

From: Bushong, Linda (MDE) **On Behalf Of** Leikert, Howard (MDE)
Sent: Thursday, August 15, 2013 3:28 PM
To: MDE-SchoolNutrition
Subject: Weekly News from MDE 081513

Back to being a weekly news....here's what I know:

- 1) Thank You – Following is a link to a video created by our Team Nutrition Manager, Nick Drzal. The link is provided for a couple of reasons. The first is a general Thank You to all that receive this email for all the work necessary to make the serving of our children during the last, challenging school year possible. It was a challenging but successful year. For the most part, students are eating healthier meals and I thank you for that fact. The other reason I am providing the link is so that if you have training sessions with your employees, you can use it to thank them as well. Here is the link, if you didn't see it at the June Conference I think you will like it:
<http://www.youtube.com/watch?v=kJWolaMMSc4>.
- 2) Nutrition Education - As we head back into the school year, please help promote and remind your schools of all of the great nutrition education curriculum that can be implemented throughout the school. Attached is an email that includes links to various resources. Check it out.
- 3) Implementing the new SBP meal pattern early (SY 2013-14) – If you would like to adopt some of the phased-in requirements of the School Breakfast Program, you need to get MDE approval. This is to ensure that the nutritional integrity of the meal is not compromised and that the MDE is aware in advance of what additional aspects of the new meal pattern the SFA is choosing to adopt. If you have any questions, contact Linda Stull at stull@michigan.gov.
- 4) MEGS+ CNP: School Nutrition Program – The 2014 Application is now available! The MEGS+ website for completing the School Nutrition Programs 2014 renewal/ application is now open and accessible at <https://mdoe.state.mi.us/megsplus/>. For participating SFAs, the 2014 renewal application must be completed online by September 13, 2013. Some information you need to know about the application process:
 - All sponsors participating in the School Nutrition Programs must have a DUNS number. You will be unable to submit your application if a DUNS number is not added to your Educational Entity Master (EEM) information. Administrative Policy Memo Number 9 School Year 2012-2013, provides detail on how to acquire a DUNS numbers:
http://www.michigan.gov/documents/mde/9_DUNS_Number_Requirements_for_MEGS+_413156_7.pdf.

- All participating sites must have accurate information and be active in the Educational Entity Master (EEM). Starting this year if a site is not active in EEM the site will not pull forward into the 2014 SNP application. So please check your site listing for accuracy. You will need to add the site(s) back into the application with the correct information. To determine what the correct site information is, check the EEM at <http://www.cepi.state.mi.us/eem/>. On the left side is a search function that can be used to find correct building information.
 - After the release of the School Nutrition Program 2014 6 Cent/Performance Based Reimbursement application/renewal earlier this summer, we decided to simplify the process for those 2013 "6 Cent Certified Sponsors" that are attesting to their continued compliance with the new meal pattern in 2014. So if you were approved for 6 Cents in the SY 2012-2013, the only application you need to complete is the School Nutrition Programs 2014 renewal/application. This is a change from what we were saying earlier this summer. So let me repeat, if you were approved for 6 Cents in the SY 2012-2013, the only application you need to complete is the School Nutrition Programs 2014 renewal/application. We hope this simplifies things for sponsors.
 - If your agency needs to authorize a new designated individual to access MEGS+, please complete the CNP Security Agreement located at www.michigan.gov/meis. Scroll down to Child Nutrition Programs (CNP) and click on Child Nutrition Program Security Agreement. Fax the completed form to Ruby Zavala at 517-373-4022.
- 5) MEGS+ CNP: School Nutrition Program 6 Cent/Performance Based Reimbursement - The 2014 Application is now available for 6 Cent Certification for sponsors that were not approved for 6 Cents in 2013. We encourage those sponsors to complete the process as soon as possible. You are required to submit worksheets for both breakfast and lunch that represent the meal patterns effective July 1, 2013. If you did not apply in 2013, the 6 Cent Certification process must be completed for 2013-2014. The earlier this is done, the more funding you will receive for following the new meal pattern.
- 6) Reimbursement Rates - For information on meal, snack, and milk reimbursement rates to school food authorities for School Year 2013-2014, please see Food Service Administrative Policy No. 1 – School Year 2013-2014 at the following link:
http://www.michigan.gov/documents/mde/Administrative_Policy_No_1_for_2013-14_430457_7.pdf.
- 7) Claim Submission Schedule - For information on the National School Lunch Program claim submission 60-day deadline schedule and late claim exception

options, please see Food Service Administrative Policy No. 2 – School Year 2013-2014 at the following link:

http://www.michigan.gov/documents/mde/Administrative_Policy_No_2_for_2013-14_430458_7.pdf.

8) A Quick, Brief Summary For School Year 2013-2014 –

- a) Changes in Lunch Requirements - None really. For the Grains, at least ½ grains offered during the school week must be whole grain-rich.
- b) For Grains and Meat/MA - USDA has lifted the upper limits for these items. SFAs must meet daily and weekly minimums for these two components for each age/grade group.
- c) Whole Grain requirement for this school year - At least ½ grains offered during the school week must be whole grain-rich for both breakfast and lunch. Beginning SY 2014-15, all grains must be whole grain-rich. Also attached is the USDA Memo SP 30-2012 which has a memo but following the document are charts that will help identify crediting of grains.
- d) What is a Whole Grain Product - Foods that qualify as whole grain-rich are foods that 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. Whole grain-rich products must contain at least 50% whole grains and the remaining grain, if any, must be enriched. In order to determine if a grain product meets the whole grain-rich requirement, it must satisfy criteria under Element 1 and one of the criteria under Element 2.
 - i. Element 1: the food item must meet the oz eq requirements for grains, as per Exhibit A, and
 - ii. Element 2: 1) whole grains per serving must be ≥ 8 grams, 2) product includes FDA's whole grain health claim on its packaging, 3) product ingredient listing lists whole grain as first ingredient.
- e) Breakfast requirements for this year – There are numerous changes. Refer to the attached breakfast chart. Also, refer to USDA memos: SP 28-2013 – Questions and Answers on the School Breakfast Program Meal Pattern in SY 2013-14, SP 45-2013 – Updated Offer versus Serve Guidance for the National School Lunch and School Breakfast Program in SY 2013-14.
 - i. WG requirement - For SY 2013-14, for breakfast and lunch, at least ½ grains offered during the school week must be whole grain-rich.

- ii. Fruit Requirement - For breakfast in SY 2013-14, SFAs must offer ½ cup of a fruit/vegetable/juice at breakfast as one of the required meal components. If implementing OVS at breakfast, the student does not have to take the fruit for SY 2013-14.

That is a brief, not all inclusive summary of the changes for the meal pattern in this school year.

- 9) Latest Q&A for Nutrition Standards - Attached are both the policy memo and the Q&A document that will provide you with the latest updates on the new requirements. The Q&A has grown to a significantly sized document, but it is full of helpful information. I encourage you to review it prior to start of the new school year.

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“The MDE School Nutrition Programs team is committed to the success of child nutrition programs through training, support, and leadership by fostering partnerships to ensure the nutritional well-being of all students in Michigan.”

Breakfast Meal Pattern for School Year 2013-14 Only

Food Components	Grades K – 5	Grades 6 – 8	Grades 9 – 12
Milk - Offer at least two choices to include only fat-free (flavored or unflavored) and low-fat (unflavored) milk	1 cup daily	1 cup daily	1 cup daily
Grains - At least 1 ounce equivalent (oz eq) must be offered daily - Minimum daily & weekly offering must be met - Half of grains must be whole grain-rich in SY 2013-14	7 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications & calories are met)	8 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications & calories are met)	9 – 10 oz eq/week (may exceed weekly amount as long as weekly dietary specifications & calories are met)
Meat/Meat Alternate (optional) - None required, but may substitute 1 oz eq of meat/meat alternate for 1 oz eq grains after minimum daily 1 oz eq grains is offered - May offer meat/meat alternate as additional food & not credit it as grain			
Juice/Fruit/Vegetable - No limitations on juice in SY 2013-14 - Fruits & vegetables may be offered interchangeably; no substitution requirements or vegetable subgroup requirements - Not required to take fruit under OVS in SY 2013-14	½ cup daily (SY 2013-14) (may combine two - ¼ cup servings of fruit/vegetable/juice to meet ½ cup requirement)	½ cup daily (SY 2013-14) (may combine two - ¼ cup servings of fruit/vegetable/juice to meet ½ cup requirement)	½ cup daily (SY 2013-14) (may combine two - ¼ cup servings of fruit/vegetable/juice to meet ½ cup requirement)
Minimum/Maximum Calories (kcal) - Weekly average	350 – 500	400 – 550	450 – 600
Saturated Fat (% of total calories) - Weekly average	< 10%	< 10%	< 10%
Sodium** - Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

*Effective SY 2014-15

**Increasingly restrictive targets in SY 2017-18 and SY 2022-23



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive

Alexandria, VA
22302-1500

DATE: April 26, 2012

MEMO CODE: SP 30-2012

SUBJECT: Grain Requirements for the National School Lunch Program and
School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalencies and definition of whole grain-rich products.

The Department of Agriculture (USDA) published, "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of oz eq of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-2015.

This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains which meet the regulatory standards and to determine equivalent minimum serving sizes (oz eq). In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS FOR SCHOOL MEAL PROGRAMS

The requirements to offer whole grain-rich products will be phased in for the school meal programs over the next two SYs:

For **lunch**, beginning July 1, 2012 (SY 2012-2013), through June 30, 2014 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

For **breakfast**, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

Through SY 2013-2014, SFAs and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements. After SY 2013-2014, all grain must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist SFAs and program operators with identifying whole grain-rich foods for availability by summer 2012.

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations at 7 CFR Parts 210 and 220, the following criteria are to be used as the basis for crediting items to meet the whole grain-rich requirement:

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

Schools can use the following elements as a simple checklist to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the oz eq requirements for the grains component as defined by this guidance.

Element 2: The food must meet at least one of the following:

a. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available.

b. The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

c. The product ingredient declaration lists whole grains first, specifically:

- I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation. For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The program operator, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.
- II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole-grain ingredients exceed the total weight of non whole-grain ingredients.

When flour blends are listed in the ingredient declaration and grouped together with parentheses, for example, ingredients: flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc., program operators will need to know either that the whole grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar in the example.

A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE cereal must be fortified. If the grain product includes enriched ingredients, or the

product itself is enriched; the ingredients or the grain product must meet the Food and Drug Administration's standards of identity for enrichment (21 CFR Section 137). Bran and germ are not creditable in school meal programs. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, "oz eq grains" on the CN Label indicates the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicates the product meets previous program requirements for grains/breads. Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling/.

II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Pursuant to the new NSLP and SBP regulations, the updated meal patterns, which include requirements for whole-grain rich grain products based on oz eq, will become effective on July 1, 2012, the beginning of SY 2012-2013. Recognizing that operators and manufacturers which provide products for the school meal programs may require time to change specifications and revise products, we will allow SFAs and program operators to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of SY 2013-2014.

As provided for in NSLP and SBP regulations, grain products must be credited using the oz eq method. This criterion is applied to various products as follows:

- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is $\frac{1}{2}$ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) breakfast cereal, 28 grams *or* 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and $\frac{1}{4}$ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal.

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group. All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or "bread" or "bread alternate" criteria in the interim. Of the weekly total for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.

The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent. The crediting of a food item as oz eq grains is determined by the total amount in grams of whole-grain meal and/or flour or whole-grain and enriched meal and/or flour in the product formulation or recipe divided by the number of servings the formulation or recipe yields divided by the 16 grams per oz eq standard. For the types of food items listed in Groups H and I of the attached Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains. If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item. The oz eq for grains may be determined by using either the weights or volumes listed in the attached Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.

The attached *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains. We note that the listing of food items included in Exhibit A is not exhaustive.

Exhibit A provides oz equivalent information for products commonly offered in schools. SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and nutrition specifications. However, program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the Dietary Guidelines for Americans.

SUMMARY OF IMPLEMENTATION DATES:

Ounce equivalent requirements: All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY-2013-2014. The grain component weights in the attached *Exhibit A: School Lunch and Breakfast* have been updated to reflect the change from 14.75 grams of creditable grain to 16.0 grams of creditable grain per oz eq

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for Groups A-G. The original Exhibit A weights and volumes for all Child Nutrition Programs may continue to be used through June 30, 2013 for lunch and breakfast.

Whole grain-rich requirements: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast.

For NSLP and SBP (sections 210.10, 210.10a, 220.8, and 220.8a), this policy memorandum supersedes FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads. However, the FCS Instruction 783 - REV 2, will be revised to remove the sections mentioned above and will pertain to all other Child Nutrition Programs. State Agencies should contact their Food and Nutrition Service Regional Office with any questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}**

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 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
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: August 7, 2013

MEMO CODE: SP 10-2012 (v.7)

SUBJECT: Questions & Answers on the Final Rule, "Nutrition Standards in the National School Lunch and School Breakfast Programs"

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Attached are Questions & Answers (QAs) on the final rule to update the school meals offered under the National School Lunch and School Breakfast Programs, as required by the Healthy, Hunger-Free Kids Act of 2010. This guidance addresses the final rule overall, and includes questions on general and specific aspects of the new meal requirements. This document is updated periodically to issue additional QAs as they arise during the implementation of the new meal requirements.

This issue includes new QAs that highlight the meal pattern flexibilities, some QAs based on operators' feedback, and minor editorial changes to clarify QAs already published. A summary of the revisions and additions to each section is provided below:

General

- Revised question number 6

Fruits and Vegetables

- Revised question number 19

Grains:

- Revised questions number 15, 20, 21, 24

Milk:

- Added question number 5

Calories

- Revised question number 3

Meal Patterns:

- Revised question number 4

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Menu Planning:

- Revised questions number 6,12,16

Offer versus Serve:

- Revised question number 2,3

Implementation

- Revised question number 2

Monitoring

- Revised questions number 3,4

Nutrient Analysis:

- Revised questions number 1,2,3

Meal Identification

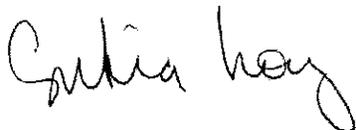
- Deleted question number 1 and revised question number 3 (currently question number 2)

Other Child Nutrition Programs

- Revised questions number 1,5

These Questions & Answers and other materials related to the new meal requirements are available on a special webpage on the FNS website:
<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>.

We appreciate all you do for the School Meal Programs and look forward to continue working with you to improve the nutrition of America's children. State agencies are reminded to distribute this memo and attachment to program operators immediately. SFAs should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office.



Cynthia Long
Director
Child Nutrition Division

Attachment