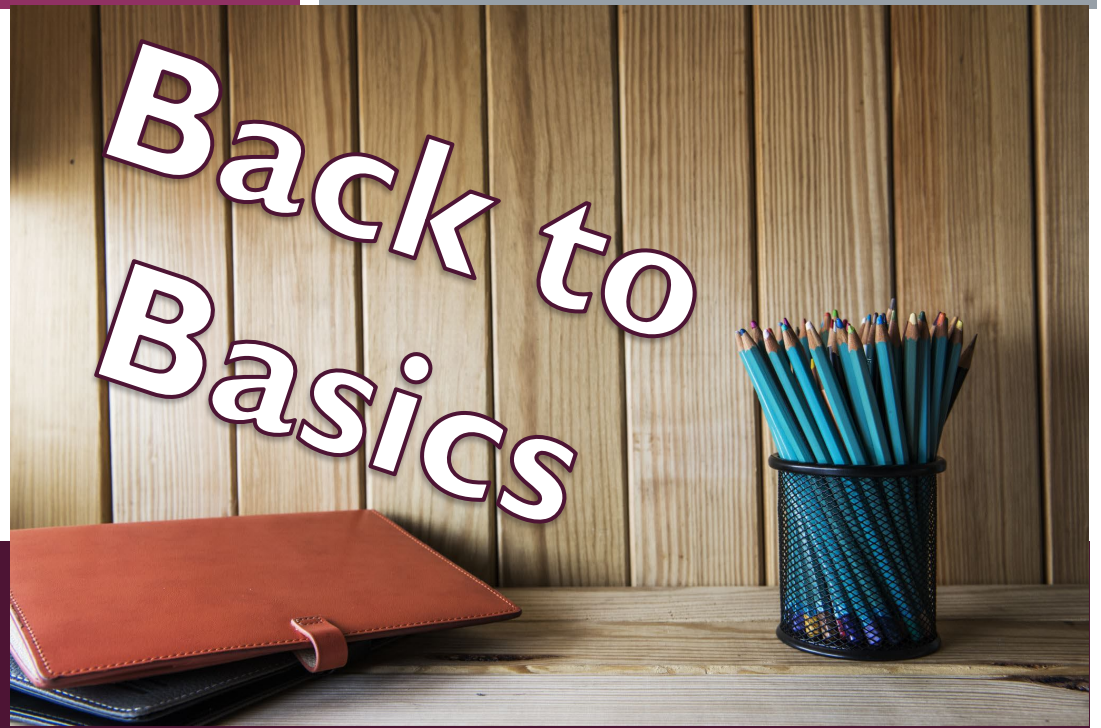




MEAL PATTERN REQUIREMENTS

AUGUST 2022



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

MEAL PATTERN BASICS



GRADE GROUPS



**FOOD
COMPONENTS**



NUTRIENTS



MEAL PATTERN

GRADE GROUPS

School Nutrition Programs

The NSLP provides cash reimbursement and commodity foods for meals served in non-profit care institutions.



School Nutrition Documents

School Meal Programs Resources

Afterschool Snacks

- Afterschool Snack Brochure
- Afterschool Snack meal pattern
- Afterschool Snack Recipe Booklet
- Snack Ideas
- Snack Promotional Flyer

National School Lunch / Breakfast Programs (NSLP/SBP)

- USDA Food Buying Guide for Child Nutrition Programs
- Food Production Record Handbook
- Free & Reduced Applications More Than a Meal (publisher)
- Free & Reduced Applications More Than a Meal (pdf)
- Meal Pattern Requirements
- Offer Versus Serve Manual
- PreK Meal Pattern Requirements
- School Meals - FAQs
- Short & Long Week Meal Requirements
- Start School with Breakfast-Guidebook

Meal Pattern Requirements

DOE CANS SNP Website under School Meal Program Resources, NSLP/SBP

<https://doe.sd.gov/cans/documents/SNP-MIPtrn-TrnsNtnStnd-0722.pdf>

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Short & Long Week Meal Requirements

DOE CANS SNP Website under School Meal Program Resources, NSLP/SBP

<https://doe.sd.gov/cans/documents/CNS-NSLP-ShrtLngWeek.pdf>

HANDOUT BREAKFAST MEAL PATTERN

5-DAY WEEK

	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	No requirement, substitution for fruit allowed.		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
MMA (oz eq)	No requirement, substitution in place of grains allowed after 1 oz eq daily requirement met.		
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)

HANDOUT LUNCH MEAL PATTERN

5-DAY
WEEK

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
MMA (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

GRADE GROUPS



- Lunch and Breakfast
 - K-5
 - 6-8
 - 9-12
- Grade group flexibilities
 - Breakfast: K-12
 - Lunch: K-8

FOOD COMPONENTS

- Fruits
- Vegetables
- Grains
- Meats
- Milk



COMPONENT CREDITING

Method 1: Food Buying Guide



<https://foodbuyingguide.fns.usda.gov/>

Method 2: Product Formulation Statement

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative.

Product Name: Code No.:
 Manufacturer: Serving Size:

I. Meats

Fill out the chart below to determine the creditable amount of Meats.

DESCRIPTION OF CREDITABLE MEAT INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT INGREDIENT A	MULTIPLY	FBG YIELD ¹ B	CREDITABLE AMOUNT A x B
		x		
		x		
		x		
C. Total Creditable Meats Amount⁴				

¹ FBG yield = Additional Information column.

II. Meat Alternates

Fill out the chart below to determine the creditable amount of Meat Alternates.

DESCRIPTION OF CREDITABLE MEAT ALTERNATE INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT ALTERNATE INGREDIENT D	MULTIPLY	FBG YIELD ² E	DIVIDE	PURCHASE UNIT IN OUNCES F	CREDITABLE AMOUNT ² D x E ÷ F
		x		÷		
		x		÷		
		x		÷		
G. Total Creditable Meat Alternates Amount⁴						

COMPONENT CREDITING

Method 3: Child Nutrition (CN)
Label, Food & Ingredients Label



Ingredient Statement & Food Label

CN

XXXXXX

This 2.31oz fully cooked Beef Patty with Textured Soy Flour provides 2.00 oz equivalent meat/meat alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX)

CN

CN

Ingredient List:
Beef (Not More Than 20% Fat), Water, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Lite Salt (Salt, Potassium Chloride), Onion

Nutrition Facts

144 Servings Per Container

Serving Size 63g

Amount Per Serving

Calories

Total Fat 8g

Saturated Fat 3.5g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 4g

Cholesterol 40mg

Sodium 85mg

Total Carbohydrate 1g



MEAL PATTERN



COMPONENTS



HANDOUT - MILK 5-day week

Breakfast

K-5	6-8	9-12
5 (1 cup)	5 (1 cup)	5 (1 cup)

Lunch

K-5	6-8	9-12
5 (1 cup)	5(1 cup)	5 (1 cup)



MILK

- Pasteurized, fluid milk
- Must offer fat-free (skim) or low-fat (1% fat)
- May be flavored or unflavored
 - Unflavored milk must be offered at every meal
- Nondairy beverage must be nutritional equivalent
- Offer **one** cup each day





GRAINS

5-day week

Breakfast

K-5	6-8	9-12
7-10 (1 oz eq)	8-10 (1 oz eq)	9-10 (1 oz eq)

Reminder

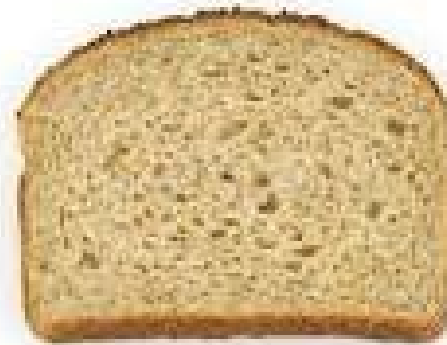
Ounce equivalents (oz eq) are used to determine creditable grains

Lunch

K-5	6-8	9-12
8-9 (1 oz eq)	8-10 (1 oz eq)	10-12 (2 oz eq)

GRAINS

- At least 80 percent of the weekly grains offered must be whole grain-rich
- Remaining weekly grains offered must be enriched
- 0.25 oz eq min credits
- Up to 2.0 oz eq grains per week can be a grain-based dessert



More grains +
fewer other
ingredients



Fewer grains +
more other
ingredients

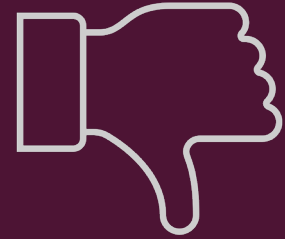
GRAINS

- Bread
- Cereal grains, like rice and oats
- Read to eat cereal
- Pasta
- Grain based desserts
- Snack food products





GRAINS – NOT CREDITABLE



- Oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours)
 - Food must have less than 2% or less than 0.25 oz eq of these grains in the product formula
- Potatoes are a vegetable (Starchy Vegetable Subgroup) and do not credit as a grain



FRUIT 5-day week

Breakfast

K-5	6-8	9-12
5 (1 c)	5 (1 c)	5 (1 c)

Lunch

K-5	6-8	9-12
2½ (½ c)	2½ (½ c)	5 (1 c)



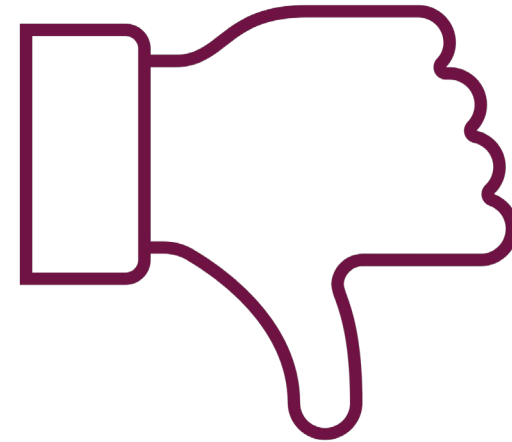
FRUITS – WHAT COUNTS

- Credits as volume served, i.e. $\frac{1}{2}$ cup credits as $\frac{1}{2}$ cup
 - $\frac{1}{8}$ cup is minimum amount to contribute
- Fresh, frozen, or canned in water, juice or light syrup
- Dried - $\frac{1}{4}$ cup offered credits as $\frac{1}{2}$ cup
- 100% juice
 - Up to half of weekly fruit offerings may be juice
 - $\frac{1}{2}$ cup offered credits as $\frac{1}{2}$ cup
 - Pureed fruit counts as juice in a smoothie



FRUITS – NOT CREDITABLE

- Snack-type foods from fruits, such as fried banana chips
- Freeze dried fruit
- Pickle relish, jam, or jelly
- Home canned products





VEGETABLE 5-day week

Breakfast

	K-5	6-8	9-12
Vegetables	0	0	0
Dark green	0	0	0
Red/orange	0	0	0
Beans/peas	0	0	0
Starchy	0	0	0
Other	0	0	0
Additional	0	0	0

Lunch

	K-5	6-8	9-12
Vegetables	3¾ (¾ c)	3¾ (¾ c)	5 (1 c)
Dk green	½ cup	½ cup	½ cup
Red/orange	¾ cup	¾ cup	1¼ cup
Beans/peas	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional	1 cup	1 cup	1½ cup

VEGETABLES – WHAT COUNTS

- Credits as volume served, i.e. $\frac{1}{2}$ cup credits as $\frac{1}{2}$ cup
- Offer all 5 vegetable subgroups at lunch every week
- Fresh, frozen, canned
 - 1 cup fresh leafy greens credits as $\frac{1}{2}$ cup
 - $\frac{1}{2}$ fresh, frozen or canned credits for $\frac{1}{2}$ cup
- 100% juice
 - Half of weekly offerings may be juice



VEGETABLE SUBGROUP SHEET

VEGETABLE SUBGROUPS

Dark Green

Beet Greens	Kale
Bok Choy	Mesclun
Broccoli	Mustard Greens
Cabbage (Chinese, Celery)	Romaine Lettuce
Chicory	Spinach
Collard Greens	Swiss Chard
Dark Green Leafy Lettuce	Turnip Greens

Red/Orange

Acorn Squash	Red/Orange Peppers
Butternut Squash	Salsa
Carrots	Sweet potatoes
Cherry Peppers	Tomatoes
Hubbard Squash	Tomato Juice
Pimentos	
Pumpkin	

Legumes

Black Beans	Navy Beans
Black-eyed Peas (dry)	Northern Beans
Chickpeas	Pinto Beans
Edamame	Small Red Beans
Kidney Beans	Soy Beans
Lentils	Split Peas
Mung Beans	White Beans

Starchy

Cassava	Jicama
Corn	Pigeon Peas
Fresh Cowpeas	Plantains
Field Peas	Potatoes
Black-eyed Peas (not dry)	Poi
Green Bananas	Taro
Green Lima Beans	Water Chestnuts

DOE CANS SNP
website under
School Meal Prog
Resources,
NSLP/SBP

<https://doe.sd.gov/cans/documents/VegiSubgrp.pdf>

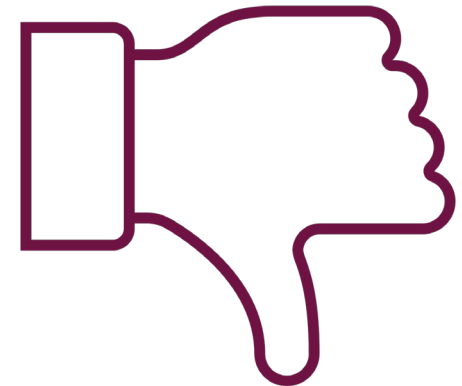


ADDITIONAL VEGETABLES

- Additional vegetables can come from any subgroup
 - Grades K-8 need a 1 cup minimum each week
 - Grades 9-12 need 1 ½ cup minimum each week

VEGETABLES – NOT CREDITABLE

- snack-type foods made from vegetables, such as potato chips
- pickle relish, jam, or jelly
- tomato ketchup and chili sauce (tomato paste is creditable)
- home canned products
- dehydrated vegetables used for seasoning





MEAT/MEAT ALTERNATES

5-day week

Breakfast

K-5	6-8	9-12
0	0	0

Lunch

K-5	6-8	9-12
8-10 (1 oz eq)	9-10 (1 oz eq)	10-12 (2oz eq)

Reminders

- Ounce equivalents (oz eq) are used to determine MMA credit
- 0.25 oz eq is minimum amount allowed for credit
- At breakfast, 1 oz eq of grain must be served to allow any MMA substitution



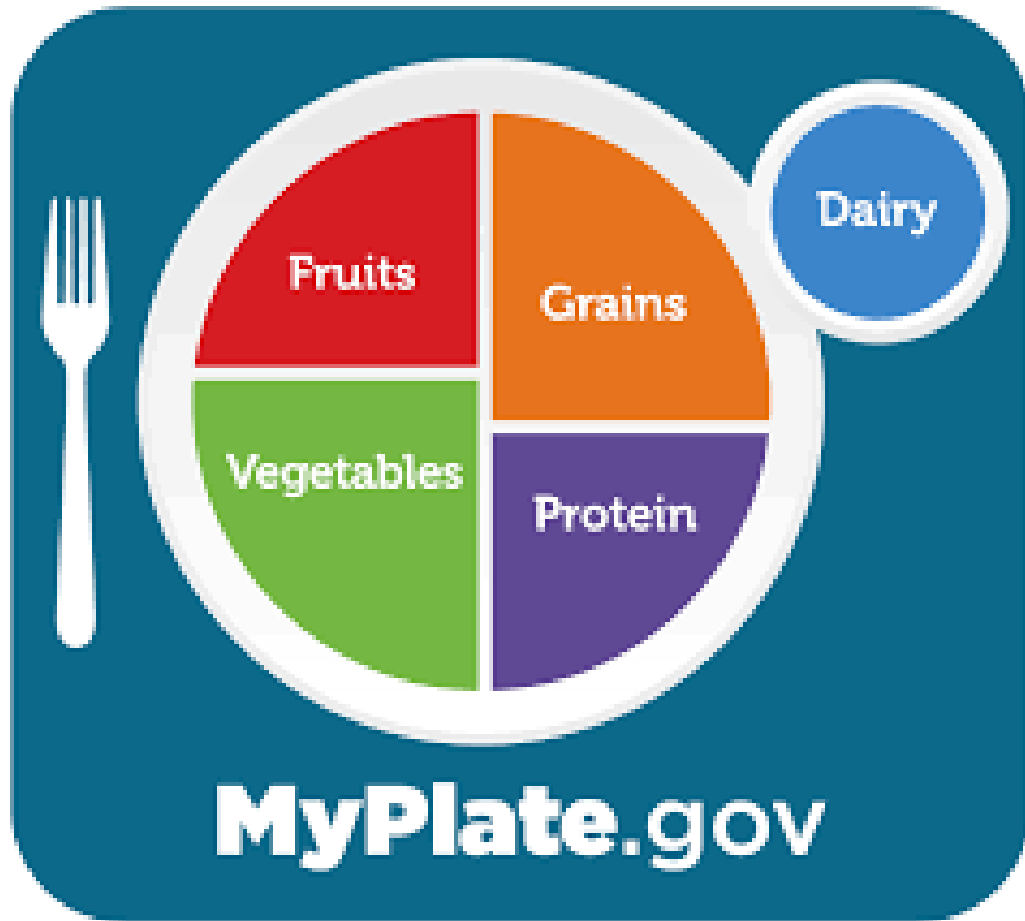
MEATS/MEAT ALTERNATIVES

- Lean Meat, Poultry, Fish
- Cheese
- Yogurt
- Dry beans and peas
- Eggs
- Tofu/Tempeh
- Nuts/Seeds
- Nut or seed butters

Common 1 oz eq of M/MA Credit

- 1-1 ½ ounces of Meat, Poultry, Fish
- ½ cup yogurt
- ¼ cup dry beans
- ½ large egg
- 1 ounce tempeh
- 2 TBSP peanut butter

NUTRIENTS



- Calories
- Saturated Fat
- Sodium
- Trans fats



NUTRIENTS (DIETARY SPECS)

5-day week

Breakfast

	Grades K-5	Grades 6-8	Grades 9-12
Min-max calories (kcal)	350-500	400-550	450-600
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium Target I (mg)	≤ 540	≤ 600	≤ 640
Trans fat	Nutrition label says zero grams per serving		

NUTRIENTS

5-day week

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Min-max calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium Target I (mg)	$\leq 1,230$	$\leq 1,360$	$\leq 1,420$
Sodium Target IA (mg)	$\leq 1,100$	$\leq 1,225$	$\leq 1,280$
Trans fat	Nutrition label says zero grams per serving.		

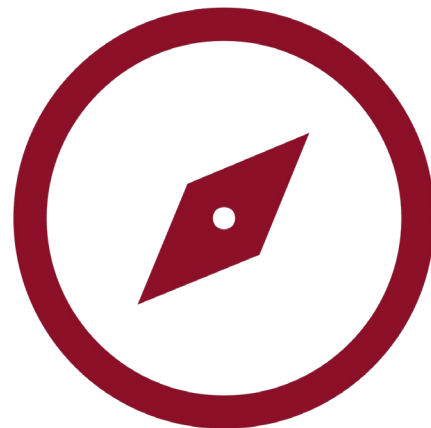


KNOWLEDGE CHECK!



WEBINAR EVALUATION SURVEY

Help us create better training webinars and suggest topics by completing a webinar evaluation survey:





RESOURCES

- A list of links will be posted along with a recording of this webinar on DOE CANS: <https://doe.sd.gov/cans/index.aspx>
- Additional information and training available at:
 - DOE CANS SNP website: <https://doe.sd.gov/cans/snp.aspx>
 - Institute of Child Nutrition (ICN): <https://theicn.org/>
 - Team Nutrition: <https://www.fns.usda.gov/team-nutrition>



CONTACT



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DOE CANS Website: <https://doe.sd.gov/cans>



Back to Basics Meal Pattern Training

This training credits for 30 minutes of training in
Key Area I - Nutrition

1110 USDA Nutrition Requirements

Your Name:

Date of Training:

