

# The Basics of the New Meal Pattern



**Presented by the NE Dept. of Education  
Nutrition Services**



NEBRASKA DEPARTMENT OF EDUCATION

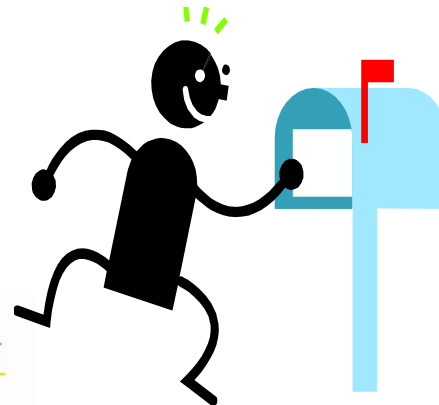


- Breaks throughout the day
- Lunch on your own - 11:30-12:30
- Finish up 4:00 p.m.
- Please turn off or silence your cell phone



# After training you will be able to:

- Plan menus meeting the new meal pattern requirements
- Document menus
- Identify reimbursable lunch meals
- Apply for the additional 6 cents reimbursement





# Agenda

- Action Packed Day – agenda subject to change
- Stand Stretch Breaks
- Your flexibility is appreciated - we are learning also.
- USDA continues to rollout new guidance on a daily basis
- We plan to keep you informed



# Parking Lot

- Questions
- Sharing Ideas





USDA provides federal dollars for meals served in schools and RCCIs



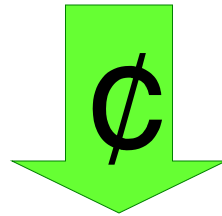
NE Dept of Education - Nutrition Services distributes these dollars



School's and RCCI's are required to meet federal guidelines to receive these dollars



Starting **October 1, 2012** USDA will be offering a 6 cent/lunch meal incentive for schools and RCCI's to implement proposed new meal pattern changes



School Districts and RCCI's must submit menus, planning tools, and records for certification on meal pattern compliance





There was the  
**Healthy Hunger Free Kids Act  
of 2010**





# ***USDA unveils historic improvements to meals served in America's schools!***



# Implementation Timeline – Final Rule Details

Jan. 2012							
Implementation Timeline for Final Rule “ Nutrition Standards in the National School Lunch and School Breakfast Programs ”							
Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.							
New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	2022-2023
<b>Fruits Component</b>							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
<b>Vegetables Component</b>							
• Offer vegetables subgroups weekly	L						
<b>Grains Component</b>							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
<b>Meats/Meat Alternates Component</b>							
• Offer weekly meats/meat alternates ranges	L						
<b>Milk Component</b>							
• Offer only fat-free (unflavored or flavored)	L, B						
<b>Dietary Specifications (to be met on average over a week)</b>							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets o Target 1 o Target 2 o Final target			L, B			L, B	
• Zero grams of <u>trans</u> fat per portion	L	B					L, B
<b>Menu Planning</b>							
• A single FBMP approach	L	B					
<b>Age-Grade Groups</b>							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
<b>Offer vs. Serve</b>							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
<b>Monitoring</b>							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Few Changes for  
Breakfast  
SY 2012-13

More Changes  
for Lunch  
SY 2012-13



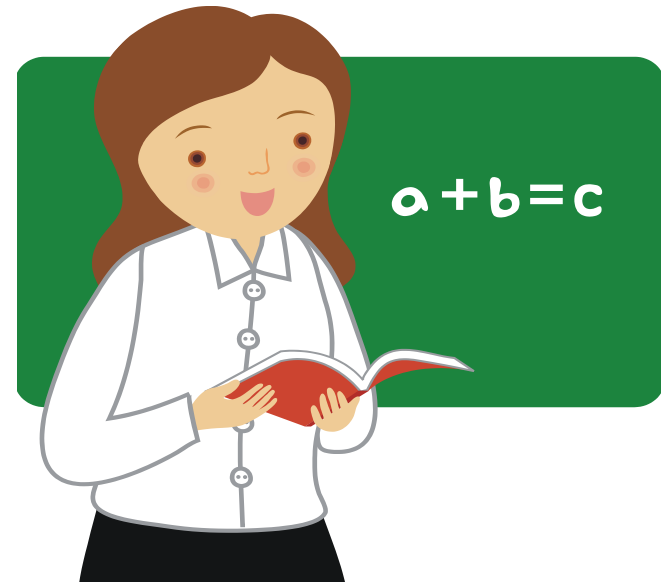
# Meal Pattern Details Chart

	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.					



# Common Meal Pattern Language

- Grade groups
- Components:
  - Fruits
  - Vegetables
  - Grains
  - Meat/Meat Alt.
  - Milk
- Daily Requirements
- Weekly Requirements
- Minimum and Maximum Requirements



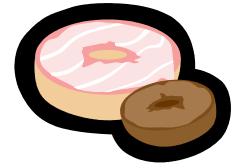
# Breakfast Meal Pattern

- New meal pattern to be implemented by **July 1, 2013**
- Changes effective **July 1, 2012**
  - Offer only low fat or fat-free white milk
  - Flavored milk can only be fat-free
  - Formulated Grain-Fruit Items no longer can be served



# Formulated Grain-Fruit Items

- Defined as a highly fortified food item - previously credited as both a grain and fruit component. *Examples: Super Donut, Super Honey Bun, and several muffin products*
- These items don't include the fruit turnovers, cereal bars, granola bars, pop tarts and pastry items etc...



# SY 2012-2013 Breakfast Grade Group

Required Serving Size:

- Grades K-12
- Grades 7-12 (Optional)



# Breakfast Components for SY 2012-2013

Food Component	Serving size
Fruit /Vegetables	½ cup
Milk	1 cup
Grain/Bread	1 servings
M/MA	1 servings

**OR**

Grain/Bread	2 servings
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**OR**

M/MA	2 serving
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# Breakfast Menu

## M/MA & Grain Example

Assorted Cereal

Yogurt

Orange Juice

Milk



# Breakfast Menu

## 2 Grains Example

Homemade WG Cinnamon Roll

Apple Juice

Fruit Mix

Milk



# Nutrient Standards – Breakfast SY 2012-2013

- Calories
  - 554 K-12
- Saturated Fat
  - <10% total calories



# Questions

Regarding Breakfast  
Requirements  
For SY 2012-2013?



# Menu Planning Approach Changes

A single **Food Based Meal Planning**  
(FBMP) approach

**Lunch**      July 1, 2012

**Breakfast**      July 1, 2013

*Note: Pre-K student meal patterns  
remain unchanged until updated in a  
future rule*



# Required Grade Groups

New Grade Groups for Breakfast and Lunch

***New Requirements Effective:***

**Lunch - July 1, 2012**

**Breakfast - July 1, 2013**

**Required Grade Groups are:**

**Grades K – 5**

**Grades 6 – 8**

**Grades 9 – 12**



# New Breakfast Meal Pattern

BREAKFAST MEAL PATTERN

	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>
Meal Pattern	Amount of Food Per Week <sup>b</sup> (Minimum Per Day)		
Fruits (cups) <sup>cd</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>
Vegetables (cups) <sup>cd</sup>	0	0	0
Dark green	0	0	0
Red/Orange <sup>f</sup>	0	0	0
Beans/Peas (Legumes) <sup>f</sup>	0	0	0
Starchy <sup>f</sup>	0	0	0
Other <sup>f</sup>	0	0	0
Additional Vegetables to Reach Total <sup>h</sup>			
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>
Fluid Milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)



# New Breakfast Meal Pattern

- Can be implemented prior to July 2013.
- Must apply in writing to Nutrition Services
- Can be moving towards implementing by serving more:
  - Whole grain rich items and
  - Fruits





# Today's Focus is on the Lunch Meal Pattern



Lunch Meal Pattern Effective July 1, 2012

Food Component	Required Grade Groups <sup>1</sup> Amount of Food per Week (Minimum per Day) <sup>2</sup>		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit:</b> <sup>3</sup> Dried fruit credits as ¼ c = ½ c	½ cup daily 2 ½ cups per wk	½ cup daily 2 ½ cups per wk	1 cup daily 5 cups per wk
<b>Vegetables:</b> <sup>3,4</sup> 1 cup leafy greens = ½ cup of vegetable	¾ cup daily 3 ¾ cups per wk	¾ cup daily 3 ¾ cup per wk	1 cup daily 5 cups per wk
<b>Required Vegetable Subgroups:</b>			
<b>Dark Green</b> Bok Choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, romaine lettuce, and spinach.	½ cup per wk	½ cup per wk	½ cup per wk
<b>Red/Orange</b> Acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes.	¾ cup per wk	¾ cup per wk	1 ¼ cup per wk
<b>Bean/Peas (Legumes)</b> <sup>5</sup> Black beans, black-eyed peas (mature dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, split peas, and white beans.	½ cup per wk	½ cup per wk	½ cup per wk
<b>Starchy</b> Black-eyed peas (not dry), corn, peas, green lima beans, water chestnuts, and white potatoes.	½ cup per wk	½ cup per wk	½ cup per wk
<b>Other</b> Includes all other vegetables, such as artichokes, asparagus, avocado, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, onions, wax beans, and zucchini.	½ cup per wk	½ cup per wk	¾ cup per wk



# Meal Components

## Lunch Meal Components

Fruits

Vegetables

Grains (Whole Grains)

Meats/Meat Alternates

Fluid Milk

### Five Components

Fruits and vegetables are now separate components

Portion requirements have changed –  
*use the Food Buying Guide as a resource*



# Menu Activity - First Step

- ✓ Make sure your menus meet the USDA reimbursable meals requirements
- ✓ Menus developed based on the five traditional meal components

1. Meat/Meat Alternate

2. Grains

3. Vegetables

4. Fruits

5. Milk

# Week 1 Menu Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>1</sup> Macaroni & Cheese Broccoli Bread stick Romaine salad mix Milk	<sup>2</sup> Ham and Cheese sandwich French Fries Green beans Apple slices Romaine Salad mix Milk	<sup>3</sup> Enchiladas Corn Peas Orange Slices Romaine salad mix Milk	<sup>4</sup> BBQ Chicken Whole Grain Roll – Butter Carrots Grapes Milk	<sup>5</sup> Roast Turkey Potato - Gravy Seasoned Peas Sliced Peaches Milk



# Week 1 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>1</sup> Macaroni & Cheese Broccoli Bread Stick Pineapple Romaine salad mix Milk  4  Missing Fruits	<sup>2</sup> Ham and Cheese sandwich French Fries Green beans Apple slices Romaine Salad mix Milk  5	<sup>3</sup> Enchiladas Corn Peas Orange Slices Romaine salad mix Milk  5	<sup>4</sup> BBQ Chicken Whole Grain Roll – Butter Carrots Grapes Milk  5	<sup>5</sup> Roast Turkey Potato - Gravy Seasoned Peas Sliced Peaches Milk Bread Stick  4  Missing Grains



# Menu Activity – Step 1

- Use the Menu Planning Template
- Does the menu in the first row contain all five components?



# Fruits

Fruits Component	K-5	6-8	9-12
Daily Requirements	½ Cup	½ Cup	1 Cup
Weekly Requirements	2 ½ Cup	2 ½ Cup	5 Cup



# Fruits

- Canned in juice or light syrup
- No more than half of fruit offerings over the week may be in the form of juice
- 100% juice only
- $\frac{1}{4}$  cup of dried fruit =  $\frac{1}{2}$  cup of fruit





# Fruits, continued

- **Effective July 1, 2012**

Snack-type fruit products can no longer contribute to a reimbursable meal – examples: fruit strips/leathers and fruit shapes

- **Effective July 1, 2013**

Frozen fruits must be packed in water, no sugar added, or unsweetened juice



# Vegetables

<b>Vegetables Component</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
<b>Daily Requirements</b>	<b><math>\frac{3}{4}</math> Cup</b>	<b><math>\frac{3}{4}</math> Cup</b>	<b>1 Cup</b>
<b>Weekly Requirements</b>	<b>3 <math>\frac{3}{4}</math> Cup</b>	<b>3 <math>\frac{3}{4}</math> Cup</b>	<b>5 Cup</b>



# Vegetables Subgroups

- **Dark Green**
  - **Red/Orange**
  - **Dried Beans/Peas**
  - **Starchy**
  - **Other**
- Amount for each Vegetable subgroup minimums are **per week** with **no daily** minimum



# Crediting Vegetables

- The minimum creditable portion is 1/8 cup
- **Raw**, leafy **salad** greens credit as half the volume served
  - 1/2 cup of Romaine lettuce = 1/4 cup of the “dark green” vegetable subgroup
- **Cooked** leafy greens are creditable equal to the volume served
  - 1/2 cup cooked spinach = 1/2 cup “dark green” vegetable subgroup)



<b>Vegetable Component</b>	<b><u>K-5</u></b>	<b><u>6-8</u></b>	<b><u>9-12</u></b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## **Subgroup: Dark Green Vegetables**

<b>Weekly Requirements</b>	<b>1/2 cup</b>	<b>1/2 cup</b>	<b>1/2 cup</b>
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# Examples of Dark Green Vegetables

- Bok Choy
- Broccoli
- Collard greens
- Dark leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

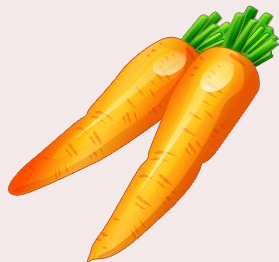
Weekly Requirement  
K-12 = ½ cup



<b>Vegetable Component</b>	<b><u>K-5</u></b>	<b><u>6-8</u></b>	<b><u>9-12</u></b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## Subgroup: Red/Orange Vegetables

<b>Weekly Requirements</b>	<b><math>\frac{3}{4}</math> cup</b>	<b><math>\frac{3}{4}</math> cup</b>	<b>1 <math>\frac{1}{4}</math> cup</b>
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# Red/Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice

Weekly Requirement

K-8 =  $\frac{3}{4}$  cup

9-12 =  $1 \frac{1}{4}$  cup





<b>Vegetable Component</b>	<b><u>K-5</u></b>	<b><u>6-8</u></b>	<b><u>9-12</u></b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## **Sub-group: Dried Beans/Peas (Legumes)**

<b>Weekly Requirements</b>	<b>1/2 cup</b>	<b>1/2 cup</b>	<b>1/2 cup</b>
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# Dried Beans/Peas (Legumes)

- Black beans
- Garbanzo beans
- Kidney beans
- Lentils
- Black-eyed peas (mature, dry)
- Navy beans
- Pinto beans
- Soy beans (**mature**)
- Split peas
- White beans (**cannellini, northern**)

Weekly  
Requirement  
K-12 =  $\frac{1}{2}$  cup



<b>Vegetable Component</b>	<b><u>K-5</u></b>	<b><u>6-8</u></b>	<b><u>9-12</u></b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## Sub-group: Starchy

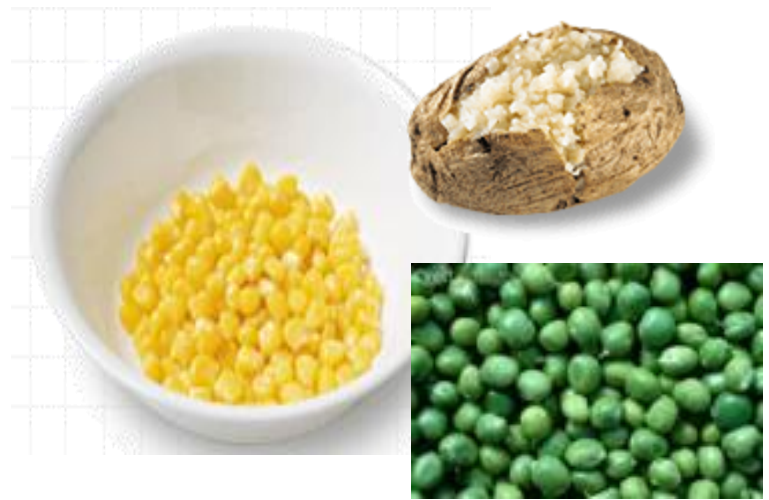
<b>Weekly Requirements</b>	<b>1/2 cup</b>	<b>1/2 cup</b>	<b>1/2 cup</b>
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# Starchy Vegetables

- Corn
- Green peas
- Green lima beans
- Plantains
- Potatoes
- Taro
- Water chestnuts
- Cassava

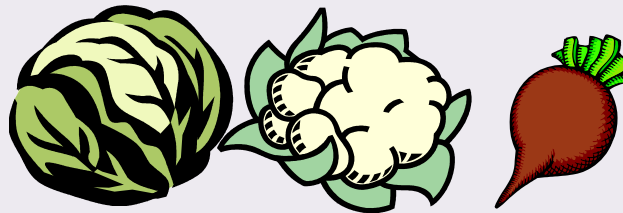
Weekly Requirement  
K-12 =  $\frac{1}{2}$  cup



<b>Vegetable Component</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## **Sub-group: Other**

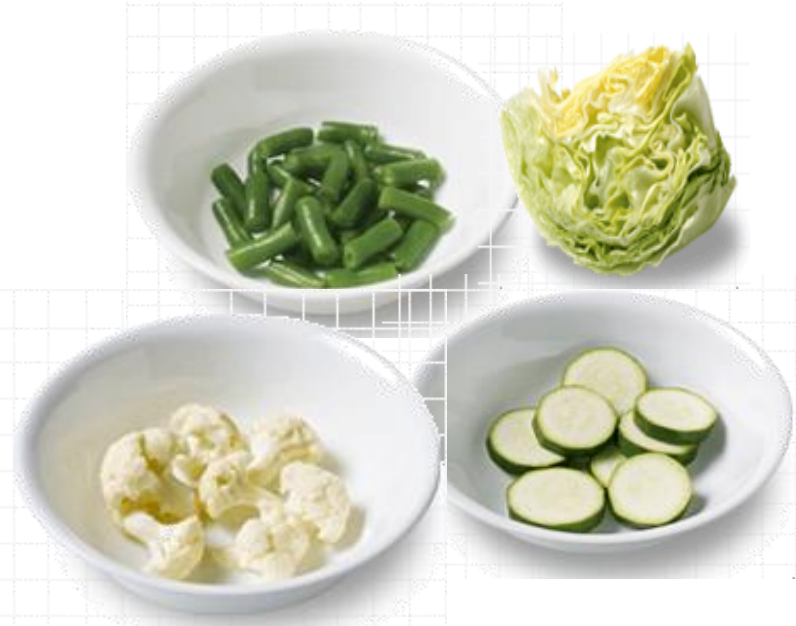
<b>Weekly Requirements</b>	<b>1/2 cup</b>	<b>1/2 cup</b>	<b>3/4 cup</b>
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# Other Vegetables

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Green peppers
- Iceberg lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Turnips
- Wax beans
- Zucchini

Weekly  
Requirement  
K-8 =  $\frac{1}{2}$  cup  
9-12 =  $\frac{3}{4}$  cup



<b>Vegetable Component</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
Weekly Requirements	3 <sup>3</sup> / <sub>4</sub> cup	3 <sup>3</sup> / <sub>4</sub> cup	5 cup

## **Additional Vegetables To Reach Total**

<b>Weekly Requirements</b>	<b>1 cup</b>	<b>1 cup</b>	<b>1½ cup</b>
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**Any Vegetable Subgroup**

# Mixed Vegetables/Blends

- Mixed Vegetables
  - Too many kinds to identify a specific subgroup
  - Can be served as an “Other”
- Examples:
  - Classic Mixed Vegetables: corn, peas, carrot, and green beans
  - Mixed Vegetables: corn, peas, & green beans





# Mixed Vegetables/Blends

- California Blend Vegetables
  - 3 distinct vegetables
  - One cup total serving
    - 1/4 cup green subgroup
    - 1/4 cup red/orange subgroup



# Vegetable Juice

- 100% full strength vegetable juice
- No more than half of the vegetable offerings over the week may be in the form of vegetable juice



# Test Your Sub-Group Knowledge

Broccoli belongs to which sub-group and what is the minimum weekly portion size for K-5, 6-8, and the 9-12 grades ?



**Sub-group: Dark Green**

**Min. portion:  $\frac{1}{2}$  c/week for all grades**



# Test Your Sub-Group Knowledge

Sweet Potatoes belongs to which sub-group and what is the minimum weekly portion size for K-5, 6-8, and 9-12 grades the sub-group?



**Sub-group: Red/Orange**

**Min. portion:  $\frac{3}{4}$ c/week for K-5 and 6-8**

**$1\frac{1}{4}$  c/week for 9-12 grades**



# Test Your Sub-Group Knowledge

Green Peas belongs to which sub-group and what is the minimum weekly portion size for K-5, 6-8, and 9-12 grades the sub-group?



**Sub-group: Starchy**

**Min. portion: ½ c/week for all grades**



# Test Your Sub-Group Knowledge

Black Beans belong to which sub-group and what is the minimum weekly portion size for K-5, 6-8, and 9-12 grades the sub-group?



**Sub-group: Beans/Peas**

**Min. portion: ½ c/week for all grades**

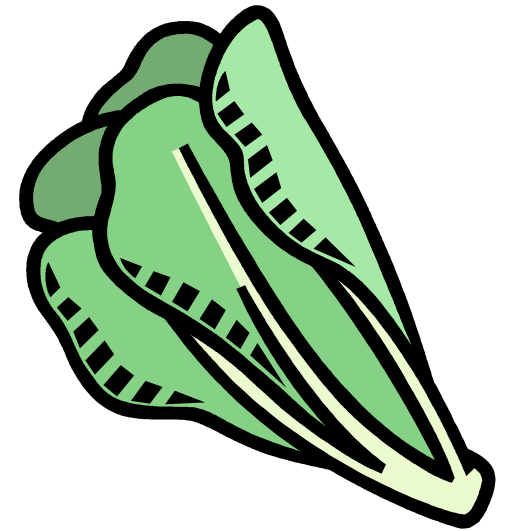


# Test Your Sub-Group Knowledge

What is the difference in crediting raw versus cooked green leafy vegetables?

**Raw**, credit as half the volume served  
 $\frac{1}{2}$  cup =  $\frac{1}{4}$  cup serving

**Cooked** equal to the volume served  
 $\frac{1}{2}$  cup =  $\frac{1}{2}$  cup serving



# Test Your Sub-Group Knowledge

What is the minimum daily and weekly vegetable portion requirements for each grade group?



**K-5 grades     $\frac{3}{4}$  c daily and 3  $\frac{3}{4}$  c weekly**

**6-8 grades     $\frac{3}{4}$  c daily and 3  $\frac{3}{4}$  c weekly**

**9-12 grades    1 c daily and 5 c weekly**





# Stand and Stretch



# Menu Activity - Second Step

- ✓ Make sure your menus meet the vegetables subgroups weekly requirement.
- 1. Dark green (e.g., broccoli, collard greens, spinach)
- 2. Red/Orange (e.g., carrots, sweet potatoes, tomatoes)
- 3. Beans/peas (legumes) (e.g., kidney beans, lentils, chickpeas)
- 4. Starchy (e.g., corn, green peas, white potatoes)
- 5. Other (e.g., onions, green beans, cucumbers)
- 6. Additional vegetables to meet 5 cup weekly total.

# Week 1 Menu Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>1</sup> Macaroni & Cheese Broccoli Bread stick Romaine salad mix Milk	<sup>2</sup> Ham and Cheese sandwich French Fries Green beans Apple slices Romaine Salad mix Milk	<sup>3</sup> Enchiladas Corn Peas Orange Slices Romaine salad mix Milk	<sup>4</sup> BBQ Chicken Whole Grain Roll – Butter Carrots Grapes Milk	<sup>5</sup> Roast Turkey Potato - Gravy Seasoned Peas Sliced Peaches Milk



# Week 1 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Macaroni &amp; Cheese  <b>Broccoli</b>                      Pineapple                      Baked beans  <b>Romaine salad mix</b>                      Milk</p>	<p>2</p> <p>Ham and Cheese sandwich  <b>French Fries</b>  <b>Tomatoes</b>  <b>Green beans</b>                      Apple slices  <b>Romaine Salad mix</b>                      Milk</p>	<p>3</p> <p>Enchiladas  <b>Corn</b>  <b>Peas</b>                      Orange Slices                      Refried beans  <b>Romaine salad mix</b>                      Milk</p>	<p>4</p> <p>BBQ Chicken                      Whole Grain Roll –                      Butter  <b>Carrots</b>  <b>Cucumber</b>                      Grapes                      Milk</p>	<p>5</p> <p>Roast Turkey  <b>Potato - Gravy</b>  <b>Seasoned Peas</b>                      Sliced Peaches                      Bread Stick                      Milk</p>

**Green sub group** 😊

**Red/Orange sub group** 😊

**Dried beans/peas sub group** 😊

**Starchy sub group** 😊

**Other sub group** 😊

**Additional sub group** 😊



# Meeting the Vegetable Subgroups

	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Servings Per Week (Minimum Per Day)</b>		
<b>Vegetables (cups)</b>	3.75 (0.75)	3.75 (0.75)	5 (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 Veg to Reach Total</b>	1	1	1.5

# Menu Activity Step 2

- Does the five day menu contain all the required fruit servings?
- Does the five day menu contain all the:
  - Required vegetable subgroups?
  - Are the daily/weekly requirements met?
- Complete the fruit and vegetable columns based on the planned menu
- Modify the menu to meet the requirements



# Grains

<b>Grains</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
<b>Daily Requirements</b>	<b>1 oz equivalent minimum</b>	<b>1 oz equivalent minimum</b>	<b>2 oz equivalent minimum</b>
<b>Weekly Requirements</b>	<b>8-9 oz equivalent</b>	<b>8-10 oz equivalent</b>	<b>10-12 oz equivalent</b>



# Grains

- Varied Implementation dates for Whole Grain-Rich (WGR) requirements.





# Lunch

**Effective:  
July 1, 2012**

At least  $\frac{1}{2}$  of Grains  
offered must be  
WGR

**July 1, 2014**

All Grains WGR



# Breakfast

**Effective:  
July 1, 2012**

No Change

**July 1, 2013**

At least  $\frac{1}{2}$  of Grains  
offered must be  
WGR

**July 1, 2014**

All Grains WGR



# Breaded Products

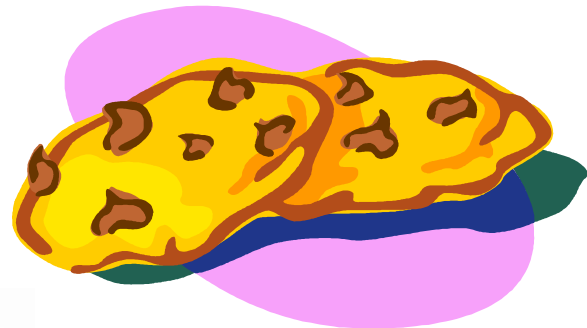


- During SY 2012-2013, battered and/or breaded products will not need to be counted toward the maximum weekly grain requirements.
- July 1, 2013 – breaded products count toward the weekly grain requirement.



# Grain-Based Desserts Allowed

- Only two (2 oz. eq.) of grain-based desserts allowed at lunch per school week
- These items are a major source of solid fats and added sugar and will contribute to nutrient standard levels



# Creditable Grains

- Must be made from enriched or whole-grain meal and/or flour, bran, and/or germ.
- $\frac{1}{4}$  serving is the minimum amount to count towards meeting grains/breads requirements.



# Ways to Count Grains

1. Weigh – refer to guidance chart
2. Package information
3. Recipe



# Grains Chart

	<b>Current Chart</b>	<b>New WGR Chart</b>
Amount of Creditable Grain Ingredients	14.75 grams	16 grams
	Servings	Ounce equivalent (oz. eq.)

# USDA Guidance

**Section**

**3**

Food Buying Guide for Child Nutrition Programs

## Grains/Breads

**Grains/Breads  
Component  
for the Child  
Nutrition  
Programs**

All reimbursable meals offered under the food-based menu planning; the National School Lunch Program (NSLP), Child and Adult Care Program (CACFP), and Summer Food Service Program (SFSP) must include grains and breads food product(s). A reimbursable school breakfast in the School Breakfast Program (SBP) and a reimbursable supplement in the CACFP or at





Continue to use the current Grains/Bread List  
for SY 2012-2013

# Whole Grain-Rich Chart



## WHOLE GRAIN-RICH REQUIREMENTS FOR SCHOOL MEAL PROGRAMS\* 1, 2

The *Whole Grain-Rich Requirements for School Meal Programs* chart is used to determine how whole grain-rich items credit. Each 1 ounce equivalent (oz eq) of each group provides 16 grams of grain ingredients.

For Groups A-G, to determine the crediting oz eq.: 1) Weigh the finished product; 2) Find the "Group" the product is in; 3) Divide the weight of the product by the weight of 1 oz eq. for that "Group" to get the credit it provides toward the daily/weekly requirement. Round DOWN to the nearest quarter equivalent. For example: Blueberry Muffin (Group D) weighs 3.2 oz ÷ 2 oz = 1.65 oz eq.; rounded DOWN = 1.5 oz eq.

For the types of foods listed in Groups H and I to count as one full serving, the weights or volumes listed therein must be used.

The current *Grains/Breads List* should be used to determine minimum serving size of Grains that are not whole grain-rich.

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> </ul>	<p>1 oz eq = 22 gm or 0.8 oz</p> <p>3/4 oz eq = 17 gm or 0.6 oz</p>



# Group I – Grain Bread Chart

**Ready to eat  
breakfast cereal  
(cold, dry)  
1 oz eq =**

**Flakes and rounds  
1 cup or 1 oz**

**Puffed Cereal  
1.25 cups or 1 oz**

**Granola  
 $\frac{1}{4}$  cup or 1 oz**



# Group H– Grain Bread Chart

**1 oz eq for:**

**All Pasta**

**Rice**

**Cooked Cereal**

**Cereal Grains**

**(Barley etc)**

**$\frac{1}{2}$  cup cooked**

**or**

**1 oz dry (28 grams )**



# Name the group and how these items contribute:

- WG Hamburger Bun 2 oz B - 2 oz. eq.
- Blueberry Muffin 1.5 oz D - .75 oz. eq.
- Cooked Brown Rice  $\frac{1}{2}$  cup H - 1 oz. eq.
- Plain Oatmeal Cookie 1.5 oz C - 1.25 oz. eq.
- Cooked WG Pasta 1 cup H - 2 oz. eq.



# Mission Whole Wheat Flour Tortilla



- Each package is 17.5 oz with 10 per package
- Each tortilla is 1.75 oz
- The Grains Group is **B**  
 $1.75 \div 1.0 =$  **1.75 ounce equivalents**

Round down to the closest  $\frac{1}{4}$  serving

1.75 or  $1 \frac{3}{4}$  oz. eq.

# Calculating Grains for Rice and Pasta Dishes



Look at the Lasagna - Example #2

Recipe calls for 2 lbs 4 oz for 60 – 6 oz servings

One serving would count as

? Grains



# Calculating Grains for Rice and Pasta Dishes



1. Convert dry weight to oz

$$2 \text{ lb } 4 \text{ oz} = 36 \text{ oz}$$

2. Divide total ounces by number of servings

$$36 \text{ oz} \div 60 \text{ servings} = .6 \text{ oz dry pasta/serving}$$

# Calculating Grains for Rice and Pasta Dishes



3. Divide oz of dry pasta by 1oz  
(weight equivalent to 1 Grain serving)

$$.6 \text{ oz} \quad 1 \text{ oz} = .6 \text{ Grains}$$

4. Round down to the nearest  $\frac{1}{4}$  serving

One 6 oz serving provides

$.5$  or  $\frac{1}{2}$  Grain serving



# Whole Grain-Rich Criteria



# Identifying Whole Grain-Rich Items

1 of 4 criteria may be used:

- CN label
- Whole Grain rich stamp
- Whole Grain health claim
- Label or recipe indicates over 50% whole grains



**Handout 10**



# CN Label

CN

099135

CN

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ½ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN

CN

CN

CN

Really Good's 3.50 oz Pizza with Cheese provides 1-oz equivalent meat/meat alternate, 1¼ servings grains/breads and 1/8 serving of vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food & Nutrition Service, USDA 05-99)

CN

CN

# Whole Grain Stamp

- Basic Stamp



Grain Item must have at least 8 gm per serving to be considered “Whole Grain Rich”

Make sure you double check your serving size

- 100% Stamp



Grain Item must have 16 gm per serving to be 100 % Whole Grain

Make sure you double check your serving size

# Product Label

- The product includes the following Food and Drug Administration (FDA) – 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”***





# Product Label

- Lists whole grain ingredient first:

**Ingredients:**

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEY, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV		
Serving Size 1 slice (38g)		Total Fat	1 g	2%	Total Carbohydrate	18 g	6%
Servings Per Container 18		Saturated Fat	0 g	0%	Dietary Fiber	2 g	8%
Calories 90		Trans Fat	0 g		Sugars	3 g	
Calories from Fat 10		Polyunsaturated Fat	0 g		Protein	4 g	
		Monounsaturated Fat	0 g				
		Cholesterol	0 mg	0%			
		Sodium	135 mg	6%			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4%						*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.	
Riboflavin 2% • Niacin 6% • Folic Acid 2%						Calories: 2,000 2,500	
						Total Fat	Less than 65g 80g
						Saturated 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
						Calories per gram:	
						Fat 9 • Carbohydrate 4 • Protein 4	



# Product Label



Whole grain must be the primary grain ingredient by weight

**Batter Ingredients:** Water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.  
**Chicken Frankfurter Ingredients:** Mechanically separated chicken,

**BATTER:** WATER, WHOLE GRAIN WHEAT FLOUR, SUGAR, WHOLE GRAIN CORN MEAL, CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), MODIFIED WHEAT STARCH, SOYBEAN OIL, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, HONEY SOLIDS (WHEAT STARCH, CALCIUM STEARATE) NONFAT DRY MILK, DRIED WHOLE EGGS. COOKED IN VEGETABLE OIL. **LOW FAT TURKEY FRANK:** TURKEY, WATER, MECHANICALLY SEPARATED TURKEY, \*SOY PROTEIN CONCENTRATE, CORN SYRUP, SALT, CONTAINS 2% OR LESS OF: FLAVORINGS, DEXTROSE, POTASSIUM LACTATE, ASCORBIC ACID (VITAMIN C), NATURAL HICKORY SMOKE FLAVOR, EXTRACTIVES OF PAPRIKA, SODIUM NITRITE, SODIUM DIACETATE \*EXCEEDS AMOUNT IN REGULAR FRANKS. **CONTAINS EGG, MILK, SOY AND WHEAT**

Nutrition Facts	
Serving Size 1 Corn Dog (113g)	
Servings Per Container 72	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 670mg	28%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	14%
Sugars 11g	
Protein 11g	
Vitamin A 0%	Vitamin C 25%
Calcium 6%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.



# School Recipe

- Recipe (Whole Grain Bread Stick):

Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM

Recipe Source:

Recipe Group: GRAINS & BREADS

Alternate Recipe Name:

Number of Portions: 300

Size of Portion: 1OZ

050401 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000992 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
089630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP





# Fun With Whole Grain-Rich Items



**Activity #2**





# Whole Wheat Bread

## **Whole Wheat Bread - Information from the package includes:**

*Diets rich in whole-grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.*

## **Serving Size: 1 slice (28 g)**

**Ingredients:** Whole wheat flour, water, corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: honey, partially hydrogenated soybean oil, salt, dough conditioners, whey, yeast nutrients (mono-calcium phosphate, calcium sulfate, ammonium sulfate), distilled vinegar, cornstarch.



YES

="





**NEBRASKA DEPARTMENT OF EDUCATION**

# Whole Wheat Bread

## **Whole Wheat Bread - Information from the package includes:**

*Diets rich in whole-grain foods and other plant foods, and low in saturated fat and cholesterol, may reduce the risk of heart disease.*

**Serving Size: 1 slice (28 g)**

**Ingredients:** Whole wheat flour, water, corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: honey, partially hydrogenated soybean oil, salt, dough conditioners, whey, yeast nutrients (mono-calcium phosphate, calcium sulfate, ammonium sulfate), distilled vinegar, cornstarch.

Whole grains is listed as the first ingredient



# 2

## Whole-Grain White Bread

### **Whole-Grain White Bread - Information on the package includes:**

*Excellent source of calcium. No trans fat. Good source of whole grain. Now with 25% more whole grain*

### **Serving Size: 1 slice (28 g)**

Ingredients: Enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1, riboflavin (vitamin B2), folic acid)], water, whole grains [whole wheat flour, brown rice flour (rice flour, rice bran)], high fructose corn syrup, whey, wheat gluten, yeast, cellulose, soy flour.







**NEBRASKA DEPARTMENT OF EDUCATION**



Whole grain wheat flour is not the primary of grain ingredient

# Whole-Grain White Bread

**Whole-Grain White Bread - Information on the package includes:**

*Excellent source of calcium. No trans fat. Good source of whole grain. Now with 25% more whole grain*

**Serving Size 1 slice (28 g)**

Ingredients: Enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1, riboflavin (vitamin B2), folic acid], water, whole grains [whole wheat flour, brown rice flour (rice flour, rice bran)], high fructose corn syrup, whey, wheat gluten, yeast, cellulose, soy flour.



# 3

## Seven Grain Bread

**Seven Grain Bread** - Information from the package includes:

*Made with whole grains. 8.5 g whole grains per serving. No trans fat*

*Seven wholesome grains with a touch of molasses*

**Serving Size: 1 Slice (41 g)**

**Ingredients:** Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole wheat flour, soybean oil, yeast,



YES

="





**NEBRASKA DEPARTMENT OF EDUCATION**

Grain Item must have at least  
8 gm per serving to be  
considered "Whole Grain Rich"

Make sure you double check  
the whole grain stamp

# Whole Grain Bread

**Seven Grain Bread - Information from the  
package includes:**

*Made with whole grains. 8.5 g whole grains per  
serving. No trans fat*

*Seven wholesome grains with a touch of molasses*

**Serving Size: 1 Slice (41 g)**

**Ingredients:** Enriched wheat flour [flour, malted  
barley flour, reduced iron, niacin, thiamin  
mononitrate (vitamin B1), riboflavin (vitamin B2),  
folic acid], water, whole wheat flour, soybean oil,  
yeast,



# 4

## Wheat Bread Stick Dough

### Wheat Bread Stick Dough -

Information from the package includes:

Serving Size: 1 breadstick (1 oz/29 g)

Ingredients: Water, white whole wheat flour, enriched bleached flour (bleached wheat flour, malted barley flour,. Contains: wheat, milk, egg, may contain soy.



YES

="







**NEBRASKA DEPARTMENT OF EDUCATION**



Whole grains is  
the primary grain  
ingredient by  
weight

# Wheat + Bread Stick Dough

## Wheat + Bread Stick Dough -

Information from the package includes:

**Serving Size: 1 breadstick (1 oz/29 g)**

**Ingredients:** Water, white whole wheat flour, enriched bleached flour (bleached wheat flour, malted barley flour,. Contains: wheat, milk, egg, may contain soy.



5

# Whole-Grain Chips

**Whole-Grain Chips** - Information from the package includes:

*Made with Whole Grains to Support Heart Health*

**Serving Size: 1 oz (28 g)**

**Ingredients:** Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, and salt. CONTAINS A WHEAT INGREDIENT.



YES

="





**NEBRASKA DEPARTMENT OF EDUCATION**

# Whole-Grain Chips

Whole grains is listed as the first ingredient

**Whole-Grain Chips** - Information from the package includes:

*Made with Whole Grains to Support Heart Health*

**Serving Size: 1 oz (28 g)**

**Ingredients:** Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, and salt. CONTAINS A WHEAT INGREDIENT.



6

## Wedge Cheese Pizza with Whole Wheat Crust

**Wedge Cheese Pizza with Whole Wheat  
Crust - Information on the package  
includes:**

**Serving Size: 1 slice, 5 oz 142 g)**

**Ingredients: CHEESE: Low Moisture-Part  
Skim Mozzarella Cheese. CRUST: Water,  
Whole Wheat Flour, Enriched flour.**



YES

="





**NEBRASKA DEPARTMENT OF EDUCATION**



# Wedge Cheese Pizza with Whole Wheat Crust

**Wedge Cheese Pizza with Whole Wheat  
Crust** - Information on the product  
includes:

Whole grains is  
the primary grain  
ingredient by  
weight

**Serving Size: 1 slice, 5 oz (142 g)**

**Ingredients:** CHEESE: Low Moisture-Part  
Skim Mozzarella Cheese. CRUST: Water,  
Whole Wheat Flour, Enriched flour.





# Honey Graham Crackers

**Honey Graham Crackers - Information on the package includes:**

*Now more whole grains*

**Serving Size: 2 squares (14 g)**

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine), sugar, graham flour (whole-grain wheat flour), soybean oil, high fructose corn syrup.





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**NEBRASKA DEPARTMENT OF EDUCATION**

# Honey Graham Crackers

## Honey Graham Crackers - Information on the package includes:

*Now more whole grains*

Whole grain wheat flour is not the primary grain ingredient

Serving Size: 2 squares (14 g)

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine), sugar, graham flour (whole-grain wheat flour), soybean oil, high fructose corn syrup.



# 8

## Whole-Grain Crackers

**Whole-Grain Crackers - Information on the package includes:**

*Made with whole grains*

*5 g whole grain per serving*

*0 g Trans fat per serving*

**Serving Size: 7 crackers (31 g)**

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole-grain wheat flour, sugar.







**NEBRASKA DEPARTMENT OF EDUCATION**



# Whole-Grain Cracker

## Whole-Grain Crackers - Information package includes:

*Made with whole grains*

*5 g whole grain per serving*

*0 g Trans fat per serving*

**Serving Size: 7 crackers (31 g)**

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole-grain wheat flour. sugar.

Grain Item must have at least 8 gm per serving to be considered "Whole Grain Rich"

Whole grain wheat flour is not the primary of grain ingredient



# 9

## Whole-Grain Pasta

**Whole-Grain Pasta - Information on the package includes:**

*Excellent source of fiber, Low in fat. No sodium*

**Serving Size: 2 oz (dry)**

**Ingredients:** Semolina, whole wheat flour, soybean oil, wheat fiber, salt, monoglycerides







NEBRASKA DEPARTMENT OF EDUCATION

Semolina is durum wheat that is ground more coarsely than regular wheat flours

# Whole-Grain Pasta

## Whole-Grain Pasta - Information

**package includes:**

*Excellent source of fiber, Low sodium*

Whole grain wheat flour is not the primary of grain ingredient

**Serving Size: 2 oz (dry)**

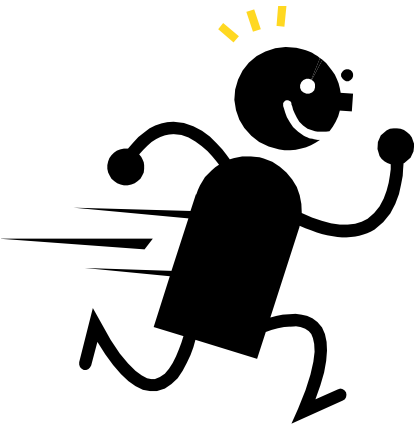
**Ingredients:** Semolina, whole wheat flour, soybean oil, wheat fiber, salt, monoglycerides





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# Lunch Time



# Meat/Meat Alternate

<b>Meat/Meat alternate</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
<b>Daily Requirements</b>	1 oz equivalent minimum	1 oz equivalent minimum	2 oz equivalent minimum
<b>Weekly Requirements</b>	8-10 oz equivalent	9-10 oz equivalent	10-12 oz equivalent





# Meat/Meat

## Meats/Meat Alternates

- Meats, seafood, and poultry; cheese and yogurt; eggs; and nuts and seeds
- If beans are counted as a M/MA they may not be counted towards the dried bean/pea  $\frac{1}{2}$  cup weekly requirement



# Meat/Meat Alternate Rules

- Tofu and soy yogurt are now creditable as meat alternates
- No more than 50% of the M/MA requirement can be met with nuts/seeds
- Imitation cheese is not creditable




# Meat/Meat Alternate Rules

- Menu items less than .25 oz M/MA are not creditable.
- M/MA food items must be served in a main dish or in a main dish plus one other item.
- If daily M/MA choices are not offered then schools should not serve any one M/MA more than 3 times in the same week.









# Lunch Meal Pattern

<b>Food Component</b>	<b><u>New Requirements</u> (K-12)</b>
<b>Fluid Milk</b> 	<ul style="list-style-type: none"><li>• Flavored milk <b><u>MUST</u></b> be Skim</li><li>• Unflavored milk 1% (low-fat)</li><li>• Same requirements apply to lactose reduced/free milks</li><li>• <b>Must offer a minimum of 2 choices.</b></li></ul>



# Menu Activity – Third Step

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1) 	8-10 (1) 	10-12 (2) 
Meats/Meat Alternates (oz eq)	8-10 (1) 	9-10 (1) 	10-12 (2) 
Fluid milk (cups) <sup>1</sup>	5 (1)	5 (1)	5 (1)



# Week 1 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Macaroni &amp; Cheese  <b>Broccoli ½ C</b>            Pineapple ½ C  <b>Baked beans ¼ C</b>  <b>Romaine salad 1 C</b>            Milk</p> <div data-bbox="92 915 392 1119" style="border: 2px solid green; padding: 5px;"> <p>Grain 2 oz eq            M/MA 1 oz eq            Vegetables 1 ¾ C            Fruits ½ C            Milk 1 C</p> </div>	<p>2</p> <p>Ham and Cheese sandwich  <b>French Fries ½ C</b>  <b>Tomatoes ½</b>  <b>Green beans ½ C</b>            Apple slices ½ C  <b>Romaine Salad 1 C</b>            Milk</p> <div data-bbox="459 915 759 1162" style="border: 2px solid green; padding: 5px;"> <p>Grain 2 oz eq            M/MA 1 oz eq            Vegetables 2 ½ C            Fruits ½ C            Milk 1 C</p> </div>	<p>3</p> <p>Enchiladas  <b>Corn ½ C</b>  <b>Peas ½ C</b>            Orange Slices ½ C  <b>Refried beans ½ C</b>  <b>Romaine salad 1 C</b>            Milk</p> <div data-bbox="813 915 1112 1119" style="border: 2px solid green; padding: 5px;"> <p>Grain 1 oz eq            M/MA 1 oz eq            Vegetables 1 ½ C            Fruits ½ C            Milk 1 C</p> </div>	<p>4</p> <p>BBQ Chicken            Whole Grain Roll – Butter  <b>Carrots ½ C</b>  <b>Cucumber ½ C</b>            Grapes ½ C            Milk</p> <div data-bbox="1166 915 1466 1119" style="border: 2px solid green; padding: 5px;"> <p>Grain 2 oz eq            M/MA 1 oz eq            Vegetables 1 C            Fruits ½ C            Milk 1 C</p> </div>	<p>5</p> <p>Roast Turkey  <b>Potato – Gravy ½ C</b>  <b>Seasoned Peas ½ C</b>            Sliced Peaches ½ C            Bread Stick            Milk</p> <div data-bbox="1508 915 1808 1119" style="border: 2px solid green; padding: 5px;"> <p>Grain 2 oz eq            M/MA 1 oz eq            Vegetables 1 C            Fruits ½ C            Milk 1 C</p> </div>



# Menu Activity – Final Step

- Does the menu meet the min/max daily/weekly requirements ?
  - Grains
  - Meat/Meat Alternate
- Are half of the grain items for the week whole grain?



# Fluid Cow's Milk Substitutions

- Sponsors may continue to offer those non-dairy beverages that meet USDA substitution criteria.

If a milk substitute is offered it must have same nutritional content as cow's milk





# Water Requirement

- Drinking water must be available to students at no charge in the area where lunch is served.
- Variety of ways to implement:



# Non-creditable Menu Items

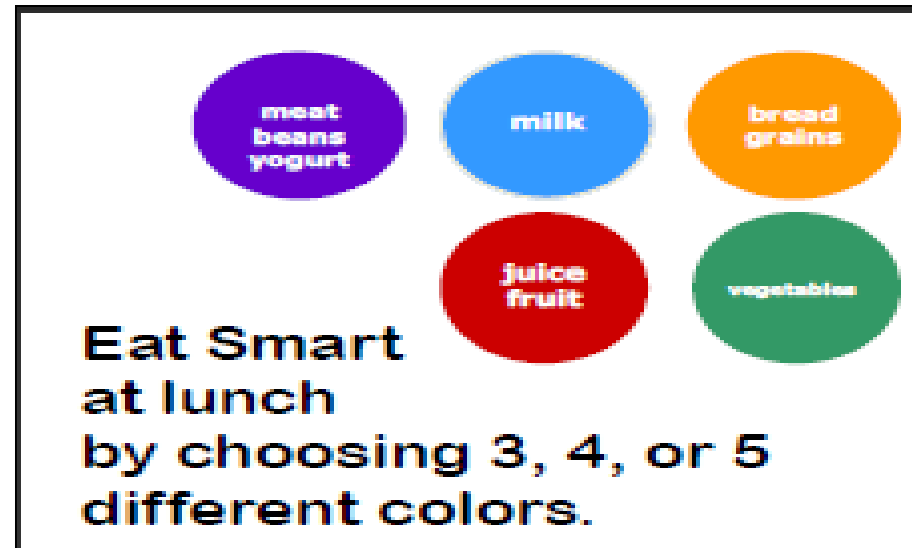
- Can be served but do contribute towards weekly calorie range and raise food costs.
  - Condiments
  - Fruit Drinks or Cocktails
  - Funyuns, Cheetos, Potato Chips
  - Popcorn
  - Bacon
  - Pudding
  - Gelatin



# Reimbursable Meal Identification

- Sponsors must identify all of the components of a reimbursable meal at or near the beginning of serving lines. Use of signage or display

Resource Packet



# Offer versus Serve

- Serving option available to schools to cut down on plate waste



Mandatory for senior high  
optional for PreK-8 grades.



# Offer versus Serve

1. All required food components must be offered.
2. The meal must be priced as a unit.
3. Students have the option of which 2 items to decline (exception – must leave line with at least  $\frac{1}{2}$  cup of fruit, vegetable or a combination of the two).



**NEW**

# Offer versus Serve

4. Effective **July 1, 2012**, students must select at least  $\frac{1}{2}$  **cup** of fruit or vegetable for a reimbursable lunch



# Offer versus Serve

5. Point of Service Meal Count located after all food components contributing to the reimbursable meal have been offered
6. Cashier must be able to recognize a reimbursable meal.



# Offer versus Serve

7. If the student does not have the required number of food components, they must get what is needed.
8. If the student refuses, the meal can not be claimed.





# Offer versus Serve

- If no offer versus serve – students must leave the line with all food components in required portion sizes



# Offer versus Serve Activity



**Activity #3**



# Stand and Stretch



# Nutrient Standards



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



# Nutrient Standards

- **Daily trans fat restriction**
  - Zero grams of trans fat per serving
    - Begins SY 2013-2014 for SBP
    - Begins SY 2012-2013 for NSL
  - Naturally occurring trans fat excluded



# Nutrition Facts

Serving Size 1 oz (28g/about 20 chips)  
Servings Per Container 18

## Amount Per Serving

Calories 150      Calories from Fat 90

### % Daily Value\*

**Total Fat** 10g      **16%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 85mg      **4%**

**Potassium** 370mg      **11%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein** 2g

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 2%

\* Percent Daily Values 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
Potassium	Less than		3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Trans Fat

Found in processed foods, including crackers, cookies, and fried and baked goods.

Look at the label,  
and pick **zero**.



# Nutrient Standards

## Calories

- **Minimum and maximum** calorie levels are in place
  - Target amounts averaged for a 5 day week for Schools and 7day week for RCCI's
  - Breakfast separate from lunch
  - Individual days may be over or under the required levels



# Example of Grade Group Differences

**Grade Level:**  
K-5

**Calorie Ranges:**  
Lunch: 550-650



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

**Grade Level:**  
6-8

**Calorie Ranges:**  
Lunch: 600-700



**Overlaps**  
B: 450-500  
L: None

**Grade Level:**  
9-12

**Calorie Ranges:**  
Lunch: 750-850





# Nutrient Standards

- **Weekly sodium requirement**
  - Intermediate targets
    - Target 1: SY 2014-2015
    - Target 2: SY 2017-2018
    - Final Target: SY 2022-2023



# Nutrient Standards

- **Weekly saturated fat requirement**
  - Limit saturated fat
    - Less than 10 percent of total calories



# Saturated Fat

- Examples of food contain saturated fat including:
  - Cheese
  - Cottage Cheese
  - Salad Dressings
  - Nuts
  - Whole milk products
  - Most meats



# Menu Planning Tools

MENU TEMPLATE – Lunch K-5, 6-8, and 9-12		
	Mon	Tue
<b>Menu</b>	Sub Sandwich on WG	Chicken Teri
<b>Meat/meat alternate</b>	Bun or PBJ	Brown Rice
<b>Grain</b>	Sweet Potato Fries	Broccoli
<b>Fruit</b>	Green Pepper Strips	Carrots
<b>Vegetable</b>	Frozen Strawberries	Kiwi
<b>Milk</b>	Milk	Milk
<b>Meat/Meat Alternate</b>		
<b>K-5</b> (8 – 10 oz eq per wk; 1 oz min per day)	1.5 oz (K-8)	2 oz (K-8)
<b>6-8</b> (9 – 10 oz eq per wk; 1 oz min per day)	2 oz (9-12)	3 oz (9-12)
<b>9-12</b> (10-12 oz eq per wk; 2 oz min per day)		
<b>Vegetables</b>		
<b>Dark green</b> (K-12; 1/2 cup per week)		Broccoli 1/2 c
<b>Red/Orange</b> (K-8; 3/4 cup per week) (9-12; 1-1/4 cups per week)	Sweet Potatoes 1/2 c 3/4 c	Carrots 1/2 c
<b>Beans/Peas (Legumes)</b> (K-12; 1/2 cup per week)		



# Product Information

- CN Labels
- Product Specification Statement
  - Company letterhead
  - Creditable ingredients
  - Signature
  - Component contributions statement
- Nutrition Facts Labels



# Standardized Recipes

- Basis for determining if meal pattern requirements are met
- Assure the yield, portions and quality are the same every time prepared
- Help control costs
- Save time
- Are required for nutrient analysis and component contributions



# Standardized Recipes Include:

- Name
- Ingredients
- Specific Amounts of Ingredients
- Directions and Preparation Techniques
- **Total Recipe Yield**
- **Serving Size**



# Create a Milk Recipe

SY Year 20XX -XX				Milk Recipe Worksheet			
Kind	Day 1 or Invoice	Day 1 or Invoice	Day 1 or Invoice	Day 1 or Invoice	Day 1 or Invoice	Total	Percent%
1% white	15	13	11	16	12	67	$67 \div 689 = 10\%$
Skim White	5	5	4	8	6	28	$28 \div 689 = 4\%$
Skim Choc	111	121	113	133	116	594	$594 \div 689 = 86\%$
Grand Total of Milk Sold or Purchased						689	100%



# Record Milk Quantity

Milk Kind	Brand	Amount
White 1 %	Roberts	10%
Choc Skim	8 oz Carton	4%
Strawberry Skim		86%



# Production Records

- Required by Reauthorization
- Document meal pattern was served
- New Updated Production Records
- No Records
- No reimbursement



# New Production Records

- **Lunch** for SY 2012-2013 all SFAs use:
  - NDE Forms
  - Develop Own – requires approval each year
- **Breakfast** for SY 2012-2013:
  - Schools: No change NDE Attachment (K-1)
  - RCCIs: Start using NDE (K-1)
- **Available** – Website & Packet



# Production Records Document:

- Meal Pattern by grade group
- Number of meals served
- Food Item Information
- Provide data for completion of certification requirements
- Great tool for production staff & forecasting production



# Types of Production Records

Lunch Production Record  
 School Madison Elem School Date 1-30 Year 2011-12 Attachment K-2

Planned Number of Student Lunches 140  
 Adult Lunches 102

ENHANCED MEAL PATTERN  
 Planned # Portions/Serving Size

Menu	Cooking Temp/Time	# Planned for K-5	# Planned for PreK	# Planned for HS/MS/JC	Offer Versus Serve Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Chess Salad - 2 <sup>1/2</sup> - 5 <sup>1/2</sup>		1			Grades: Second/A la Carte Items Sold from the Main Line Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
PB'S		1			PER STUDENT: # of Grain/Bread Servings (Minimum of 1 serving per day) Today <u>2</u> So far this year <u>14</u>
Sub Sandwich or PB'S		1			PreK <u>1</u>
Baby Carrots		1			# of Meat/Meat Alternate Dishes (Minimum of 1 ounce per day) Today <u>2</u> So far this year <u>12</u>
Apple		1			PreK <u>1</u>
Fritos Corn Chips		1			PreK <u>1</u>
Milk		1			PreK <u>1</u>

\* Record highest cooking temperature on potentially hazardous foods and the time it was taken. Temperatures in violation must be circled with Corrective Action documented on the Cooling and Reheating Temperature Log.

Food Items Used and Form	Indicate if School Recipe (SR) or Product Brand/Number or Commodity (C)	Total Amount Prepared: Record Number of Servings or Pounds	Number of Seconds / A la Carte Items Sold	Amount Leftover
Meat/Meat Alternate PB'S	Smuckers	-2.8oz		
Sub Sandwich 2 1/2"		188		
Chess Salad	SR	0		
Fruits/Vegetables Baby Carrots	Fr	188-1.6oz		
Apple	whole Fr	188		
Grains/Breads Corn chips 1lb	Frito Lay	188-1oz		
Milk 1% white	Land o Lakes	1190		
Skim Chocolate	8oz	7300		
Skim Strawberry		1600		
Other (e.g. margarine, condiments)				

177 Students + 5 Adults + 10 Food Service Staff = 192 Actual Count of Meals Served

- Breakfast
- Lunch
- Multi-Day
- Single-Day
- Delivery Tickets

Forms



# Breakfast Production Record

## Breakfast Production Record

Attachment K-1

School:

Date:

Year:

Planned # of Student Breakfasts <input type="text"/> Adult Breakfasts <input type="text"/>		<b>TRADITIONAL or ENHANCED MEAL PATTERN</b> Planned # Portions/Serving Size	
<b>Menu</b>	Cooking Temp/ Time *	# Planned for K-12 <input type="text"/>	# Planned for 7-12 (Opt.) <input type="text"/>
		<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Offer Versus Serve  
 Yes  No   
 Grades:

Seconds or A la Carte  
 Items Sold from the  
 Main Line  
 Yes  No



# Lunch Production Record

<b>Lunch Production Record</b>		Circle Day of Week				Attachment K-2	
<b>School:</b> _____		<b>Date:</b> _____		<b>M T W R F</b>		<b>Year:</b> _____	
Planned Number of: Student Lunches _____ Adult Lunches _____		<b>MEAL PATTERN</b>				Vegetable Subgroups Key *	Offer Versus Serve Yes ___ No ___
		Planned # Portions/Serving Size by Grade Group					Grades: _____
<b>Menu</b>	Cooking Temp/Time	# Planned for K-5	# Planned for 6-8	# Planned for 9-12	# for Pre-K	<u>Per Grade Range</u>	
List Entrée Choices First		_____	_____	_____	_____	<b>Vegetable Servings</b>	
						<i>Today</i>	<i>Veg Key</i>
						K-5 _____	_____
						6-8 _____	_____
						9-12 _____	_____
						<b>Grain Requirements</b>	
						<i>Today</i>	<i>Week</i>
						K-5 _____	_____
						6-8 _____	_____
						9-12 _____	_____
						<b>Mt/Mt Alt Requirements</b>	
						<i>Today</i>	<i>Week</i>
						K-5 _____	_____
						6-8 _____	_____
						9-12 _____	_____



# New Addition to Lunch Records

## **Vegetable Subgroup Key\***

### Vegetable Subgroup Key\*

RO = Red Orange

DG = Dark Green

BP = Beans

S = Starchy

O = Other



# Document Whole Grain-Rich

## Grains – Indicate if Whole Grain (WG)

WG Bun

K-8 (2 oz) 9-12 (3 oz)

Write WG by Grain items if they are Whole-Grain Rich



# Multi-Day Food Condiment Bar

Attachment K-3

## Multi-Day Food/Condiment Bar Production Record

School: \_\_\_\_\_

This production record is designed for schools that have an ongoing fruit/vegetable bar. It can also be used to track condiments. Write in items used routinely before copying the form. The "Total Amount Used" column is for nutrient analysis and costing. Use the Vegetable Subgroup Key column to record the abbreviation for the following vegetable subgroups served: RO=Red Orange; DG=Dark Green; BP=Beans & Peas (Legumes); S=Starchy.

Week of: _____ Year: _____				Monday	Tuesday	Wednesday	Thursday	Friday	Total Number Served for Week						
Record Daily Participation: Elm (K-5) M (6-8) HS (9-12) A (Adult) ⇄															
Food Items Used and Form	Product Brand/# or School Recipe (SR) Commodity (C)	Vegetable Subgroup Key	Unit of Weight or Volume or # of Servings	On Monday, record the total amount of all foods prepared. As foods are added during the week, record the amount. On Friday, record the leftover amount of each item and calculate the total for the week. Please note: For potentially hazardous foods, record the Time/Temperature when set out.					Left-overs	Total Amount Used					



# Single-Day Food Bar

Attachment K-4

## Single-Day Food Bar Production Record

SCHOOL \_\_\_\_\_

This production record is designed for schools that have food bars on occasion such as a potluck, etc. If you repeat this bar often, write in the items you routinely use prior to copying this form into the Vegetable Subgroup Key column to record the abbreviation for the following vegetable subgroups: **RO**=Red/Orange; **DG**=Dark Green; **BP**=Beans & Peas (Legumes); **S**=Starchy.

Date: \_\_\_\_\_ Year: \_\_\_\_\_ Planned Participation: \_\_\_\_\_

Food Items Used and Form	Cooking Temp./ Time *	Indicate if: School Recipe (SR) or Product Brand/Number or Commodity (C)	Vegetable Subgroup Key	F S



# Satellite Sites/Delivery Ticket

**Meal Delivery Ticket**  
(for use with single portion sizes)

Site: Name of School

Date: May 9, 20XX

Number of Meals Ordered:

Students: 95

Adults: 5

Total: 100

Temp at serving*	Menu	Portion
135 °	Chicken Nuggets	5 each
	Green Beans	1/2 cup
	Orange Quarters	3 each
	Whole Wheat Roll	1 each
	Brownie	1 each

**Condiments Used:**

Food Item(s)	Amount Used
<u>BBQ Sauce</u>	<u>1/2 gallon</u>
<u>Margarine Tubs, C</u>	<u>50 tubs</u>
_____	_____
_____	_____
_____	_____

**Other Foods Used (not sent by the delivery kitchen that day)**

Food Item(s)	Amount Used
<u>Sandwich Bread</u>	<u>18 slices</u>
_____	_____
_____	_____
_____	_____
_____	_____

**Milk Recipe**

List Kinds List Percent OR Actual Count

# Time Saving Create a Master Production Record

## Lunch Production Record

Circle Day of Week

Attachr

School: **Lincoln School**

Date: **M T W R F**

Year: **2012-2013**

Planned Number of: Student Lunches _____ Adult Lunches _____		MEAL PATTERN Planned # Portions/Serving Size by Grade Group				Vegetable Subgroups Key *	Offer Versu Yes <input checked="" type="checkbox"/> No
Menu List Entrée Choices First		# Planned for K-5 _____	# Planned for 6-8 _____	# Planned for 9-12 _____	# for Pre-K _____		Grades: <u>K-</u>
	Cooking Temp/Time						Per Gra
							Vegetable S Today
							K-5 _____
							6-8 _____
							9-12 _____
							Grain Servi Today
							K-5 _____
							6-8 _____
							9-12 _____
							Mt/Mt Alterr Today
							K-5 _____
<b>Fruit/Vegetable Bar</b>		<b>SS</b>	<b>SS</b>	<b>SS</b>			6-8 _____
<b>Milk</b>		<b>8 fl. oz.</b>	<b>8 fl. oz.</b>	<b>8 fl. oz.</b>	<b>8 fl. oz.</b>		9-12 _____

# Menu Planning Tool

Monday	Tuesday	Wednesday	Thursday	Friday
Sub Sandwich WG Bun <b>Sweet Potato</b> <b>Fries</b> Green Pepper Strips Strawberries Milk	Chicken Teriyaki Brown Rice <b>Broccoli</b> <b>Carrots</b> Kiwi Milk	Breaded Beef Patty WG Roll <b>Mashed Potatoes</b> Green Beans Peaches Milk	WG Cheese Pizza <b>Romaine Lettuce</b> <b>Sliced Tomato</b> Pineapple Milk	2 Beef Tacos on WG Tortilla <b>Salsa</b> Refried Beans <b>Corn</b> Cantaloupe Milk



# Completing the top portion of the Production Record

- Planned Meal Information
- Complete in advance
- How many planning to serve
- Planned components
- Planned serving sizes



# Completing the Bottom Portion for Food Production

- Components offered
- Product/recipe information
- Actual amount of food used
- Record seconds served
- Leftovers





# How would you record the following menu ?

Students: 250

Adults: 25

K-5: 50

6-8: 75

9-12: 125

Sub Sandwich on WG Bun

*or* PBJ Sandwich

Sweet Potato Fries

Green Pepper Strips

Strawberries

Milk

**Activity #4**



# Planned Meal

## Lunch Production Record

School: **Lincoln School**

Date: **May 18** M T W R F

Circle Day of Week

Year: **20XX-XX**

Attachment K-2

Planned Number of:		MEAL PATTERN					Vegetable Subgroups Key *
Student Lunches	<u>250</u>	Planned # Portions/Serving Size by Grade Group					
Adult Lunches	<u>25</u>	# Planned for K-5 <u>50</u>	# Planned for 6-8 <u>75</u>	# Planned for 9-12 <u>125</u>	# for Pre-K		
Menu	Cooking Temp./Time						
List Entrée Choices First							
1. Sub Sandwich on WG Bun	39° 11:15	50 - 1 ea	75 - 1 ea	125 - 1 ea			
2. PBJ Sandwich		10 - 1 each	10 - 1 each	5 - 1 each			
Sweet Potato Fries	172° 11:15	½ c →		¾ c		RO	
Green Pepper Strips	39° 11:15	½ c →				O	
Strawberries		½ c →		1 cup			
Milk		8 fl oz →					

Offer Versus Serve

Yes  No

Grades: All Grades

Per Grade Range

Vegetable Servings

Today Veg Key

K-5 \_\_\_\_\_

6-8 \_\_\_\_\_

9-12 \_\_\_\_\_

Grain Requirements

Today Week

K-5 \_\_\_\_\_

6-8 \_\_\_\_\_

9-12 \_\_\_\_\_

Mt/Mt Alt Requirements

Today Week

K-5 \_\_\_\_\_

6-8 \_\_\_\_\_

9-12 \_\_\_\_\_

\* Component Key for Vegetable Subgroup and Required Weekly Serving Size

[RO = Red/Orange (K-8: ¾ cup)( 9-12: 1¼ cup)] [DG = Dark Green BP = Beans S = Starchy (K-12: ½ cup of each one)] [O=Other K-8: ½ cup & 9-12: ¾ c

# Food Items Used

Food Items Used and Form	Indicate if: School Recipe (SR) or Product Brand/Number or Commodity ©	Total Amount Prepared: Record Number of Servings or Pounds	Record # of Seconds/A La Carte Sold Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Amount Leftover
<b>Meat/Meat Alternate</b>				
<b>Submarine Sandwich</b>	<b>SR</b>			
<b>K-5 &amp; 6-8 1.5oz</b>		<b>125 svg</b>		<b>10</b>
<b>9-12 2 oz</b>		<b>135 svg</b>	<b>10 srvgs</b>	<b>5</b>
<b>PBJ Sandwich</b>	<b>C</b>	<b>25 ea</b>		<b>4</b>
<b>Grains – Indicate if Whole Grain (WG)</b>				
<b>WG Bun K-8 (2oz) / 9-12 (3 oz)</b>	<b>Wonder</b>	<b>125/ 135 buns</b>	<b>10 9-12</b>	<b>10/5</b>
<b>Fruits</b>				
<b>Strawberries</b>	<b>C Frozen</b>	<b>70 lbs</b>		<b>½ lb</b>
<b>Vegetables</b>				
<b>Sweet Potato Fries</b>	<b>Ore-Ida</b>	<b>4 – 5 lb bags</b>		<b>0</b>
<b>Green Pepper Strips</b>	<b>Dole</b>	<b>34 ½ lbs</b>		<b>1 ½ lbs</b>
<b>Milk</b>				
<b>1% White</b>		<b>10 %</b>		
<b>Skim Chocolate</b>	<b>Robert's</b>	<b>4%</b>		
<b>Skim Strawberry</b>		<b>86%</b>		
<b>Other (e.g. margarine, condiments)</b>				
<b>Mayo</b>	<b>C</b>	<b>1 gal</b>		<b>½ gal</b>

250 Students + 25 Adults + 3 Food Service Staff = 278 Actual Count of Meals Served

# Weekly Servings

## Lunch Production Record

Circle Day of Week

Attachment K-2

School: **Lincoln School**

Date: **May 18** **M** T W R F

Year: **20XX-XX**

Planned Number of: Student Lunches <u>250</u> Adult Lunches <u>25</u>		MEAL PATTERN Planned # Portions/Serving Size by Grade Group				Vegetable Subgroups Key *
Menu List Entrée Choices First	Cooking Temp/Time	# Planned for K-5 <u>50</u>	# Planned for 6-8 <u>75</u>	# Planned for 9-12 <u>125</u>	# for Pre-K	
1. Sub Sandwich on WG Bun	39° 11:15	50 - 1 ea	75 - 1 ea	125 - 1 ea		
2. PBJ Sandwich		10 - 1 each	10 - 1 each	5 - 1 each		
Sweet Potato Fries	172° 11:15	1/2 c →		3/4 c		RO
Green Pepper Strips	39° 11:15	1/2 c →				O
Strawberries		1/2 c →		1 cup		
Milk		8 fl oz	→			

Offer Versus Serve

Yes  No

Grades: All Grades

Per Grade Range

Vegetable Servings

Today Veg Key

K-5 1 c RO & O

6-8 1 c RO & O

9-12 1 1/4 c RO & O

Grain Requirements

Today Week

K-5 2 2

6-8 2 2

9-12 3 3

Mt/Mt Alter Requirements

Today Week

K-5 1.5 1.5

6-8 1.5 1.5

9-12 2 2

\* Component Key for Vegetable Subgroup and Required Weekly Serving Size

[RO = Red/Orange (K-8: 3/4 cup)( 9-12: 1 1/4 cup)] [DG = Dark Green BP = Beans S = Starchy (K-12: 1/2 cup of each one)] [O=Other K-8: 1/2 cup & 9-12: 3/4 cup]

# Recording Food Items from Self Serve Fruit/Vegetable Bars and Condiments



# Multi-Day Condiment Bar

## Multi-Day Food Condiment Bar Production Record

This production record is designed for schools that have an ongoing fruit/vegetable bar. It can also be used to track cond form. The Total Amount Used<sup>7</sup> column is for nutrient analysis and costing. Use the Vegetable Subgroup Key column to re served: RO=Red Orange; DG=Dark Green; BP=Beans & Peas (Legumes); S=Starchy.

Week of: <b>May 10</b> Year: <b>20XX – XX</b>				Monday	Tuesday	Wednesday
Record Daily Participation: Elm (K-5) M (6-8) HS (9-12) A (Adult) ⇒				225	205	221
Food Items Used and Form	Product Brand # or School Recipe (SR) or Commodity (C)	Vegetable Subgroup Key	Unit of Weight or Volume or # of Servings	On Monday, record the total amount of all are added during the week, record the am leftover amount of each item and calculate Please note: For potentially hazardous the Time/Temperature when set out.		
Ranch Dressing	Mrs. Clark – SR 50/50		Gal.	2	½	1
Dorothy Lynch Dressing	SR		Qt.		2	
Italian Dressing	Mrs. Clark – Reg.		Cup	3		
Honey Mustard Dressing	Mrs. Clark		Cup	2	2	1
Ketchup	C		#10 can		2	
Mustard	Kraft		Cup		3	
Mayonnaise	Kraft, Reg.		Qt.		1	
BBQ Sauce	Kraft		Gal.			

# Multi Day Salad Bar

If offered as a meal choice, record daily counts

## Multi-Day Food/Condiment Bar Production Record

This production record is designed for schools that have an ongoing fruit/vegetable bar. It can also be used to track condiments. Use the form. The "Total Amount Used" column is for nutrient analysis and costing. Use the Vegetable Subgroup Key column to record the abbreviation for the vegetable subgroups served: RO=Red Orange; DG=Dark Green; BP=Beans & Peas (Legumes); S=Starchy.

Week of: <b>May 10</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Total Number Served for Week				
Record Daily Participation: E	E=47	E=49	E=44	E=47	E=47	E=234				
Food Items Used and Form	M=68	M=58	M=65	M=68	M=70	M=329				
	HS=110	HS=98	HS=124	HS=112	HS=116	HS=560				
	servings									
Romaine/Iceberg Lettuce Mix	Dole	DG	lbs.	10	7	7	8	5	1	36 lbs.
Tomatoes, diced	Dole	RO	lbs.	5	3		4			12 lbs.
WG Saltines Crackers	Nabisco 2/pkg	WG	lbs.	3	2	2	3	1		11 lbs.
Ranch Dressing, reg.	C		qt.	2	2	1	2	2	1	8 qts.
Carrots, shredded	Dole	RO	lbs.	2		1		2	1	4 lbs.
Cheese, American, shredded	C		lbs.	3	1	1	2			7 lbs.



# Stand and Stretch



**NEBRASKA DEPARTMENT OF EDUCATION**



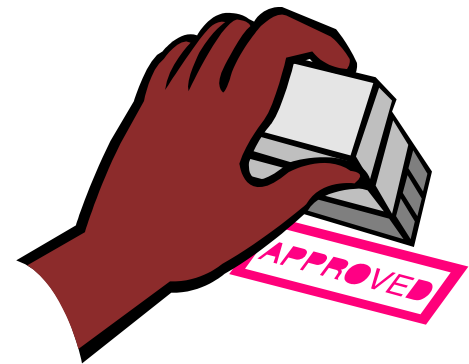
# Six Cent Certification

- Performance based reimbursement
- Additional 6 cents/lunch
- Compliant with current meal patterns
  - Lunch & Breakfast (if served)



# Certification Packet

- One week of menus for each menu offered
  - Elementary, Middle School, High School Lunch= 3 menus
  - K – 8 Lunch & 9-12 Lunch; Breakfast same menu all grades = 3 menus
- Detailed menu worksheet
  - Food components and quantities by reimbursable meal
- Some sort of nutrient analysis
  - FNS approved software **OR**
  - Simplified nutrient assessment



# Certification Procedure

- The School/RCCI must demonstrate compliance with meal pattern requirements in effect at the time of application for certification

**Let's apply before  
the breakfast meal  
pattern changes  
and all grains  
have to be whole  
grains!**



# Certification Procedure

## When can my school apply?

- After July 1, 2012
  - Submit documents for menus planned for October or November
  - State Agency has 60 days to certify menus
  - Receive 6 cents for each lunch served beginning October 1<sup>st</sup>



# Certification Procedure

## When can my school apply?

- After October 1<sup>st</sup>
  - Submit one week of menus planned for date after Oct 1<sup>st</sup>
  - Six cents paid retroactive to the start of the month in which certified lunches served
    - SFA submits menus for March 15-19
    - State agency certifies menus in May
    - SFA paid 6 cents for every lunch served on or after March 1<sup>st</sup>, 2013



# SY 2012 - 2013 Happenings

- Your year to apply for the 6 cent certification
- Nutrition Services may conduct an onsite validation review for certified Schools/RCCI's



# Administrative Reviews – 2013-2014

- **New** 3-year cycle for administrative reviews
- Review all Schools/RCCI's that did not apply for certification in 2012-2013



# Record Retention

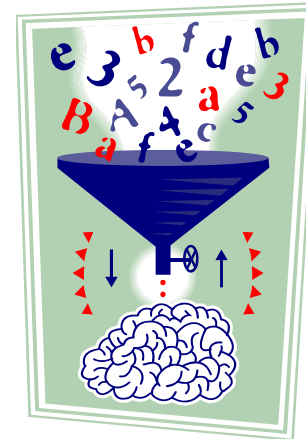
- Production Records
  - 3 years plus current
- HACCP Plan
  - Update annually
- HACCP Records
  - 1 year plus current





# Other Information

- Special Diets
- Wellness Plan
- Competitive Food Policy
- Updated Foods of Minimal Nutritional Value



# Available from the National Food Service Management Institute (NFSMI)

***Whole  
Grains in  
Child  
Nutrition  
Programs***



# USDA Online Modules

Final Rule Custom text | BOOKMARK | EXIT



- ▼ The New School Meal Patterns: What You
- New School Meal Pattern
- National School Lunch Act
- The Healthy, Hunger-Free Kids Act of 20
- Implementation
- Focus: Nutrient-Dense Meals
- Changes to the National School Lunch F
- NSLP
- Key hanges in the meal pattern require
- Changes in the meal pattern requiremen
- Implementation Assistance
- Implementation Timeline of New Meal Pat
- Vary Your Vegetables
- A serving of fruit is equal to the following:
- Make Half Your Grains Whole
- Meat/Meat Alternata
- Switch to Fat-Free or Low Fat Milk
- Dietary specifications
- Offer Versus Serve
- Monitoring and Compliance
- Reimbursable Meal

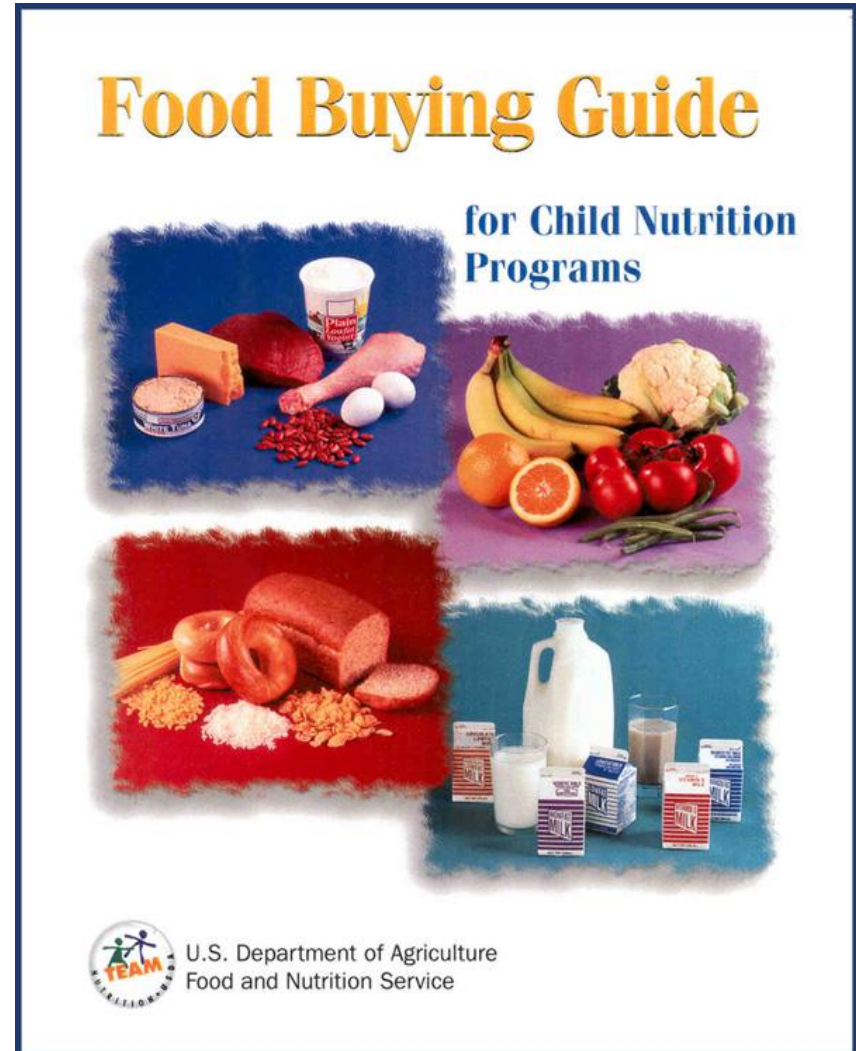


## The New School Meal Patterns: What You Need to Know

◀ ▶ ⏪ ⏩

# The Food Buying Guide

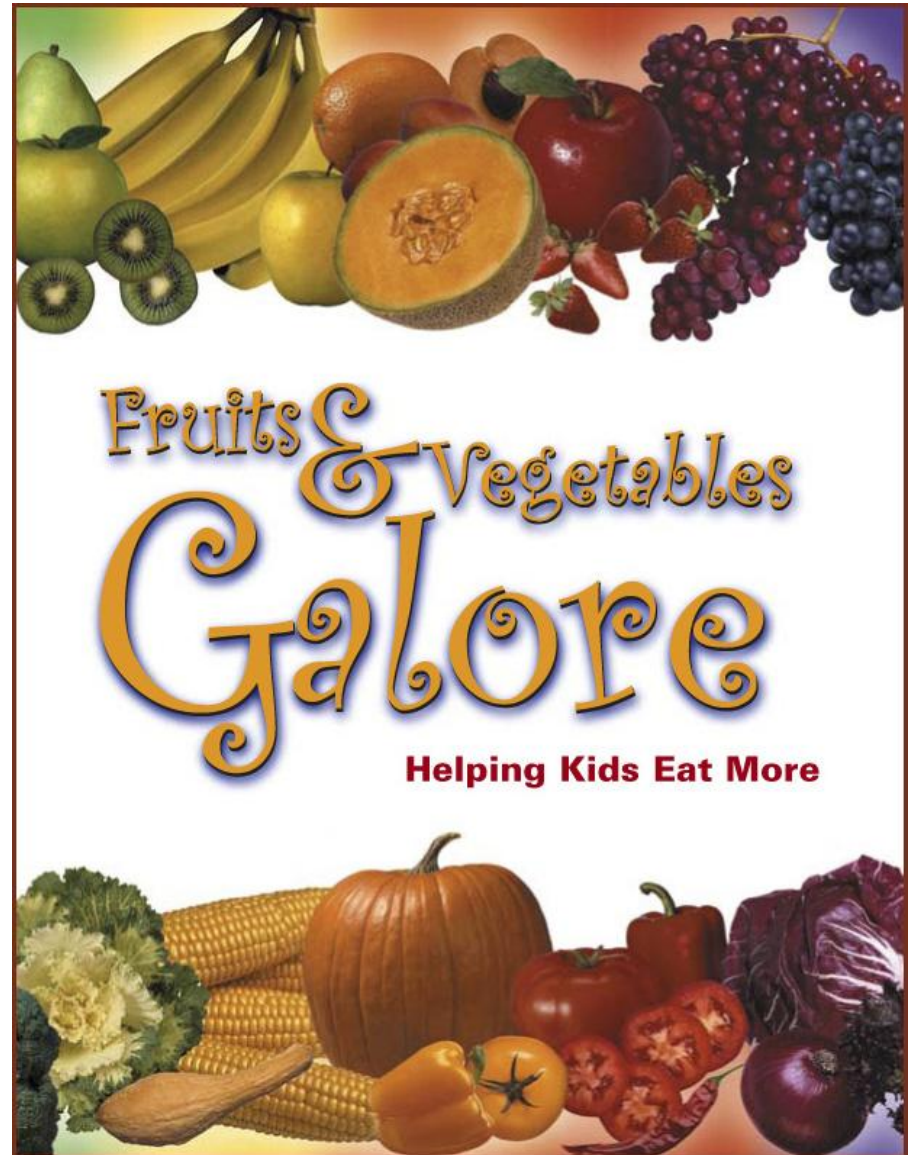
Currently  
being updated



[www.fns.usda.gov/tn/Resources/foodbuyingguide.html](http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html)

**Available now  
from Team  
Nutrition**

**Fruits and  
Vegetables  
Galore:  
Helping Kids  
Eat More**







# http://www.education.ne.gov/ns



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<p><a href="#">Ask NDE - FAQ's</a></p>  <p><a href="#">Contact Information</a></p>	<p><a href="#">Superintendents / Principals</a></p>  <p><a href="#">Change of e-mail, address</a></p>	<p><a href="#">State of the Schools Reports</a></p> <p>Annual reports on Nebraska's public schools and student performance.</p> <p><a href="#">Click Here</a></p>
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### Nutrition Services

[Nutrition Services Home](#)

#### School Meals Program

- [Fresh Fruit & Veg Program](#)
- [Forms & Resources](#)
- [Training](#)
- [Important Dates](#)
- [School Breakfast Program](#)
- [Special Milk Program](#)
- [After School Snack Program](#)
- [Celebrations/Contest](#)
- [Grants](#)

[Child and Adult Care Food Program](#)

### National School Lunch Program - NSLP

#### Program Information

- [Overview of NSLP](#)
- [2010 Child Nutrition Reauthorization](#)
- [New Meal Pattern Requirements - July 1, 2012](#)
- [After School Snacks](#)
- [Fresh Fruit & Vegetable Program](#)
- [Healthier US School Challenge](#)
- [School Breakfast](#)
- [Special Milk Program](#)
- [Team Nutrition](#)

#### Training & Resources

# Only a Phone Call Away 800-731-2233

Refer to the  
handout for:



- Web Address
- Phone Number
- Fax Number
- Email Address

