014-15
- Increasing availability commercially
 - USDA Foods offers WGR flour, oats, pancakes, tortillas, and rice
 - Traditional grits ok in SY 2013-14 as long as other grains offered are whole grain-rich



Grain-based Desserts

- Grain-based dessert limit does not apply at breakfast
- 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



Meat/Meat Alternate In Place of Grains

- When offering a meat/meat alternate in place of grains in SBP
 - Must also offer at least 1 ounce equivalent of grains daily
 - Must count the meat/meat alternate toward the weekly grains range and the weekly dietary specifications (calories, sat fat, trans fat, etc)
 - Must count as “item” in OVS



Meat/Meat Alternates as Extras

- When offering a meat/meat alternate as an extra item
 - Must also offer at least 1 ounce equivalent of grains daily
 - The meat/meat alternate does not count toward the grains range
 - The meat/meat alternate does not count for OVS purposes
 - Meat/meat alternate must fit within the weekly dietary specifications



Substituting Meats for Grains

- When substituting meat/meat alternates for grains, half of the *actual* grain items should be WGR
- Example:
 - 1 oz eq grains offered each day + 1 oz eq m/ma offered each day= 5 oz eq Grains + 5 oz eq meat/meat alternate
 - Therefore, a minimum of 2.5 oz eq must be WGR (not 5)



Pre-plating/Bundling

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



Technical Assistance Resources

- FNS New Meal Pattern website (<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>)
 - Timeline
 - PowerPoint presentations for training
 - Recently released Q&As, other policy memos
 - **Coming Soon: OVS Q&A Guidance**
- 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>



Healthier Kansas Breakfast Cycle Menu

http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus_Breakfast.htm

Menus for the Week

PLEASE NOTE:
Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages		
Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Popcorn Kiel Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice	K-12	Target	
					Calories	557	554
					Cholesterol (Mg)	35	75
					Sodium (Mg)	904	1000
					Fiber (G)	5.48	2.50
					Iron (Mg)	3.95	2.50
					Calcium (Mg)	548.3	253.85
					Vitamin A (IU)	1052	971
					Vitamin C (Mg)	50.22	12.50
					Protein (G)	21.45	9.59
					Carbohydrate (G)	87.02	93.02
					Total Fat (G)	13.02	18.47
					Saturated Fat (G)	3.18	6.16






103

AFTERSCHOOL SNACK PROGRAM




Afterschool Snack Program

- To be eligible to qualify, programs:
- Must be eligible to operate NSLP
 - Purpose is to provide care in afterschool settings
 - Must include education or enrichment activities in organized, structured, and supervised environment
 - Must be operated by the school
 - School facilities do not need to be used




Afterschool Snack Program

- Schools can start up a program at any time:
- Amend CNAP/MEGS+ at any time
 - Provide sufficient information to MDE to determine eligibility
 - Documentation that site is located in an area served by a school that is 50% F/R
 - For all other sites, documentation of F/R eligibility based on F/R snacks claimed

Afterschool Snack Program Reimbursement

- May seek reimbursement for one snack, per child, per day
- Children eligible to participate through age 18
- No age limit for mentally or physically impaired individuals
- Sites $\geq 50\%$ F/R receive free rate for all children served



Afterschool Snack Program Times of Operation

- Can only be served after the school day has ended
- Eligibility is based on when the scheduled school day ends
 - Kindergarten program ending at noon and children remain at school under a care program described earlier
 - Split sessions – after the first session even though there is a later session



Afterschool Snack Program Requirements

- Columns according to age
- Indicates minimum serving sizes
 - 4 - 8oz fluid milk
 - $\frac{1}{2}$ – 1oz meat/meat alternate
 - Total $\frac{1}{2}$ - $\frac{3}{4}$ c. fruit/vegetable
 - 1 grain/bread
- Two of the four components must be served
- Juice may not be served when milk is the only other component



Afterschool Snack Program Content of Meals

- Snacks must meet the meal pattern for snacks
- USDA recommends that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements



Afterschool Snack Program Record Keeping

- Total snack counts for sites qualifying for area eligibility or meal counts by type for all other sites
- Documentation of attendance on a daily basis
- Documentation of compliance with meal pattern requirements: menus and production records

Sample menus and templates are provided in the manual and on the School Nutrition Programs website www.michigan.gov/schoolnutrition

- click Afterschool Snack Program under Programs

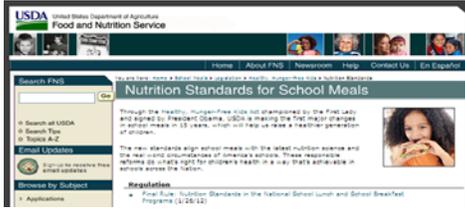


RESOURCES



USDA Website

- For current updated information, go to **Nutrition Standards for School Meals**
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>



112

Healthier School Day Website

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



113

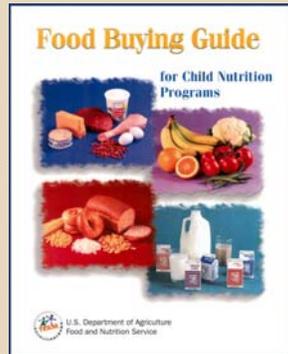
Fact Sheets for Healthier School Meals - Revised!

http://teamnutrition.usda.gov/Resources/dgfactsheet_hsm.html



114

Updated Food Buying Guide



www.fns.usda.gov/tn/Resources/foodbuyingguide.html

115

Food Buying Guide Calculator

fbg.nfsmi.org



116



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.

117

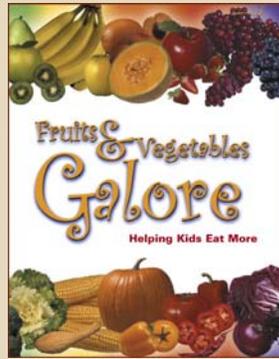
**AVAILABLE
NOW FROM
TEAM
NUTRITION**

Make Half Your
Plate Fruits &
Vegetables Poster



**AVAILABLE
NOW FROM
TEAM
NUTRITION**

Fruits and
Vegetables Galore:
Helping Kids Eat
More



Choose My Plate Resources
<http://www.choosemyplate.gov/food-groups/>



**AVAILABLE FROM THE NATIONAL
FOOD SERVICE MANAGEMENT
INSTITUTE (NFSMI)**

**Whole
Grains in
Child
Nutrition
Programs**





Healthy Meals Resource System

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

Menu Planning (<http://healthymeals.nal.usda.gov/menu-planning>)

Use these tools to plan menus with ease! Includes special sections on beans, fruits, vegetables, whole grains, and sodium reduction.

Recipes (<http://healthymeals.nal.usda.gov/recipes>)

Find quantity recipes for school food service from a variety of sources, including the searchable Recipe Finder database!

Best Practices Sharing Center at HMRS
<http://healthymeals.nal.usda.gov/best-practices>

USDA United States Department of Agriculture

Healthy Meals Resource System

TEAM NUTRITION

Home | About HMRS | News | Topics A-Z | Get Connected | Check Back to Schools | Help | Contact Us

Search words

Search

• Search all (0/0)

• Advanced Search (0)

Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy meals that meet school meal regulations.

Select from the options below to search for resources.

Submit a best practice...

Submit one or multiple best practices to HMRS. In the body of the email, please provide the contact name and address for the school, state, audience, and format that the resource serves.

Topics

- Sodium reduction
- Whole
- Vegetables
- Whole grains
- Whole grains
- Whole milk
- Fluid milk
- Other - Menu alternatives
- Other menu alternatives (allergen, nut, dairy, etc.)
- Planning tools
- Supporting tools
- Supporting tools

Format

- Slides
- Recipes
- Recipes
- Recipes
- Training material (slides, videos, etc.)

Best Practices Sharing Center at HMRS

Users can search by:

TOPIC:

- Sodium reduction
- Fruits
- Vegetables
- Meal pattern
- Fluid milk
- Meat / Meat alternates
- Dietary specifications (calories, sat. fat, *trans* fat)
- Planning tools
- Monitoring tools



Best Practices Sharing Center at HMRS

Users can search by:

FORMAT:

- Menu
- Recipe
- Checklist
- Training material
- Success story / Method of implementation

A screenshot of a 'Healthy Recipe Plan for 400' menu planning calculator. It shows a grid with columns for 'Recipe', 'Serving Size', 'Calories', 'Total Fat', 'Sodium', 'Total Carbohydrate', 'Fiber', 'Protein', and 'Cost'. The grid is filled with various recipe entries and their nutritional values.

Best Practices Sharing Center at HMRS

Share your resources!

Materials may be submitted via email to hms@ars.usda.gov.

In the body of the email, please provide the developer name as well as the subject areas, audiences, and format that the resource covers.

Questions?

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

or

Email your questions to:

mde-schoolnutrition@michigan.gov



127



128
