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

![Image of food items]
Meal Patterns

- A great place to start
- Everything else starts with developing the menu using specific meal pattern guidelines
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

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
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)

<table>
<thead>
<tr>
<th>Lunch Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cups)</td>
<td>2.5 (0.5)</td>
<td>2.5 (0.5)</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

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

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

Vegetables (Lunch)

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (cups)</td>
<td>3.75 (0.75)</td>
<td>3.75 (0.75)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>- Dark green</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>- Red/Orange</td>
<td>0.75</td>
<td>0.75</td>
<td>1.25</td>
</tr>
<tr>
<td>- Beans/Peas (Legumes)</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>- Starchy</td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>- Other</td>
<td>0.5</td>
<td>0.5</td>
<td>0.75</td>
</tr>
<tr>
<td>Additional Veg to Reach Total</td>
<td>1</td>
<td>1</td>
<td>1.5</td>
</tr>
</tbody>
</table>
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

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

**VEGETABLE ACTIVITY**
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 only count a serving towards vegetable or meat/meat alternate requirement (but not both in the same meal)
  - 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

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
  - Minimum quantity is \( \frac{1}{4} \) cup
  - No maximum limits on subgroups
  - Exception: Juice

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 ¼ CUP OF ICEBERG LETTUCE AND ¼ 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

NFSMI Resources

- Qualifying beans/peas (legumes)
- Handout: Vegetable Subgroups
- Handout: Vegetables in Subgroups
Grains (Lunch)

<table>
<thead>
<tr>
<th>Lunch Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Pattern</td>
<td>Amount of Food Per Week (Minimum Per Day)</td>
<td>8-9 (1)</td>
<td>8-10 (1)</td>
</tr>
</tbody>
</table>

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

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

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

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.
Meats/Meat Alternates (Lunch)

<table>
<thead>
<tr>
<th>Grades</th>
<th>Meal Pattern Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>8-10 (1)</td>
</tr>
<tr>
<td>6-8</td>
<td>9-10 (1)</td>
</tr>
<tr>
<td>9-12</td>
<td>10-12 (2)</td>
</tr>
</tbody>
</table>

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

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

Milk (Breakfast and Lunch)

<table>
<thead>
<tr>
<th>Grades</th>
<th>Meal Pattern Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>5 (1)</td>
</tr>
<tr>
<td>6-8</td>
<td>5 (1)</td>
</tr>
<tr>
<td>9-12</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>
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

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

<table>
<thead>
<tr>
<th>Sodium Limits and Timeline</th>
<th>Target 1: SY 2014-15</th>
<th>Target 2: SY 2017-18</th>
<th>Final target: SY 2022-23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lunch</strong></td>
<td>≤1230mg (K-5)</td>
<td>≤935mg (K-5)</td>
<td>≤640mg (K-5)</td>
</tr>
<tr>
<td></td>
<td>≤1360mg (6-8)</td>
<td>≤1035mg (6-8)</td>
<td>≤710mg (6-8)</td>
</tr>
<tr>
<td></td>
<td>≤1420mg (9-12)</td>
<td>≤1080mg (9-12)</td>
<td>≤740mg (9-12)</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>≤540mg (K-5)</td>
<td>≤485mg (K-5)</td>
<td>≤430mg (K-5)</td>
</tr>
<tr>
<td></td>
<td>≤600mg (6-8)</td>
<td>≤535mg (6-8)</td>
<td>≤470mg (6-8)</td>
</tr>
<tr>
<td></td>
<td>≤640mg (9-12)</td>
<td>≤570mg (9-12)</td>
<td>≤500mg (9-12)</td>
</tr>
</tbody>
</table>

### 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 (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
**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:** 450-500
- **L:** ---

**Overlaps:***
- **B:** 400-500
- **L:** 600-650

- 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
**Multiple Offerings: Weekly Ranges**

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

**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

**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
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
  - 1 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
Activity
- Handout: Whole Grain-Rich Foods
  - Whole Grain-Rich Foods
  - Grain Products (ingredients) that are not whole grains
  - Identifying Whole Grains

Grain Label-Reading Activity

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
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

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

MENUS
Sample Menus

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>WG Spaghetti with Meat Sauce</td>
<td>WG Pancakes</td>
<td>Pepparoni Pizza with White Beans</td>
<td>Hamburger on Whole Wheat Bun</td>
<td>Milk*</td>
</tr>
<tr>
<td>Bread Stick</td>
<td>Scrambled Eggs</td>
<td>Hash Brown</td>
<td>Brown Rice</td>
<td>Sweet Potato Fries</td>
</tr>
<tr>
<td>Seasoned Green Beans</td>
<td>Fresh Broccoli</td>
<td>Bananas</td>
<td>Chilled Peaches</td>
<td>Milk*</td>
</tr>
<tr>
<td>Fresh Grapes</td>
<td>Baked Apple Slices</td>
<td>Milk*</td>
<td>Fresh Pear</td>
<td>Milk*</td>
</tr>
<tr>
<td>Milk*</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
</tr>
<tr>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
</tr>
</tbody>
</table>

* Variety of fat content

Consoritia Menus

- Please note that all sample menus are a great starting point for developing cycle menus
- The SFA is ultimately responsible to ensure that their menus meet USDA guidelines

Activity Challenge

-
Count it?

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

- less than 5 components
- 5 components
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](http://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

Breakfast Meal Components

- Fruit/Vegetable
- Grains (meat/meat alternate)
- Milk
### Fruits (Breakfast) SY 2013-2014

<table>
<thead>
<tr>
<th>Grades</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>Fruits (cups) * 5 (1) *</td>
</tr>
<tr>
<td>6-8</td>
<td>Fruits (cups) * 5 (1) *</td>
</tr>
<tr>
<td>9-12</td>
<td>Fruits (cups) * 5 (1) *</td>
</tr>
</tbody>
</table>

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

### Grains (Breakfast) SY 2013-2014

<table>
<thead>
<tr>
<th>Grades</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>Grains (oz eq) 7-10 (1) *</td>
</tr>
<tr>
<td>6-8</td>
<td>Grains (oz eq) 8-10 (1) *</td>
</tr>
<tr>
<td>9-12</td>
<td>Grains (oz eq) 9-10 (1) *</td>
</tr>
</tbody>
</table>

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

### Milk (Breakfast and Lunch) SY 2013-2014

<table>
<thead>
<tr>
<th>Grades</th>
<th>Amount of Food Per Week (Minimum Per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>Fluid milk (cups) 5 (1)</td>
</tr>
<tr>
<td>6-8</td>
<td>Fluid milk (cups) 5 (1)</td>
</tr>
<tr>
<td>9-12</td>
<td>Fluid milk (cups) 5 (1)</td>
</tr>
</tbody>
</table>
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
    - ½ 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

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
- 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 (SP30-2012)

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
  - 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
  - ¾ 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
- 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

Fortification

- A ready-to-eat breakfast cereal must be fortified to meet program requirements
  - 100% whole grain cereals do not need to be fortified
  - Check cereal products for an ingredient statement on the side or back of the box
  - Ingredients:
    - Wheat bran, egg, psyllium seed husk, oat fiber; contains 2% or less of salt, baking soda, caramel color annatto color, BHT for freshness, Vitamins and Minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), etc....
Optional Meat/Meat Alternates

- New SBP meal pattern does not require a meat/meat alternate
- SFAs that wish to offer a meat/meat alternate at breakfast have two options
  - Offer meat/meat alternate in place of grains
  - Offer a meat/meat alternate as an extra

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
OVS: Components vs. Items

- Always offer all three components in at least the required amounts
- For OVS, must offer at least four food items at breakfast
- Students may decline one food item
- Regulatory definition: A food item is a specific food offered within the food components
- For purposes of OVS, an item is the daily required minimum amount of each food component that a child can take
  - 1 cup of milk
  - 1 oz eq of grains
  - ½ cup of fruit (or veg)*

*NOT required in SY 2013-14

OVS: Choices vs Items

- **Items** are the minimum a child can take
- **Choices** give students options to choose from different items
  - Grain item: toast, bagel, cereal
  - Milk item: choc skim, unflavored skim
  - F/V item: hash browns, oranges, apple juice
- Continue to encourage choices

Example: Choices vs Items

- Menu = 1 milk, 1 slice toast, 2 fruit items
  - Fruit choices = ½ cup orange juice, ½ cup oranges, ½ cup apple, ½ cup peaches
  - Student could take 1 milk, 1 toast, and ½ cup oranges
  - Would not be required to take 3 out of 4 fruit choices!
  - SFAs should still **offer choices**, but decide how many **items** a student can take
OVS- Grains (part 1)

- A large grain counts as more than one food item for purposes of OVS in breakfast
  - e.g. 2 oz muffin = 2 food items
- Unchanged from prior OVS practice
- In addition to the 2 oz grain, at least 2 other food items must also be offered to have OVS
  - Student cannot decline the 2oz grain item
- Examples:
  - School offers 2 oz eq muffin, ½ cup apples, and milk (decline milk or apples)
  - School offers 2 oz eq muffin, ½ cup apples, ½ cup juice, and milk (decline milk or a fruit choice)

OVS- Grains (part 2)

- Allowing students to take two of the same grain item
  - If a menu planner offers two different 1 oz eq grain items at breakfast, a student may be allowed to take two of the same grain and count as two items
  - At the discretion of the menu planner to allow duplicates
  - Example: school offers milk and fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
    - Student could select fruit and two toasts
    - 2nd toast selected in place of other grain offered (cereal)
    - Only one item (milk) declined

OVS- Grains (part 3)

- Grains-meat/meat alternate combination items
  - When counting the meat/meat alternate as grains, the combo may count as two food items
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma counting as grains = 2 food items
  - If not counting the meat/meat alternate toward the grains component, the combo is one food item
    - Three additional items must be offered to have OVS
    - Student may decline the combination
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item
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).

OVS – Menu Planning

- Grains, milk, two fruit items
- Choice of fruit: ½ cup OJ, ½ cup apples, ½ cup grapes, ½ cup grape juice
- Child could select milk, ½ cup OJ, and ½ cup grape juice – but is it the best menu planning option?

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.educate.org/SNP/SNP_Resources/Healthier_Kansas_Menus/BreakfastMenu.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

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Breakfast Program Resources

- MDE 2008 Memo - Counting Breakfast Time as Instructional Time
- MDE 2012 Memo - Outreach to Households on the Availability of the School Breakfast Program
- USDA’s Discover School Breakfast Toolkit
- Sample breakfast flyer
- USDA memo SP 29-2011: Nutrition Requirements for Fluid Milk
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 ≥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
  - ½ – 1 oz meat/meat alternate
  - Total ½ - ¾ 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

On-site Review

• On-site reviews are a self-monitoring tool

• Program must be reviewed by the SFA two times per year
  ◦ First 4 weeks of operation
  ◦ During the second half of the school year
  ✓ Review forms retained by the SFA
  ✓ Food Service Management Company (FSMC) personnel may not perform review
New Snack Guidance

- USDA Fact Sheet: Athletic Programs and Afterschool Meal Service

RESOURCES

USDA Website

- For current updated information, go to Nutrition Standards for School Meals
  http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm
Healthier School Day Website
http://www.fns.usda.gov/cnd/healthierschoolday

Fact Sheets for Healthier School Meals - Revised!
http://teamnutrition.usda.gov/Resources/dgfactsheet_hsm.html

Updating the Food Buying Guide
http://teamnutrition.usda.gov/Resources/foodbuyingguide.html
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 at NAL

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

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

Best Practices Sharing Center at HMRS

Share your resources!

Materials may be submitted via email to hmrs@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