

Menu Planning Background

As a result of the School Meals Initiative for Healthy Children, there are age-appropriate nutrition and calorie goals for lunch and breakfast. These nutrition goals for school meals are based on the 1989 Recommended Dietary Allowances (RDA), children's calorie needs, and the 1995 Dietary Guidelines for Americans.

The nutrition goals will affect the way you plan your meals to be reimbursable, and the way your State agency will review your meals for compliance.

Menu Planning Options

Menu planning options (pg. 2)

- Traditional Food-Based Menu Planning

- Enhanced Food-Based Menu Planning

- Nutrient Standard Menu Planning (NSMP)

- Assisted Nutrient Standard Menu Planning (ANSMP)

- Alternate Menu Plan

Schools have typically used the Traditional Food-Based Menu Planning approach that requires established food components with specific serving sizes.

Traditional Food-Based Menu Planning approach (pg. 3) - Four components with three established grade groups for lunch (preschool, Grades K through 3, and Grades 4 through 12).

- Meat /Meat Alternate

- Grains/Breads

- Vegetables/Fruits

- Milk

For more information on menu planning options check out the Menu Planner for Healthy School Meals at <http://www.fns.usda.gov/tn/Resources/menuplanner.html>

Documents Attached

- Description of the Five Menu Planning Options

- Food-Based Menu Planning approaches (Traditional and Enhanced)

- Standardized recipes

- Food production records (with example)

- Choices and Offer versus Serve

SCHOOL MEALS INITIATIVE

MENU PLANNING OPTIONS

In order of appearance!

1946

TRADITIONAL FOOD-BASED MENU PLANNING (OLD): Menus are food-based, planned with food components using the old meal pattern by schools believing that their old-style menus already meet the dietary guidelines. The State Agency will analyze a week of menus for these schools. **This option does not require schools to do their own computerized nutrient analysis.**

1995

NUTRIENT STANDARD MENU PLANNING (NSMP): Menus are based on nutrients and are planned/analyzed by using one of the USDA-approved nutrient analysis computer software programs.

1995

ASSISTED NUTRIENT STANDARD MENU PLANNING (ANSMP): Menus also are planned and analyzed based on nutrients using one of the USDA-approved nutrient analysis computer software programs **by another source**, such as a private consultant, food service management company, or other SFA.

later in 1995

ENHANCED FOOD-BASED MENU PLANNING (NEW): Menus are planned with food components using the new food-based menu plan which offers an increased amount of grains/breads and fruits/vegetables to more closely meet the dietary guidelines. The State Agency will analyze a week of menus for these schools. **This option does not require schools to do their own computerized nutrient analysis.**

2000

ALTERNATE MENU PLAN: Formerly called 'Any Reasonable Approach', this regulation proposed in May 1998 became final in May 2000. This rule allows other alternate menu plans to be developed **but state agency approval is required in advance.**

The most often used provision is the one allowing schools on one of the **current** food-based plans to menu ten ounces of meat/meat alternate per week with a minimum of 1 oz. daily rather than 2 oz daily. **Schools using this provision are still on either Traditional or Enhanced menu plans.**

Chart 1A

SCHOOL LUNCH PATTERNS

TRADITIONAL FOOD-BASED MENU PLANNING – Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM QUANTITIES				RECOMMENDED QUANTITIES
	GROUP I AGES 1 and 2	GROUP II AGES 3 and 4	GROUP III AGES 5-8	GROUP IV AGE 9 AND OLDER	GROUP V AGE 12 AND OLDER
	PRESCHOOL	PRESCHOOL	GRADES K-3	GRADES 4-12	GRADES 7-12
Milk , fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate ^{1, 2, 3, 4, 5} (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Alternate protein products ³	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Cheese	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Egg (large)	1/2 large egg	3/4 large egg	3/4 large egg	1 large egg	1-1/2 large eggs
Cooked dry beans or peas ⁴	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	6 oz or 3/4 cup	8 oz or 1 cup	12 oz or 1-1/2 cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds=1 oz of cooked lean meat, poultry, or fish) ⁵	1/2 oz = 50% ⁵	3/4 oz = 50% ⁵	3/4 oz = 50%	1 oz = 50%	1-1/2 oz = 50%
Vegetable or Fruit ^{4, 6} Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains/Breads ⁷ (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week ⁸ -minimum of 1/2 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	10 per week ⁸ -minimum of 1 per day

¹ Must be served in the main dish or the main dish plus only one other menu item.

² Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.

³ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 210.

⁴ Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.

⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁶ No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.

⁷ Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.

⁸ For the purposes of this chart, a week equals 5 school days.

Chart 1B

SCHOOL LUNCH PATTERNS

ENHANCED FOOD-BASED MENU PLANNING — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS				OPTION FOR
	AGES 1 and 2	PRESCHOOL	GRADES K-6	GRADES 7-12	GRADES K-3
Milk , fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate ^{1, 2, 3, 4, 5} (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Alternate protein products ³	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Cheese	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Egg (large)	1/2 large egg	3/4 large egg	1 large egg	1 large egg	3/4 large egg
Cooked dry beans or peas ⁴	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	3 Tbsp
Yogurt, plain or flavored, unsweetened, or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup	6 oz or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish). ⁵	1/2 oz = 50% ⁵	3/4 oz = 50% ⁵	1 oz = 50%	1 oz = 50%	3/4 oz = 50%
Vegetable or Fruit ^{4,6} Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	3/4 cup plus an extra 1/2 cup over a week	1 cup	3/4 cup
Grains/Breads ⁷ (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week ⁸ -minimum of 1/2 per day	8 per week ⁸ -minimum of 1 per day	12 per week ⁸ -minimum of 1 per day ⁹	15 per week ⁸ -minimum of 1 per day ⁹	10 per week ⁸ -minimum of 1 per day ⁹

¹ Must be served in the main dish or the main dish plus only one other menu item.

² Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.

³ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁴ Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.

⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁶ No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.

⁷ Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.

⁸ For the purposes of this chart, a week equals 5 school days.

⁹ Up to one grains/breads serving per day may be a grain-based dessert.

Chart 2A

SCHOOL BREAKFAST PATTERNS

TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS		
	AGES 1 and 2	PRESCHOOL	GRADES K-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION¹:			
Grains/Breads²			
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Meat or Meat Alternate^{3, 4, 5}			
Lean meat/poultry or fish	1/2 oz	1/2 oz	1 oz
Alternate protein products ³	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) ^{4, 5}	1/2 oz ⁵	1/2 oz ⁵	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened - commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

¹ Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.

² Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.

³ Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.

⁴ No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Chart 2B

SCHOOL BREAKFAST PATTERNS

ENHANCED FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS			
	REQUIRED FOR			OPTION FOR
	AGES 1 and 2	PRESCHOOL	GRADES K-12	GRADES 7-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; OR TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION¹				
Grains/Breads²				
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz	3/4 cup or 1 oz - Plus an additional serving of one of the Grains/Breads above.
Meat or Meat Alternate^{3, 4, 5}				
Lean meat/poultry or fish	1/2 oz	1/2 oz	1 oz	1 oz
Alternate protein products ³	1/2 oz	1/2 oz	1 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) ^{4,5}	1/2 oz ⁵	1/2 oz ⁵	1 oz	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened - commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

¹ Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.

² Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.

³ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 220.

⁴ No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

STANDARDIZED RECIPES – have been tested and adapted for use by a given food service operation and found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients.

In **Nutrient Standard Menu Planning / Assisted Nutrient Standard Menu Planning**, standardized recipes are required to produce an accurate and valid nutrient analysis. In both **Food-based Menu Plans**, standardized recipes ensure planned serving sizes of food items are provided to students and they provide information for nutrient analysis when done by the state agency.

There is NO required form for standardized recipes, but include EVERYTHING!

- ingredients (well-described)
- amounts (by weight and/or measure)
- COMPLETE directions
- pan size
- yield in pans or gallons or pounds or servings
- portion size
- time
- temperature
- amount of raw product to scale per pan as in many baked products
- any details that will help someone to get the exact same product the first time as a previous person got making it the tenth time.

Standardization is an on-going process. Even the USDA recipes may need a bit of “standardizing”. For example, your ovens might require a different time or temperature to produce an acceptable product. It is wise to follow the recipe EXACTLY the first time. Then, whenever changes are made, written documentation should be put right on the card for future reference. Sometimes writing down “why” a change is made would be helpful.

FOOD PRODUCTION RECORDS are:

- a planning tool for the food preparation stage of a meal.
- a record that meals met meal requirements and therefore are reimbursable.
- a written history of number of portions planned, prepared, served of each menu item.
- an aid in forecasting quantities of food for future menus.
- either very simple or very detailed.

To direct production and to record production information, they should contain the following items at a minimum:

- * the menu
- * foods used to meet requirements
- * planned portion sizes
- * number of portions planned and served
- * quantity of foods prepared and used
- * allowable servings per unit
- * number of leftover portions or quantity

Optional information:

- * costing
- * recipe source
- * food acceptance comments from students
- * reasons for over/under production

NAME OF RECIPE

FOOD CONTRIBUTION

CATEGORY

RECIPE NO.

Ingredients	For 50 Servings		For 100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		

SERVING SIZE:

YIELD: 50 servings:
100 serving:

IDOE SCNP Food Based Production Record

Site: Leadership Academy

Date: January 22, 2010

Offer vs. Serve

Yes No

Menu Pattern (please check one and include grade groupings)

- | | |
|-------------------------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> Traditional | <input type="checkbox"/> Enhanced |
| Grade Groupings: | Grade Groupings: |
| <input type="checkbox"/> K-3 | <input type="checkbox"/> K-6 |
| <input checked="" type="checkbox"/> 4-12 | <input type="checkbox"/> 7-12 |
| <input type="checkbox"/> 7-12 optional | <input type="checkbox"/> K-3 optional |

Number of Meals Served	
Student Meals:	<u>220</u>
Adult Meals:	<u>20</u>
Total Meals:	<u>240</u>

A Menu Item, Recipe # or Product Name	B Grade Group Served	C Portion Size & Amount	D Total # Portions Planned	E Portions/ Purchase Unit (use Food Buying Guide)	F Pack Medium	G Total # Portions Prepared	H # Portions Leftover	I Total Units Used
Meat/Meat Alternate								
Hamburger Pattie - CN	4-12	3.2oz=2oz M/MA	160	40 lbs	Frozen	160	20	140
Chicken and Noodles - USDA-17	4-12	1C=2oz M/MA	100	12 lb, 12 oz	Frozen	100	10	90
PB Sandwich - Rec # 15	4-12	2 T=1oz M/MA	25	1/4 #10 can	Canned	25	15	10
Vegetable/Fruit								
Corn - Rec # 46	4-12	1/2 C	120	6 #10 cans	Canned	120	25	95
French Fries	4-12	1/2 C	200	6-5lb bags	Frozen	200	17	183
Peaches	4-12	1/2 C	150	6 #10 cans	Light Syrup	150	30	120
Half Fresh Orange	4-12	1/4 C	90	13 lbs	Fresh	90	20	70
Grains/Bread								
WG White Buns	4-12	2 oz bun = 2 g/b	160	20-1 lb pkgs		160	20	140
Chicken and Noodles - USDA-17	4-12	1C=1 grain	100	5 lb		100	10	90
WG White Bread	4-12	2 slices = 2 g/b	25	2 1/2 1 lb loaves		25	15	10
Saltine Crackers 4 pk	4-12	1.2 oz = 1 g/b	100	2.5 lbs		100	45	55
Milk/Condiments/Desserts, etc.								
Milk								
1% white	4-12	8 oz	60		Carton	60	0	60
Skim Choc	4-12	8 oz	140		Carton	140	0	140
Ketchup	4-12	2 Tbsp	300	4-#10 cans		300	80	220

Choices

Whenever possible all children should be given choices of different foods in each component food group. Offering choices gives students more of an opportunity to select foods they will eat and recognizes the fact that not all students have the same tastes. It increases the chance that more children will choose to have a school lunch and that a student will select and eat a full meal. Our goal in the Child Nutrition Programs is to encourage the consumption of a wide variety of nutritious foods in well-balanced, healthful meals.

Example: white or chocolate milk

Offer Versus Serve

General Rules:

- Allows students to decline a certain number of food items in the meal.
- Reduces food waste and food costs.
- The meal must be priced as a unit and may be counted as reimbursable.
- Must be implemented in senior high schools for lunch.
- Is optional at all lower grade levels.
- Options: decline only one item, upper elementary grades only

Example: milk or no milk

For food based menus, both Traditional and Enhanced:

NSLP --

All five food items must be offered to all students.
Serving sizes must equal minimum required quantities by age or grade group.
Secondary students have the option of which one or two food item(s) to decline. Other options for lower grades...

SBP --

All four food items must be offered to students.
Serving sizes must equal minimum quantities required by age or grade group.
Students have the option of which one item to decline.

For nutrient based menus, both NuMenus and Assisted NuMenus:

NSLP –

Minimum of three menu items offered to include an entree and a milk.
Student must select at least two items and one must be an entree.
If more than three items offered, student may decline no more than two.

SBP –

Minimum of three menu items must be offered.
Student must select at least two items.
May decline a maximum of one item.

References:

Pages: 56-58, 256-262 A Menu Planner for Healthy School Meals, 2008 -
<http://www.fns.usda.gov/tn/Resources/menuplanner.html>