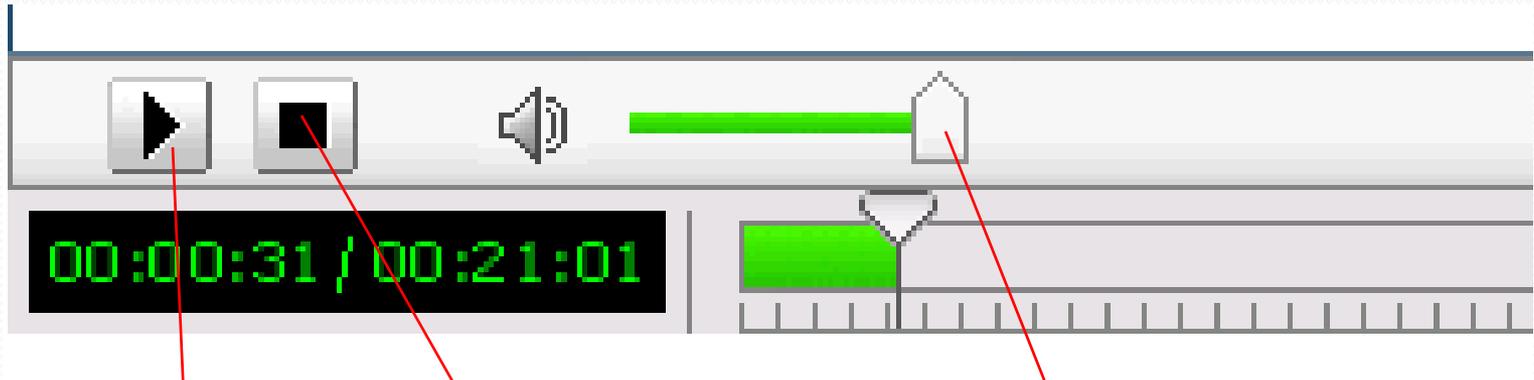


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Pause/Play

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Volume: Hold the left mouse button and slide

# Meal Pattern Workshop

Indiana Department of Education  
Child Nutrition Programs

2012

# Agenda

- Grade Groupings
- Food Components
- Meal Pattern Requirements
- Dietary Specifications
- Breakfast Meal Pattern
- Menu Planning Considerations
- Offer vs. Serve

# Meal Pattern

## Lunch Meal Pattern

Grades K-5

Grades 6-8

Grades 9-12

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

# 7-Day Lunch Meal Pattern

7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (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	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

# Breaking Down the Components

# Fruit



<b>Lunch Meal Pattern</b>			
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>		
<b>Fruits (cups)</b>	<b>3.5 (0.5)</b>	<b>3.5 (0.5)</b>	<b>7 (1)</b>

- The red circled numbers are the total cups that each grade group must be offered per **week**
- The numbers in the parenthesis are the minimum amounts in cups that each child must be offered each **day**

# Fruit Types



- May select from fresh, frozen without added sugar, canned in juice/light syrup, dried fruit, or juice
  - $\frac{1}{4}$  cup of dried fruit =  $\frac{1}{2}$  cup of fruit
  - No more than half of fruit offerings may be in the form of juice over a week
  - 100% juice only
  - 4 oz. juice =  $\frac{1}{2}$  cup of fruit
  - Refer to Food Buying Guide for crediting

# Is this allowable?

- Do all of my portions have to be  $\frac{1}{2}$  cup?
- Can residents take two  $\frac{1}{4}$  cup portions of the **same** fruit to equal a reimbursable meal?
- Can I offer juice every day?



# Vegetables



	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (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 Vegetables to Reach Total	2.5	2.5	3.5

- The red circled numbers are the total cups that each grade group must be offered per **week**
- The numbers in the parenthesis are the minimum amounts in cups that each student must be offered each **day**
- These are just minimum amounts, RCCIs can always serve more

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
<b>Vegetables (cups)</b>	5.25 (0.75)	5.25 (0.75)	7 (1)
• <b>Dark green</b>	0.5	0.5	0.5
• <b>Red/Orange</b>	0.75	0.75	1.25
• <b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
• <b>Starchy</b>	0.5	0.5	0.5
• <b>Other</b>	0.5	0.5	0.75
<b>Additional Vegetables to Reach Total</b>	2.5	2.5	3.5

- The amounts listed next to the subgroups show the minimum amount of vegetables measured by cup that RCCIs must offer each week
- Grades K-5 and 6-8 require the same amount to be offered each week
- There are a few changes in serving requirements for grades 9-12

# Dark Green Subgroup



	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
• Dark green	0.5	0.5	0.5

- ½ cup dark green vegetables each week
- Keep in mind 1 cup of fresh lettuce equals ½ cup serving
- Many schools already offer this subgroup multiple times per week on their salad bar



### Dark Green Vegetables

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

# Red/Orange Subgroup



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	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
• Red/Orange	0.75	0.75	1.25

- Grades K-5 and 6-8 require  $\frac{3}{4}$  cup per week
- Grades 9-12 require at least 1 and  $\frac{1}{4}$  cups per week



### • Red & orange vegetables

- › acorn squash
- › butternut squash
- › carrots
- › hubbard squash
- › pumpkin
- › red peppers
- › sweet potatoes
- › tomatoes
- › tomato juice

# Beans/Peas (Legumes)



	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
• Beans/Peas (Legumes)	0.5	0.5	0.5

- All grade groupings must be offered at least ½ cup of beans/peas each week
- Cannot count towards both meat alternative and vegetable components

#### › Beans and peas\*

- › black beans
- › black-eyed peas (mature, dry)
- › garbanzo beans (chickpeas)
- › kidney beans
- › lentils
- › navy beans
- › pinto beans
- › soy beans
- › split peas
- › white beans

# Beans/Peas (Legumes)

## Handout: Qualifying Beans and Peas in the School Nutrition Program

Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or meat/meat alternate component, but not as both components in the same meal. The term “dry beans and peas” refers to the harvesting process of allowing the bean or pea to “mature” or “dry” on the plant before harvesting; it does not refer to the “as-purchased” form of the bean. Many canned or frozen beans or peas are actually dry beans and peas that have been cooked and canned or frozen and are therefore acceptable for meeting criteria. For additional information see the USDA Food Buying Guide Calculator at: <http://fbg.nfsmi.org/>

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Bean Products, dehydrated, Refried Beans

Bean products, dry beans, canned, beans baked or in sauce with pork

Bean Products, dry beans, canned, beans with bacon in sauce

Bean Products, dry beans, canned, beans with frankfurters in sauce

Bean Products, dry beans, canned; Beans, Baked or in sauce, Vegetarian, includes USDA Foods

Bean Products, dry beans, canned; Refried Beans, includes USDA Foods

Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)

Bean soup, dry beans, canned, ready-to-serve

Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods

Beans, black, (Turtle beans), dry, whole

Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods

Beans, black-eyed (or Peas), dry, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, whole

Beans, Great Northern, dry, canned, whole, includes USDA Foods

Beans, Great Northern, dry, whole, includes USDA Foods

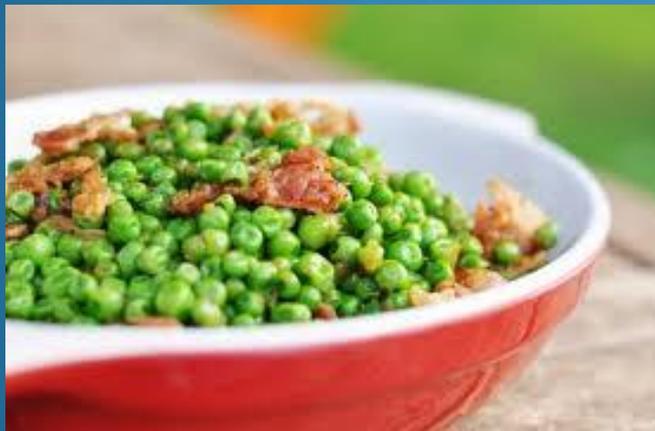
Beans, Kidney, dry, canned, whole, includes USDA Foods

Beans, Kidney, dry, whole, includes USDA Foods

Beans, Lima, dry Baby, whole, includes USDA Foods

Beans, Lima, dry, canned, Green, whole, includes USDA Foods

# Starchy Subgroup



	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
• Starchy	0.5	0.5	0.5

- All grade groupings must be offered at least ½ cup of starchy vegetables per week
- No maximum amounts of starchy servings per week

### Starchy vegetables

- › cassava
- › corn
- › fresh cowpeas, field peas, or black-eyed peas (not dry)
- › green bananas
- › green peas
- › green lima beans
- › plantains
- › potatoes
- › taro
- › water chestnuts

# Other Subgroup



	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
• Other	0.5	0.5	0.75

- “Other” vegetables is its own category
- Grades K-5 and 6-8 must be offered ½ cup serving per week
- Grades 9-12 must be offered at least ¾ of a cup per week
- You may substitute other vegetable subgroups for this category but NOT starchy vegetables

#### Other vegetables

- › artichokes
- › asparagus
- › avocado
- › bean sprouts
- › beets
- › Brussels sprouts
- › cabbage
- › cauliflower
- › celery
- › cucumbers
- › eggplant
- › green beans
- › green peppers
- › iceberg (head) lettuce
- › mushrooms
- › okra
- › onions
- › parsnips
- › turnips
- › wax beans
- › zucchini

# Additional Vegetables



	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>		
<b>Additional Vegetables to Reach Total</b>	2.5	2.5	3.5

- You can use **any** subgroup to make up this last requirement- this includes the starchy subgroup.
- Grades K-5 and 6-8 must be offered at least 1 cup additional vegetables a week
- Grades 9-12 must be offered at least 1 ½ cups of additional vegetables a week

# Is this allowable?

- Do I have to offer the subgroups in a particular order?
- How do I credit mixed vegetable dishes?
- What if a resident takes two  $\frac{1}{4}$  cup of the same vegetable? Is that reimbursable?
- What if a resident takes two  $\frac{1}{2}$  cup portions of vegetables, does that count as 1 component or two?



# Grains



Lunch Meal Pattern			
	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)		
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)

- Circled are ranges that each grade group must be offered each **week** in ounces
- Half of all grain products offered to residents must be whole grain
- The number in parenthesis is the minimum amount of grains in ounces each grade grouping should be offered each **day**
- Refer to the Food Buying Guide for more examples- Exhibit A

# Whole Grain Criteria

- Meet the serving size requirements in the Grains/Breads Instruction, and
- Meet at least one of the following:
  1. Whole grains per serving must be  $\geq 8$  grams
  2. Product includes FDA's whole grain health claim on its packaging
  3. Product ingredient listing lists **whole** grain first
  4. **Whole** grain ingredients is the primary grain ingredient by weight
    - If the first ingredient is water, a **whole** grain may be listed as the second ingredient and still meet our whole grain-rich criteria



naturally robust texture. Best of all, it's made with whole grains. Whole grains are rich in fiber and nutrients, offering many health benefits. Enjoy!

*Aunt Millie*



## Whole Grain

Aunt Millie's Whole Grain breads are made with whole grain ingredients to ensure that the healthful nutrients found in nature are also found in your diet. Rich in fiber, vitamins and minerals, whole grains provide you with the nutrition needed to keep you feeling your best.

## 100% Natural

Aunt Millie's Hearth breads are all 100% Natural and contain no color additives, artificial substances or synthetic compounds, only pure and fresh ingredients, just like those in your

### ✓ A Good Source of Fiber

3.5 grams of fiber per 50 gram serving (approximately 1 slice)

### ✓ Health Benefit of Grains

Diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

### ✓ 22 Grams of Whole Grains per serving

### ✓ No High Fructose Corn Syrup

### ✓ Naturally Low in Fat & Cholesterol Free

### ✓ 0g Trans Fat

### ✓ Made with Sea Salt

Ingredients: Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT Added to Preserve Freshness.

**BAKED  
WHEAT CRACKERS  
MADE WITH  
WHOLE GRAIN**

**INGREDIENTS:** ENRICHED FLOUR\* (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: PALM, CANOLA, SOYBEAN WITH TBHQ FOR FRESHNESS), SCOTCH OATMEAL, SUGAR, RYE FLOUR, TWELVE GRAIN FLOUR BLEND\*\*+ (WHEAT, RYE, TRITICALE, BARLEY, CORN, MILLET, SOY, DURUM WHEAT, OATS, SUNFLOWER SEED, FLAXSEED, SESAME SEED), MODIFIED CORNSTARCH, DEFATTED WHEAT GERM\*\*, CONTAINS TWO PERCENT OR LESS OF: SALT, INULIN (CHICORY ROOT), INVERT SYRUP, CELLULOSE, MALT SYRUP (BARLEY), WHEY PROTEIN CONCENTRATE‡ (MILK), ONION POWDER, BAKING SODA, CALCIUM PHOSPHATE, SODIUM SULFITE, ENZYMES, ALMOND FLOUR^, GROUND PECANS++.  
**CONTAINS MILK‡, SOY+, WHEAT\*\*, ALMONDS^, PECANS++**

# Healthy Life Original 100% Whole Wheat Whole Grain Bread

<b>Nutrition Facts</b>			
Serving Size 2 Slices (41g)			
Servings Per Container 11			
Amount Per Serving	%DV	2 Slice	1 Slice
<b>Calories</b> 70		Calories from Fat 5	
<b>Calories</b> 35		Calories from Fat 0	
% Daily Value*			
<b>Total Fat</b> 0g,0g	<b>0%</b>	<b>0%</b>	
Saturated Fat 0g,0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g,0g			
Polyunsaturated Fat 0g,0g			
Monounsaturated Fat 0g,0g			
<b>Cholesterol</b> 0mg,0mg	<b>0%</b>	<b>0%</b>	
<b>Sodium</b> 150mg,80mg	<b>6%</b>	<b>3%</b>	
<b>Total Carbohydrate</b> 16g,8g	<b>5%</b>	<b>3%</b>	
Dietary Fiber 5g,3g	<b>20%</b>	<b>12%</b>	
Sugars 2g,1g			
<b>Protein</b> 5g,2g			
Vitamin A 0% 0%	Vitamin C 0% 0%		
Calcium 10% 4%	Iron 4% 2%		
Thiamin 6% 4%	Riboflavin 2% 2%		
Niacin 6% 2%	Folic Acid 2% 0%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**NO Bromate**  
**NO Hydrogenated Oil**  
**0 Grams *Trans* Fats**  
**NO Saturated Fats**  
**NO Cholesterol**

**INGREDIENTS:** WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.

**CONTAINS: WHEAT, SOY.**

LEWIS BAKERIES, INC.  
 GENERAL OFFICES: EVANSVILLE, IN 47710

**Allergy Advisory:** Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.

# Criteria for Whole Grain-Rich Foods

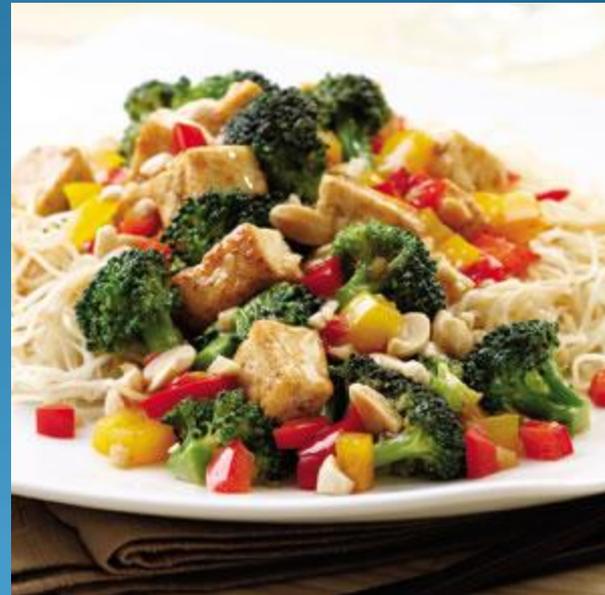
- Whole-Grain Rich = at least **50%** whole grains
- If a food item is a mixed dish product (lasagna, stir fry, etc.), a whole grain must be the primary grain ingredient by weight.

# Is This Allowable?

- Do all grain items have to be whole grain rich?
- Do RCCIs have to offer a daily whole grain rich item?
- The front of the package says Whole Grain, isn't that good enough?
- Should my grain item be made up of 50% whole grains or 51%?
- Do all battered and/or breaded products offered need to be counted toward the maximum weekly grain requirements in the meal pattern?



# Meat/Meat Alternates



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Meats/Meat Alternates (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)

- Circled are the ranges that each grade group must be offered each **week** in ounces
- The number in parenthesis is the minimum amount of meat/meat alternates each grade grouping should be offered each **day**

# Milk



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
<b>Fluid milk (cups)<sup>1</sup></b>	7 (1)	7 (1)	7 (1)

- At least 2 choices of fluid milk must be offered every day
- Must be low-fat (1% milk fat or less unflavored) or fat-free (unflavored and flavored)
- Lactose-free milk is an acceptable alternative. It must be low-fat (1% milk fat or less) or fat-free (flavored or unflavored)

# Daily Requirements

# Daily Minimum Requirements

- Residents must select the minimum daily requirement to meet any single meal component

	K-5	6-8	9-12
Grain	1 oz. eq.	1 oz. eq.	2 oz. eq.
Meat/Meat Alternative	1 oz. eq.	1 oz. eq.	2 oz. eq.

- All offerings must meet the minimum requirement

# Daily Minimum Requirements



Roll provides 1 oz. eq. Grain



Pizza provides 2 oz. eq. Grain

- All grains served need to be equal to or above the daily minimum requirements :
  - Pizza okay for K-12
  - Sandwich roll only meets grain requirement for K-8
    - Find a larger sandwich roll from grades 9-12 or another grain to serve along with the sandwich roll

# Daily Minimum Requirements



Rice provides 2 oz. eq. Grain



Bun provides 2.5 oz. eq. Grain

- All grains served need to be equal to or above the daily minimum requirements :
  - 2 and 2.5 oz. eq. meet the minimum for all of the grade groups

# Daily Minimum Requirements



Chicken provides 2 oz. eq.



Chicken provides 2.5 oz. eq.

- All meat/meat alternates served need to be equal to or above the daily minimum requirements :
  - 2 and 2.5 oz. eq. meet the minimum for all grade groupings

# Weekly Requirements

# Weekly Ranges

- Weekly range (min/max) requirements
  - Sum of daily minimums must meet the weekly minimum requirement
  - Sum of daily maximums must not exceed the weekly maximum requirement

	K-5	6-8	9-12
Grain	11-12.5 oz. eq.	11-14 oz. eq.	14-17 oz. eq.
Meat/Meat Alternative	11-14 oz. eq.	12.5-14 oz. eq.	14-17 oz. eq.

# Weekly Ranges

- Minimum and maximum weekly ranges

Day	Minimum and Maximum
Monday	Pizza- 2 oz. eq.
Tuesday	Rice- 2.5 oz. eq.
Wednesday	Sandwich Bread- 2 oz. eq.
Thursday	Hamburger Bun- 2 oz. eq.
Friday	Pasta- 2 oz. eq.
Saturday	Hotdog Bun- 2 oz. eq.
Sunday	Tortilla-2 oz.

- Sum of weekly minimums and maximums = 14.5

# Weekly Ranges

- Minimum and maximum weekly ranges

Day	Maximum	Minimum
Monday	Pizza- 2 oz. eq.	Dinner Roll- 1 oz. eq.
Tuesday	Rice- 2 oz. eq.	Bun- 1 oz. eq.
Wednesday	Sandwich Bread- 2 oz. eq.	Tortilla- 1 oz. eq.
Thursday	Hamburger Bun- 2 oz. eq.	Rice- 1 oz. eq.
Friday	Pasta- 2 oz. eq.	Tortilla- 1 oz.
Saturday	Tortilla Chips-2.5 oz.	Breadstick- 1 oz.
Sunday	Dinner Roll- 1.5	Crackers- 1 oz.

- Sum of weekly minimums = 7 and maximums = 14

# Weekly Ranges

- Minimum and maximum weekly ranges

Day	Maximum	Minimum
Monday	Pizza- 2 oz. eq.	Dinner Roll- 2 oz. eq.
Tuesday	Rice- 2 oz. eq.	Bun- 1.5 oz. eq.
Wednesday	Sandwich Bread- 2 oz. eq.	Tortilla- 1.5 oz. eq.
Thursday	Hamburger Bun- 2 oz. eq.	Rice- 1.5 oz. eq.
Friday	Pasta- 2 oz. eq.	Tortilla- 1.5 oz. eq.
Saturday	Hotdog Bun- 2 oz. eq.	Breadstick- 1 oz. eq.
Sunday	Sandwich Bread- 2 oz. eq.	Tortilla Chips- 2 oz. eq.

- Sum of weekly minimums = 11 and maximums = 14

# Weekly Ranges

- Example (grains) – minimum and maximum weekly ranges

Day	Maximum	Minimum
Monday	Pizza- 2 oz. eq.	Dinner Roll- 1 oz. eq.
Tuesday	Rice- 2.5 oz. eq.	Bun- 2 oz. eq.
Wednesday	Sandwich Bread- 2 oz. eq.	Tortilla- 1.5 oz. eq.
Thursday	Hamburger Bun- 2 oz. eq.	Rice- 1 oz. eq.
Friday	Pasta- 2 oz. eq.	Tortilla- 1.5 oz. eq.
Saturday	Hotdog Bun- 2 oz. eq.	Crackers- 2 oz. eq.
Sunday	Sandwich Bread- 2 oz. eq.	Tortilla Chips- 1 oz. eq.

- Sum of weekly minimums = 10 and maximums = 14.5

# Dietary Specifications

# 4 Dietary Specifications

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

# Weighted Nutrient Analysis



Calories: 340 Calories  
Saturated Fat: 8 grams  
Sodium: 810 mg  
Offered: 200



Calories: 248 Calories  
Saturated Fat: 1.8 grams  
Sodium: 686 mg  
Offered: 100

# Calories

- Minimum and maximum calorie (kcal) levels
  - Average over course of the week
- Effective SY 2012-13 for NSLP

**Grade Level:**  
K-5 (ages 5-10)  
**Calorie Ranges:**  
Lunch: 550-650



**Grade Level:**  
6-8 (Ages 11-13)  
**Calorie Ranges:**  
Lunch: 600-700



**Grade Level:**  
9-12 (Ages 14-18)  
**Calorie Ranges:**  
Lunch: 750-850



# Saturated Fat

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

# Trans Fat

- New trans fat restriction
- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
  - Begins SY 2012-2013 for NSLP
- Naturally-occurring trans fat excluded
  - e.g. beef, lamb, dairy products

# Sodium

## Sodium Limits and Timeline

### Target 1: SY 2014-15

#### Lunch

≤1230mg (K-5)

≤1360mg (6-8)

≤1420mg (9-12)

### Target 2: SY 2017-18

#### Lunch

≤935mg (K-5)

≤1035mg (6-8)

≤1080mg (9-12)

### Final target: SY 2022-23

#### Lunch

≤640mg (K-5)

≤710mg (6-8)

≤740mg (9-12)

# Breakfast

SY 2012-2013

# Milk Requirement

- Milk – same as lunch
  - 2 choices
  - Serve low-fat (unflavored) milk and fat-free (flavored or unflavored) milk
- Allowed:
  - Low-fat (1%) white milk and fat-free (skim) chocolate
  - Fat-free (skim) chocolate and fat-free (skim) vanilla
  - Fat-free (skim) white and fat-free (skim) strawberry
- Not allowed:
  - 2% milk, whole milk, 1% flavored (chocolate, strawberry, or vanilla, etc..)

# Formulated Grain-Fruit Products

- Formulated Grain-Fruit Products:
  1. Individually wrapped
  2. Labeled – “This product conforms to USDA Child Nutrition Programs specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate.
- No longer can count towards fruit requirement: Bake Crafters Associated Bakeries Apple Spice Muffin and Super Bakery Inc. Super Donut and Super Bun

# Formulated Grain-Fruit Products Not Creditable as Fruit

	<b>KEEP FROZEN</b>	<b>314</b>		<b>314</b>
P.O. Box 489 • Collegedale, TN 37515	<b>Ingredients:</b> Enriched Flour, Sugar, Apples, Soy Oil, Whole Eggs, Water, Non Fat Dry Milk, Isolated Soy Protein, Baking Powder, Baking Soda, Salt, Spices, Dicalcium Phosphate, Magnesium Oxide, Coconut Acetate, Vitamin E Acetate, Vitamin A Palmitate, Reduced Iron, Nicotinamide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Cyanocobalamin 1% with DCF, Folic Acid.  		P.O. Box 489 • Collegedale, TN 37515	
<b>Muffins, Apple Spice Mighty Muffin IW</b> 84/2.5 oz	<b>Allergens:</b> Contains egg, milk, soy, and wheat ingredients. This product is processed in a facility that produces products with tree nuts. <b>Combined Flour:</b> 15.5g <b>Trans Fat:</b> 0g		<b>Muffins, Apple Spice Mighty Muffin IW</b> 84/2.5 oz	
	<b>Preparation Instructions:</b> Simply thaw desired amount from freezer for approximately two hours, or place in microwave for approximately 30 seconds on high power. Remove all packaging from product before placing in any heating device.			
Questions? Comments? (423) 396-3392 or qa@bakecrafters.com. For nutrition info go to bakecrafters.com/nutrition/314.				



# Key Issues (Menu Planning Considerations)

- Grade groups
- Multiple offerings and serving lines
  - Salad bars
  - Vegetable subgroups

# Grade Groups

- Overlap in K-5 and 6-8 meal patterns
  - A single menu can meet both patterns
  - Must meet following:
    - 11-12.5 oz eq grains/week
    - 12.5-14 oz eq meats/meat alternates/week
    - Average calorie range 600-650

Lunch Meal Pattern for Uncommon Grade Groupings <sup>1</sup>	
Meal Pattern	K-8 <sup>2</sup> Amount of Food Per Week (Minimum Per Day)
Fruits (cups)	3 ½ (½)
Vegetables (cups)	5 ¼ (¾)
Dark Green	½
Red/Orange	¾
Beans/Peas	½
Starchy	½
Other	½
Additional Veg to Reach Total	2 ½
Grains (oz eq)	11-12.5 (1)
Meats/Meat Alternates (oz eq)	12.5-14 (1)
Fluid Milk (cups)	7 (1)
Other Specifications: Daily Amount Based on Average for a 7-Day Week	
Min-max calories (kcal)	600-650
Saturated Fat (% of total calories)	<10
Sodium (mg)	Target 1 - ≤ 1,230 Target 2 - ≤ 935 Target 3 - ≤ 640
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

# Grade Groups

- No overlap in grades 6-8 and 9-12 meal patterns
  - RCCIs that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups
  - Cannot plan to accommodate majority of the residents based on one grade-grouping

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

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

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

- How to accommodate the two different grade groups when they all eat at once?

Lunch Meal Pattern for Uncommon Grade Groupings <sup>1</sup>		
	Grades K-8 <sup>2</sup>	Grades 9-12 <sup>3</sup>
Meal Pattern	Amount of Food Per Week (Minimum Per Day)	
Fruits (cups)	3 ½ (½)	Offer ½ cup more daily
Vegetables (cups)	5 ¼ (¾)	Offer ¼ cup more daily
Dark Green	½	Same as K-8
Red/Orange	¾	Offer ½ cup more over the week
Beans/Peas	½	Same as K-8
Starchy	½	Same as K-8
Other	½	Offer ¼ cup more over the week
Additional Veg to Reach Total	2 ½	Offer 1 cup more over the week
Grains (oz eq)	Max. 12.5 for grades K-5 Max. 14 for grades 6-8 Min. 14 for grades 9-12	
Meats/Meat Alternates (oz eq)	14 (2)	
Fluid Milk (cups)	7 (1)	
Other Specifications: Daily Amount Based on Average for a 7-Day Week		
Min-max calories (kcal)	600-650	750-850
Saturated Fat (% of total calories)	<10	< 10
Sodium (mg)	Target 1 - ≤1,230 Target 2 - ≤935 Target 3 - ≤640	Target 1 - ≤1,420 Target 2 - ≤1,080 Target 3 - ≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	

# Multiple Offerings and Serving Lines

- Regulatory Requirement
  - “RCCIs that offer a variety of lunches or multiple serving lines must make all required food components available to all students, on every lunch line, in at least the minimum required amounts.”
  - More detailed guidance to come (definitions of distinct serving lines, etc.)

# Salad Bars

- Excellent way to offer variety of vegetables
  - For vegetable subgroups, RCCIs must *offer* but child does not have to take subgroups
- Suggestions for using salad bars
  - [http://teammnutrition.usda.gov/Resources/tricks\\_trade.pdf](http://teammnutrition.usda.gov/Resources/tricks_trade.pdf)
    - Know the planned portion sizes
    - Pre-portion some foods
    - Use portion-controlled serving utensils

# Salad Bars

- May a salad bar with fruits and vegetables that is offered as part of the reimbursable meal be located after the point of service (POS)?
  - If an RCCI is not able to position the salad bar in a location prior to the POS, they can get permission through their State Agency to have the salad bar after the POS.

# Salad Bar

- Does a salad bar/garden bar need to have all the reimbursable components on it to count the fruit/vegetables in the meal pattern?
  - No, if it is located in a place in which all the residents have access. Example - If it is located after all the other serving lines and every resident has access to grab something off of the salad bar/garden bar.

## Multiple Offerings and Serving Lines

- What if an RCCI serves two of the weekly vegetable subgroups on the same day and the resident may only choose one of these vegetable subgroups, can the RCCI count the vegetable subgroups toward their meal pattern?
  - They could only choose one subgroup and count it. The other subgroup needs to be served at another point during the week
- What if an RCCI plans a menu that serves two of the weekly vegetable subgroups on the same day and the resident may choose both of these subgroups, can the RCCI count both of the vegetable subgroups?
  - Yes, the RCCI would be able to count both of the subgroups.

# Multiple Offerings and Serving Lines

- What if a dark green and red/orange is on the same line and the residents can only take one? Can we count the dark green or red/orange subgroup?
  - The RCCI would need to decide if they are counting the dark green or red/orange.
- What if an RCCI has multiple lines and the red/orange is only on one line on Monday, does the RCCI need to have the red/orange on the other lines at some point during the week?
  - Yes, in this case, the RCCI must provide the red/orange vegetable at some point during the week on the other lines.

# Multiple Offerings and Serving Lines

- If an RCCI has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?
  - Yes, this ensures that all residents have access to all of the vegetable subgroups throughout the week regardless of the serving line selected. One solution is to offer a centrally located garden bar or salad bar that all residents can access after passing through the serving line.
  - Example: a child who picks the pizza line consistently would have access to all vegetable subgroups throughout the week

## Multiple Offerings and Serving Lines

- If an RCCI has one entrée such as a fajita with red peppers, can they count that towards the red/orange subgroup if it is at least a minimum of 1/8 cup or more?
  - Yes, They can count it towards the red/orange vegetable subgroup.
- If an RCCI has 2 entrée items such as a fajita with red peppers and vegetable soup with legumes, how can they count this?
  - Yes, they can count it towards the red/orange, legume, additional, or other subgroup.

## Multiple Offerings and Serving Lines

- If an RCCI has 2 entrée items such as a fajita with red peppers and hamburger (no vegetable subgroups), how can they count it?
  - They can count it towards the red/orange, additional, or other subgroup.

# Offer versus Serve

# Offer vs. Serve

- Not required for any grade groupings for RCCIs
- Residents have the option to deny 1 or 2 components

# Lunch Example

Component	Menu Item
Meat/Meat Alternate	Turkey
Vegetables	Mashed Potatoes
Fruit	Peaches
Grain	Roll
Milk	1% Milk

- OVS—current
  - Turkey, roll and milk = reimbursable lunch
- OVS-under new regulations
  - Turkey, roll and milk ≠ reimbursable lunch
  - To be reimbursable, must add mashed potatoes or peaches

# OVS for NSLP--What must be taken

- Must take at least 3 of 5 components
  - If cheeseburger (meat & grain) is denied - cannot deny another food component because the cheeseburger is comprised of 2 components
- Must take at least  $\frac{1}{2}$  cup serving of the fruit and/or vegetable component

# Different Choices – Fruits and Vegetables

- Can take two  $\frac{1}{4}$  cup servings of the same item fruit or vegetable to meet the requirement
- Can mix different fruits to reach minimum required serving
- Can mix different vegetables to reach minimum required serving
- Can mix fruits and vegetables to reach minimum required serving

# OVS Examples

- The lunch offered: Hamburger on bun, cantaloupe, fresh carrots, and milk
- Is this reimbursable?
  - Hamburger on bun and milk
  - Hamburger on bun and carrots – min. serving size for V?
  - Carrots, cantaloupe, and milk – min. serving size for F&V?
  - Cantaloupe, milk, and hamburger on bun – min. serving size for F?
  - Carrots, Cantaloupe, hamburger on bun, and milk – min. serving size for F&V?

