LUNCH MEAL PATTERN REQUIREMENTS

1

Grade Groups

- Same grade groups for NSLP and SBP:
  - K-5
  - 6-8
  - 9-12

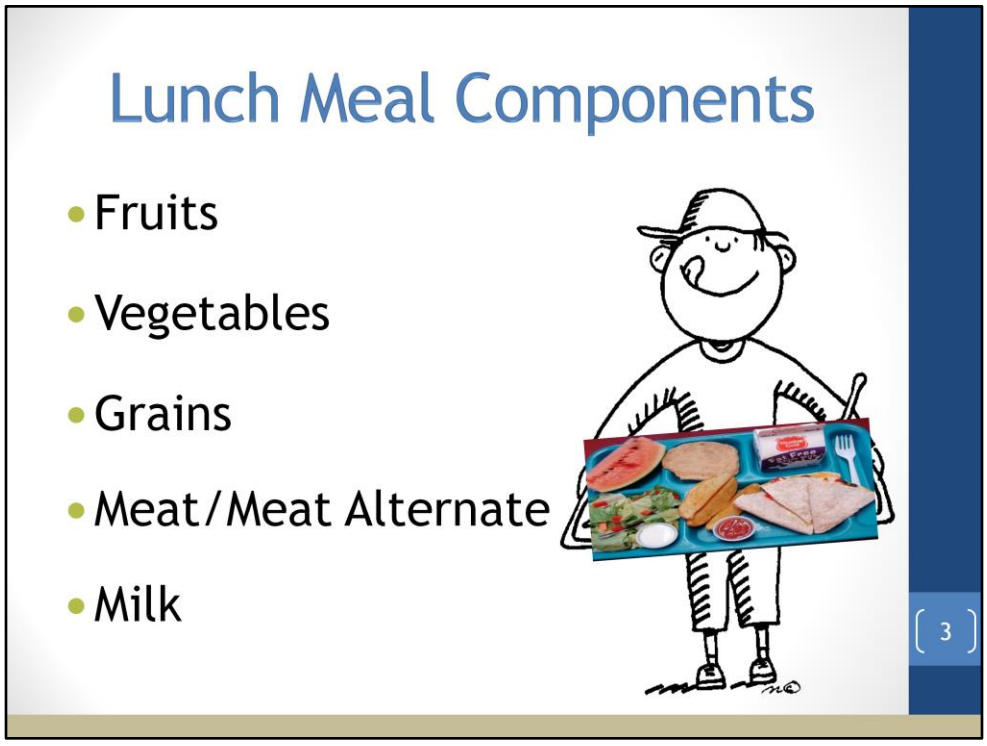
2

READ SCRIPT

- This rule requires schools to use the same grade groups for planning lunches and breakfasts.
- The grade groups are now narrower to provide age-appropriate meals. We will explore in later slides how the rule allows some flexibility to schools that have different grade configurations.

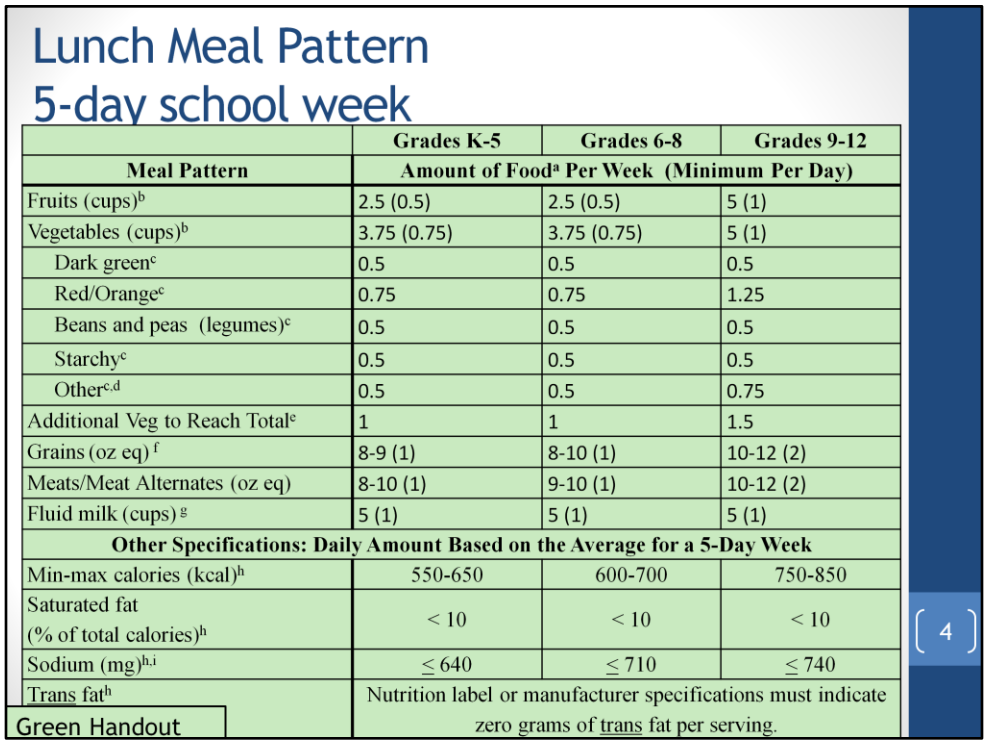
Do not read the following:

•In the past there was a 1-grade level deviation allowed for schools that may for instance operate a 6-9 grades school. Since there is NOT an overlap of calories any longer the 9th graders need a different serving size from the 6-8 graders. This 1-grade level deviation is NOT allowed.



READ SCRIPT

There are 5 meal components for lunch --- fruits, vegetables, grains, meat/meat alternate and milk.



Lunch Meal Pattern
5-day school week

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	**Amount of Food[a] Per Week (Minimum Per Day)**		
Fruits (cups)[b]	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)[b]	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green[c]	0.5	0.5	0.5
Red/Orange[c]	0.75	0.75	1.25
Beans and peas (legumes)[c]	0.5	0.5	0.5
Starchy[c]	0.5	0.5	0.5
Other[c,d]	0.5	0.5	0.75
Additional Veg to Reach Total[e]	1	1	1.5
Grains (oz eq)[f]	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)[g]	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal)[h]	550-650	600-700	750-850
Saturated fat (% of total calories)[h]	< 10	< 10	< 10
Sodium (mg)[h,i]	≤ 640	≤ 710	≤ 740
Trans fat[h]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

Green Handout

4

READ SCRIPT

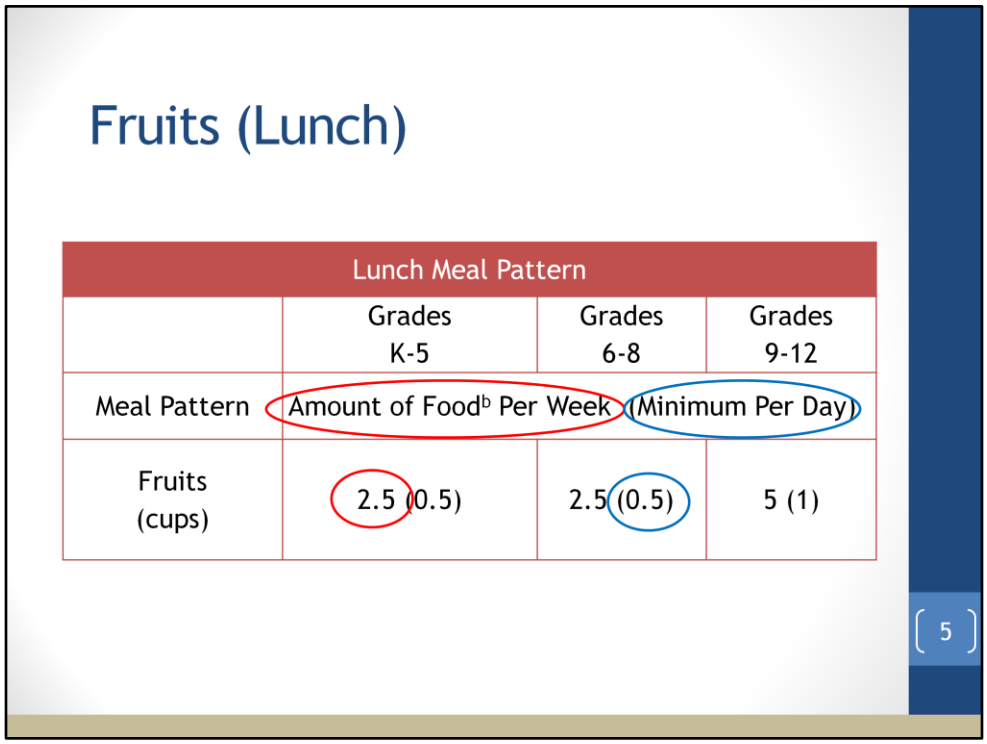
This is the lunch meal pattern requirements. **You can find this chart on the green cardstock handout.**

These requirements are for a 5-day school week. If you have a shorter or longer week, you can also follow along with your component requirements on the **Short and long week handout.**

To read this chart: Daily requirements are located inside parentheses. Weekly requirements are located outside the parentheses. We will dig into each component and nutrient standard in this training.

Please note that the sodium requirement on this chart (green handout) is the final target and does not have to be met until SY 2022. However we will not be looking at sodium for this school year

Now let's review the requirements for each of the components for lunch.



circles appear on advance click

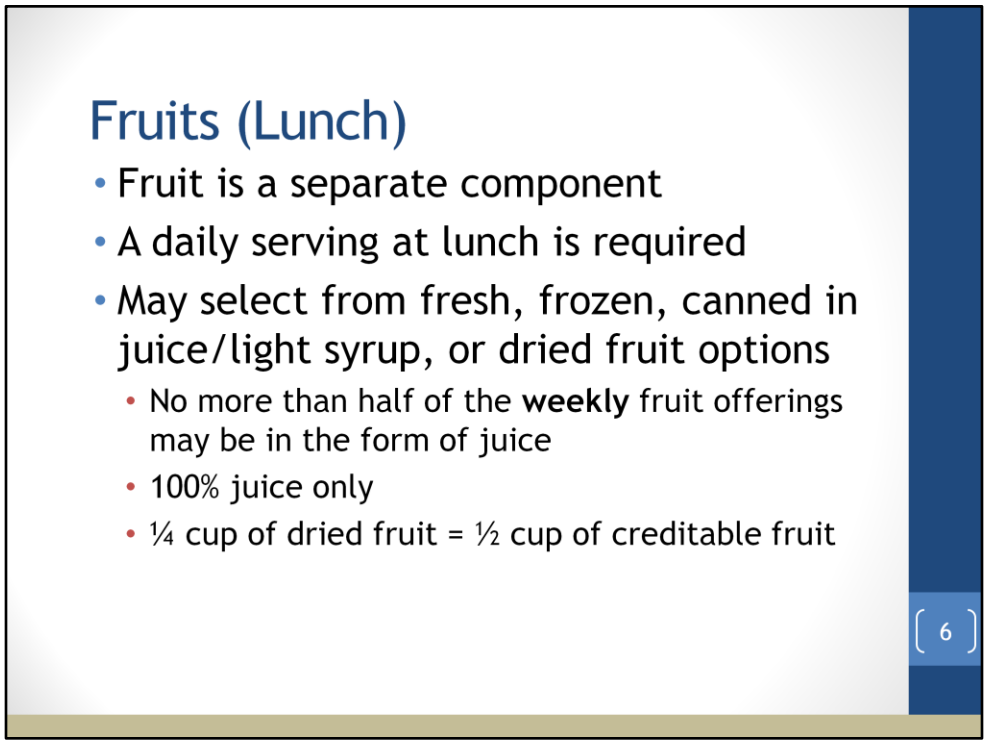
READ SCRIPT
First to read the chart on green cardstock. This slide shows the fruits component for lunch, excerpted from the green meal pattern chart.

***1 click** red circles*
The number outside the parenthesis is the required amount of food per WEEK for this component.

***1 click** blue circles*
The number inside the parenthesis is the required amount of food per DAY for this component. Note: for fruit this is a MINIMUM Daily requirement.

You can see that there is a requirement for 2.5 to 5 cups of fruit at lunch, ***per week***, depending on the age/grade group being served. The numbers in parentheses refer to the minimum amount to be served ***daily***.

You can see that the minimum weekly requirement at lunch for fruit is 2.5 cups for Grades K-5 as well as Grades 6-8, and a minimum of 5 cups per week for Grades 9-12. Grades K-5 and Grades 6-8 have minimum daily requirements of ½ cup (as shown again in parentheses) and Grades 9-12 must be offered a minimum of 1 cup of fruit per day.



READ SLIDE

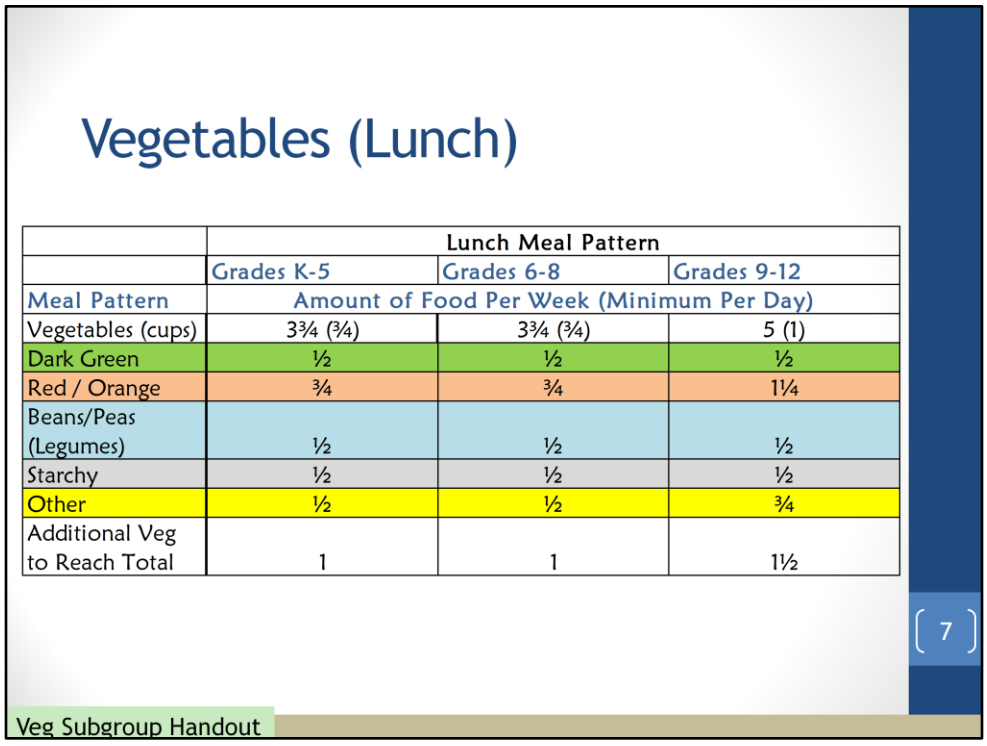
- A daily serving of fruit must be offered at lunch.
- Dried fruit is credible as double the served volume.

- If students select fruit, they must select at least a ½ cup serving of fruit to count toward a reimbursable meal, *under offer vs. serve* (otherwise, must take full required offering). We will talk about this in more depth in the OVS section of this presentation.

- Menu planners should continue to use the Food Buying Guide for Child Nutrition Programs to determine how to credit whole fruit. USDA has updated the Food Buying Guide for fruits and vegetables.

- Rule against serving frozen fruit without added sugar is waived SY13-14 and waiver will become permanent.

- **ASK:** How can you tell if your juice is creditable as 100% juice –100% juice listed as first ingredient. If water is listed as first ingredient then it must have the words “100% juice” listed somewhere on the label. Let’s look at a few of examples to see if we can determine if the juice and ingredient list is creditable.



Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green	½	½	½
Red / Orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional Veg to Reach Total	1	1	1½

7

Veg Subgroup Handout

READ SCRIPT

Vegetables are required daily and vegetable subgroups are required weekly. Required vegetable subgroups seek to give children access to a variety of vegetables, and requires weekly minimums of all vegetable subgroups.

For lunch, the new meal pattern requires a daily serving of vegetables. There are also *weekly* minimums for the vegetable subgroups- this means that over the course of the week, the required amount of each subgroup must be met, but that on any given day there are no specific subgroup requirements.

The subgroups required each week consist of: dark green, red/orange, beans/peas (legumes), starchy, and other. Additionally, there is a catch-all category added for additional vegetables that can come from any subgroup to meet the weekly total.

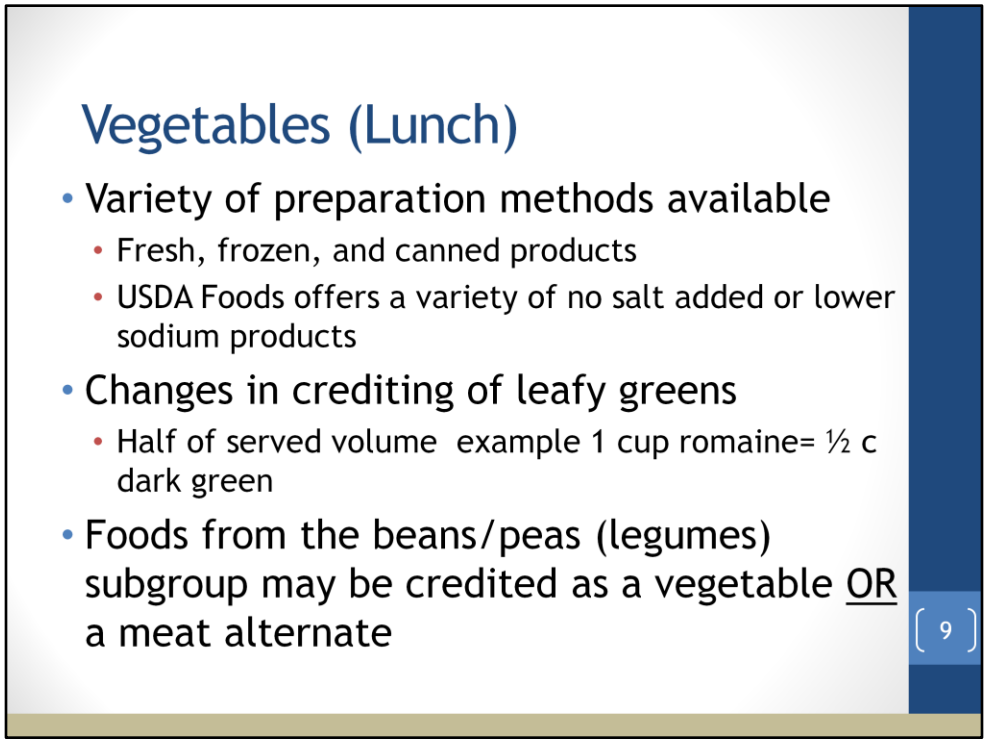
Additional vegetable is also where you record vegetable mixes

Vegetables (Lunch)

- A daily serving that reflects variety over the week
- Vegetable subgroups are a weekly requirement

8

Remember there are both daily & weekly requirements for vegetables



READ SCRIPT

•Schools may select from a variety of vegetable preparation methods to meet these new requirements. Fresh, frozen and canned products are all allowable.

•Schools have access to many nutritious, low sodium vegetable choices through USDA Foods.

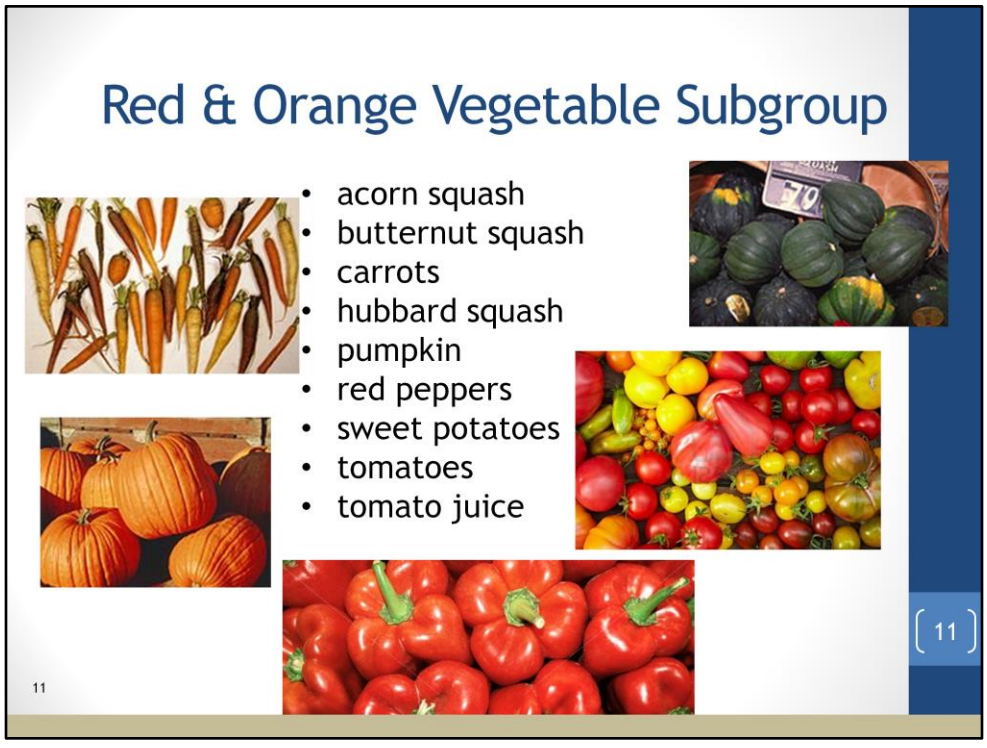
•As is currently practiced, 1/8 of a cup of vegetables is the minimum creditable amount. In this final rule, however, the crediting of leafy greens is changed. Uncooked, leafy greens will credit as half of volume as served. Therefore, one cup of romaine lettuce is creditable as one half of a cup of vegetables.

•Additionally, local menu planners can decide how to incorporate beans and peas (legumes) into the school meal. These foods may count toward *either* the requirement for vegetables *or* the meat/meat alternate component. However, schools may not offer one serving of beans and peas and count it toward both food components during the same food item. For example if you were serving chili(meat & beans) and needed to count the beans as meat you could not count the beans as veg also. However you could serve another veg with beans in it and count it toward the veg subgroup requirement (cowboy caviar)

Briefly Discuss

Look at green veg subgroup handout in your notebook

Remember all green vegetables do not necessarily fit into the Dark Green Veg Subgroup.



Briefly Discuss

Beans/Peas (Legumes) Veg. Subgroup

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

12

12

READ Title

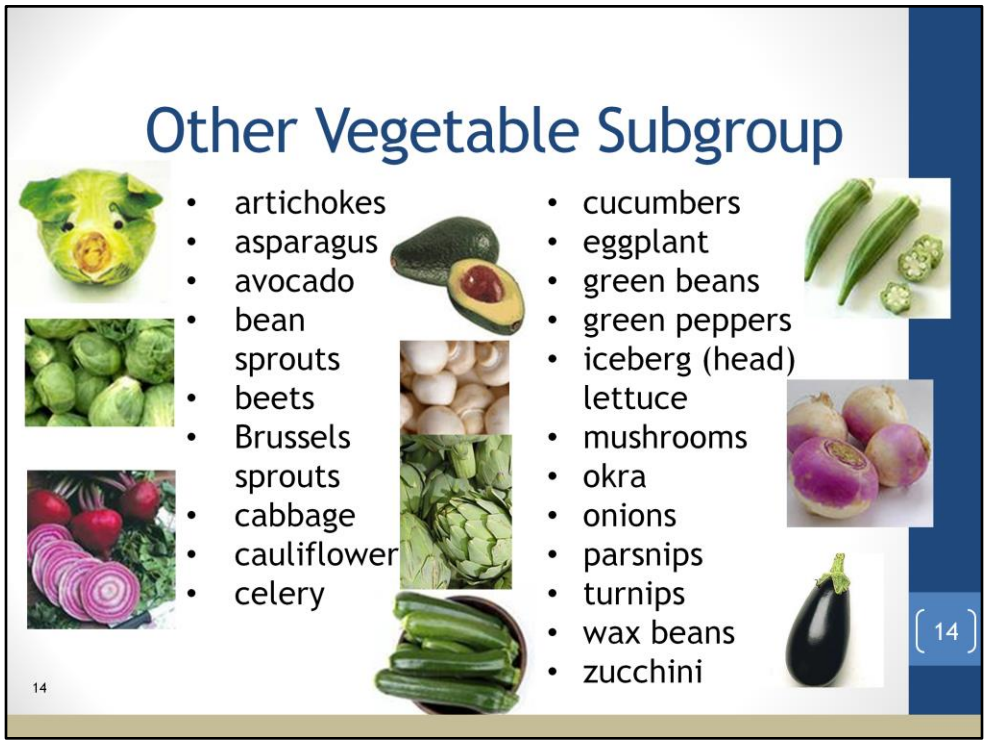
Starchy Vegetable Subgroup

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

13

13

Briefly Discuss



Briefly Discuss

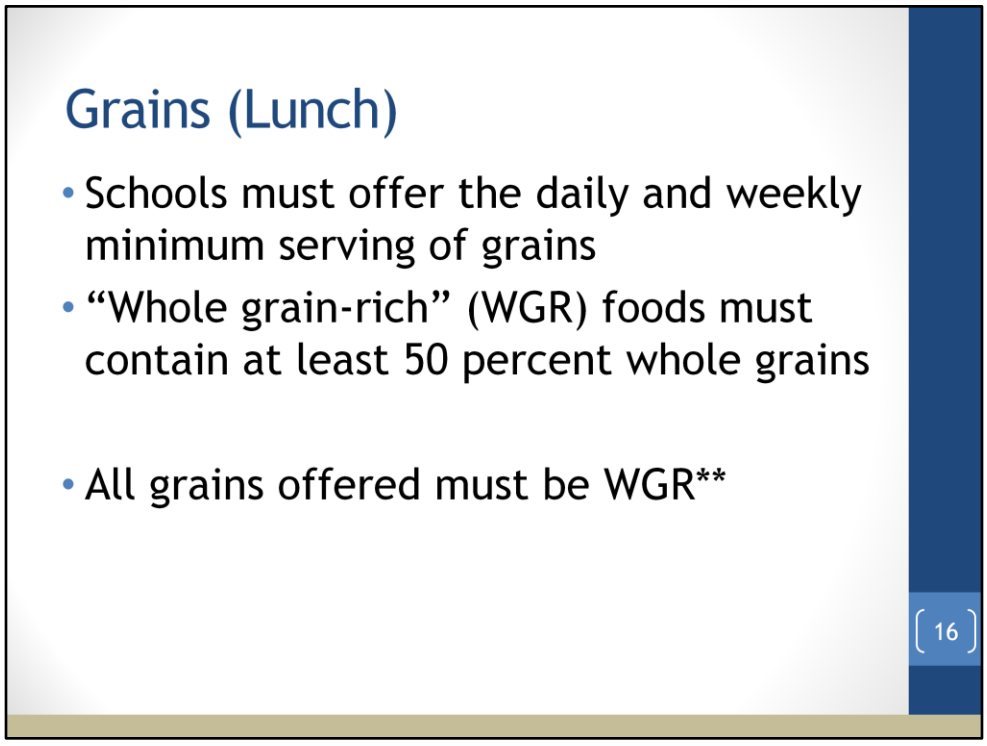
Many common vegetables are found in the Other veg subgroup -
Green beans, iceberg lettuce, green bell peppers, etc.
Reminders:

- **Just because a vegetable is green it does not make it a dark green veg subgroup.**
- Green beans do not go into the bean, pea (legume) subgroup just because it is called a bean.

READ SLIDE

Extra vegetables (any amount over the minimum weekly requirement) can either be credited in its proper vegetable subgroup OR as an additional vegetable.
Any mixed vegetables (more than 1 vegetable subgroup) that you do not know the ratio of, for example canned peas and carrots, count toward additional vegetables and not towards the vegetable subgroup.

If you know the ratio, you can calculate credit towards each subgroup. For example a 50% iceberg lettuce and 50% romaine lettuce blend. You know that half the serving can credit towards "Other" for iceberg lettuce and half your serving can credit towards "Dark Green" for the romaine lettuce.



READ SCRIPT

- Now, I will talk about the grains requirement for lunch. Please note that there are weekly minimums.
- Beginning July 1, 2014 **all** grains offered at lunch must be whole-grain rich.
- **ASK:** What is the difference between Whole Grain Rich and Whole Grain?
- *Answer:* Whole grain rich contains both whole grains and enriched grains. Whole grain does not necessarily contain enriched grains.
- **All grains offered must be WGR unless you have an approved WGR waiver for the current school year from the CANS office. 9i

Grains (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food[b] Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

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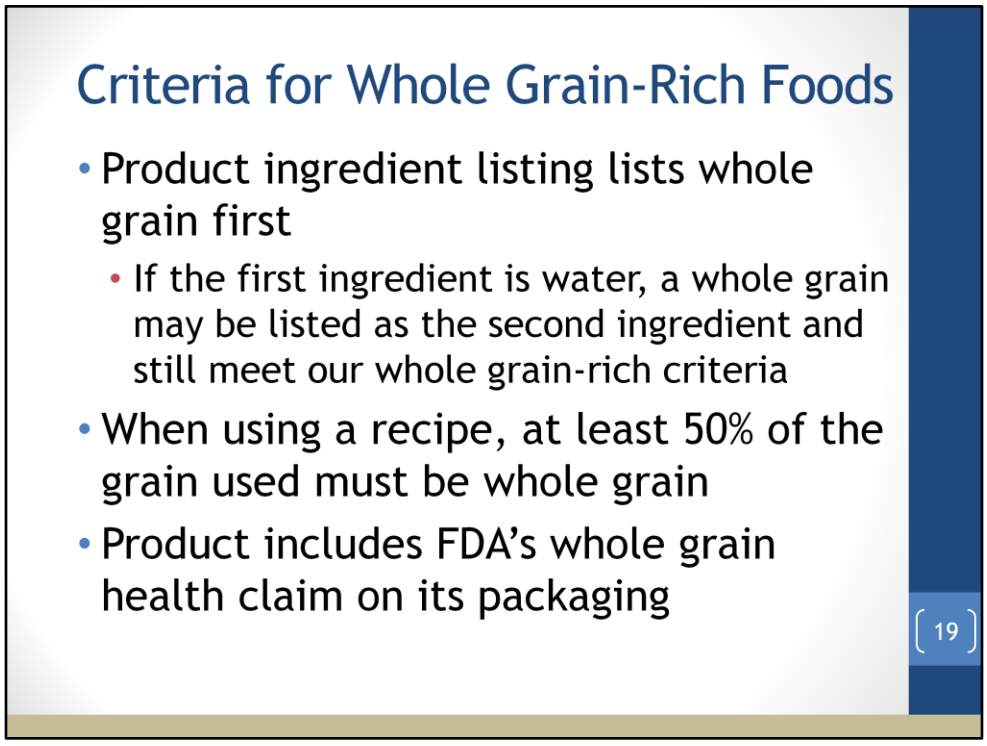
Review slide for daily requirements and weekly requirements for each grade group.

Whole Grain Terms

- **Whole grain:** contains same percentage of parts as original (whole) grain
- **Refined grain:** bran and germ have been removed
- **Enriched grain:** some, but not all, nutrients have been added back to a refined grain
- **Whole grain "rich":** contains at least 50% whole grain and the remaining grain, if any, is enriched

18

Buzz through slide 34.
text shows up on advance click



READ SCRIPT

•Determining if your grain foods are Whole Grain-Rich.

•First, a product must meet the grains/breads serving size requirements (we will look at the grain bread chart in a few slides.

•Second, a product must also meet one of the following:

- •Whole grains per serving must be greater than or equal to 8 grams
- •The product includes FDA's whole grain health claim on its packaging, OR
- •The product ingredient listing lists whole grain first

- When using a recipe, at least 50% of the grain used must be whole grain

•.At this time, the product ingredient listing is the only certain way to tell because manufacturers aren't required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory.

Read Script
You can look for the Whole Grain Council stamp (top) This tells you the product contains either 8g of whole grains or more per serving OR 16g of whole grains or more per serving.

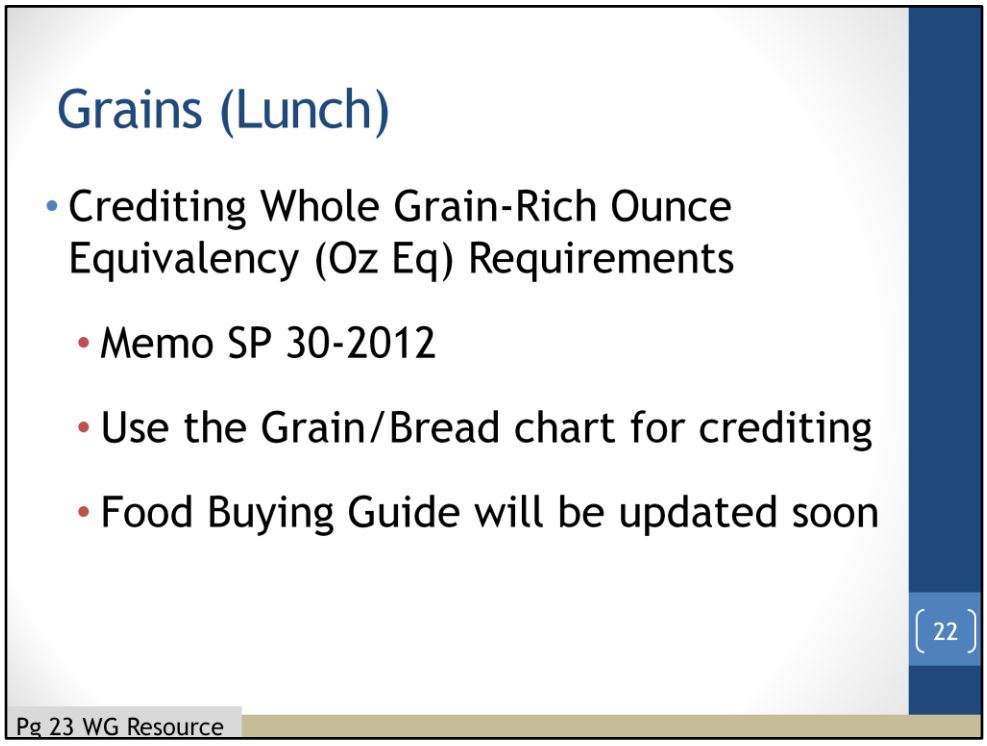
CAUTION Whole Grain Stamp: if grain product is not 100% whole grain, SFA must ensure the remaining grains are enriched.

Caution if your whole grain stamp says 8 g or more per serving – make sure the other creditable grains are enriched.

This is a label for whole wheat bread. Water can be the first ingredient & still count as a whole grain if the whole grain is the second ingredient (first ingred after water

Here we have a recipe for Whole Grain Bread Sticks. You can see that White Whole wheat flour is the heaviest grain ingredient, next is enriched flour. That tells us that more than 50% of the grains in this recipe is whole grain.

For mixed component food items like this pizza, the first **grain** ingredient must be a whole grain.
Wheat Gluten



READ SCRIPT

Let's talk about how to credit grains using the grain bread chart. You can find this in memo SP 30-2012 or look at **gold cardstock**

Note to instructors: CANS can provide a scale and saltine crackers to illustrate how to use the grain bread chart using the product label and product weight. Please let me know if you would like me to bring along.

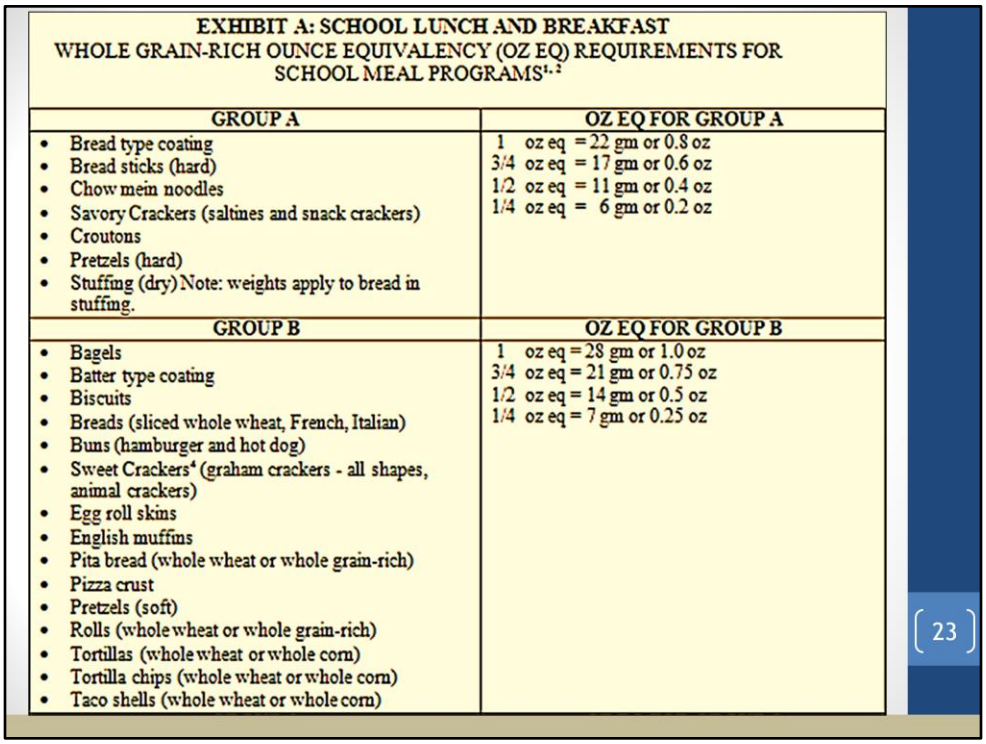


EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

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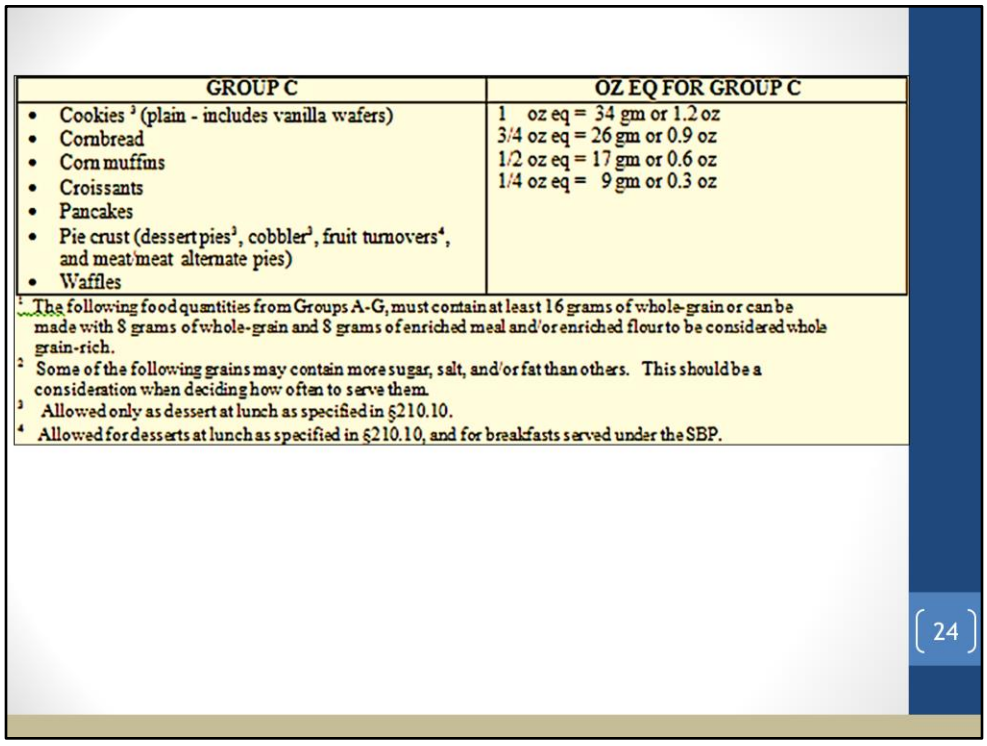
Note that the chart is divided up into different groups in the first column. On the right hand side is the column showing the ounce equivalency for a full serving, ¾ serving, half serving and ¼ serving. Reading your nutrition fact label will help you determine what serving size you have and how much you need to serve to get the full serving. We'll talk more about that later when we review some labels.

Group A – are things like saltine/snack crackers, croutons, hard pretzels

Group B – is your most popular group with things like bagels, biscuits, dinner rolls, hamburger/hotdog buns, pizza crust, bread, tortilla chips, taco chips, etc. Note that 28g or 1 oz equals a 1 oz equiv serving



GROUP C	OZ EQ FOR GROUP C
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

[1] The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.
[2] Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
[3] Allowed only as dessert at lunch as specified in §210.10.
[4] Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

Group C – are your plain cookies, pancakes, waffles, fruit turnovers, etc. Note that they have a different weight to get a 1 oz equivalency

See the footnotes for some additional information such as #3 indicates that any product labeled with a 3 is allowed as a dessert only for lunch such as the cookies

Footnote #4 indicates that any of these are allowed for desserts at lunch AND for breakfast under SBP – fruit turnover

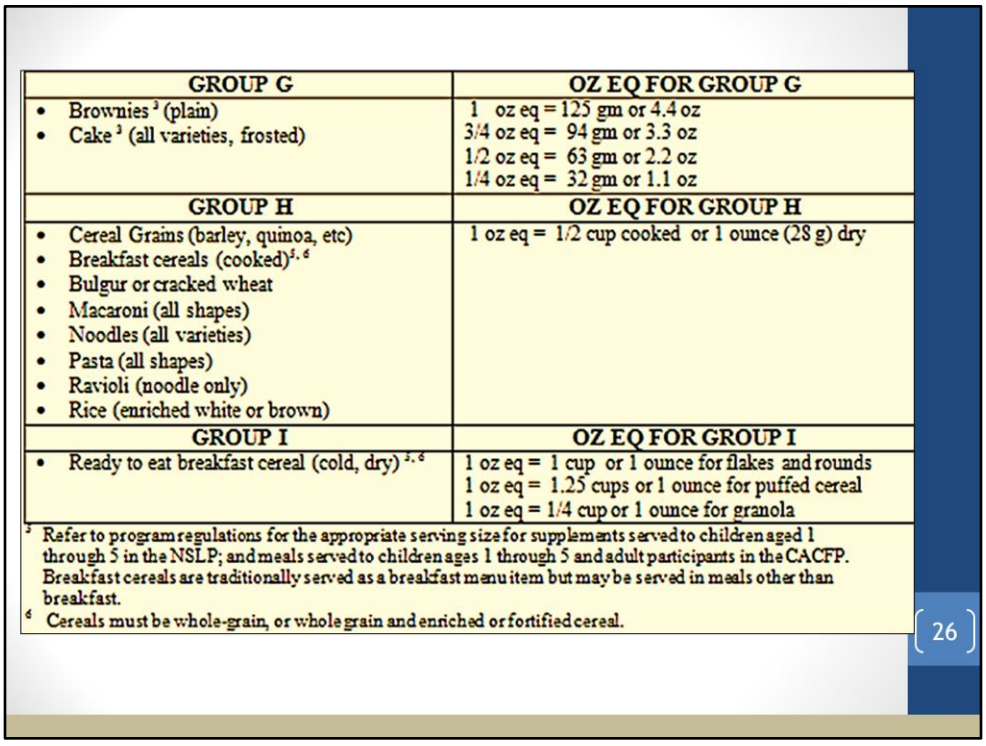
GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz

25

Group D would contain your cereal/breakfast bars, granola bars (plain), all muffins except corn muffins, unfrosted sweet rolls, toaster pastries. Note the gram weight and ounce weight of the product in order to count as a 1 oz equivalency for the meal pattern. For example, if you purchased blueberry muffins, each muffin would need to weigh at least 55 grams or 2 oz in order to count for a 1 oz equiv.

Group E – cereal/breakfast bars, granola bars with nuts, fruit, choc pieces or cookies with nuts, raisins, choc pieces, etc., frosted sweet rolls or toaster pastries – note that each one of these needs to weigh 69g or 2.4 oz in order to count for the 1 oz equiv

Group F – cakes & coffee cake – note the footnotes 3 & 4 they have an even higher gram weight and ounce weight to meet the 1 oz equiv serving If you plan to serve cake for dessert then you would need to weigh a few pieces to get an idea of what serving size you are giving. Maybe your cake pieces would be quite large and too much to serve so you would provide maybe a half serving or 41g.



GROUP G	OZ EQ FOR GROUP G
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[5, 6] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready to eat breakfast cereal (cold, dry) [5, 6]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

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

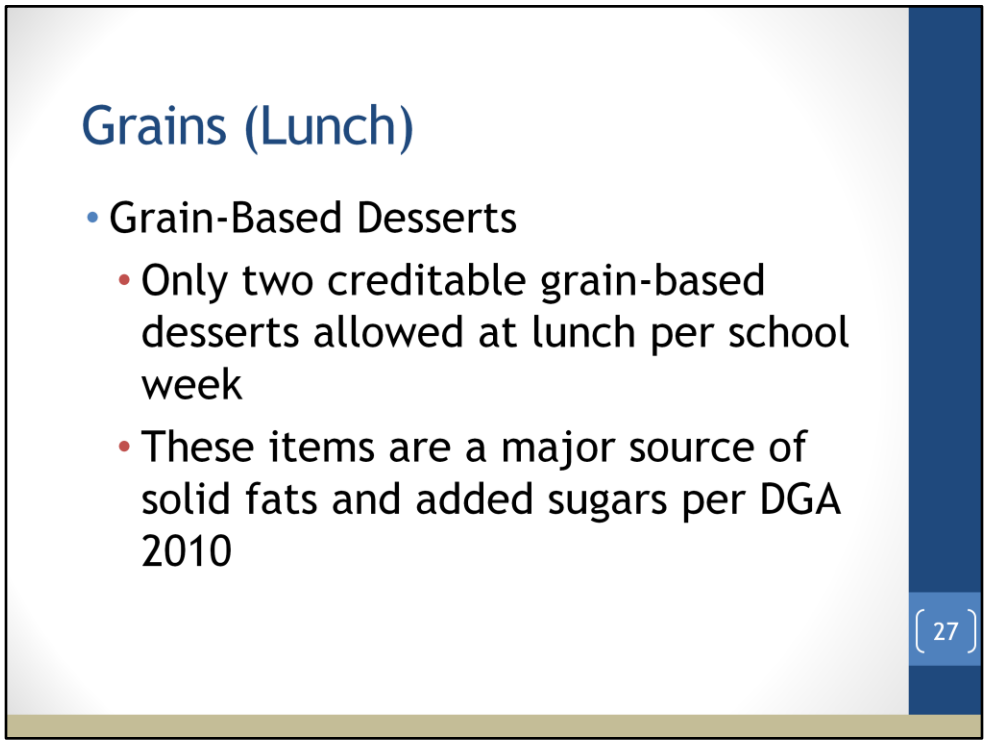
[6] Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Group G – Brownies plain and cake frosted

Group H – this group has all the cereal grains such as barley, quinoa, cooked breakfast cereals, pasta, rice
NOTE: that ½ cup cooked provides 1 oz eq serving

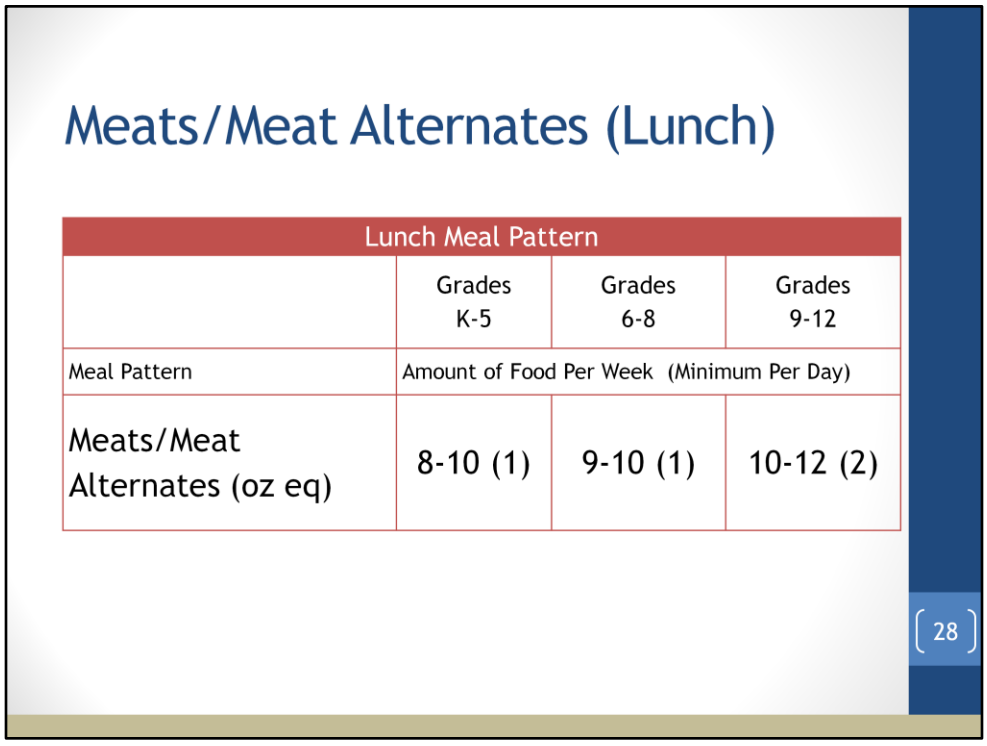
Group I – Ready to eat cereal – 1 cup or 1 ounce equals the 1 oz equiv ¼ cup granola equals 1 oz equiv

See footnote #6 – cereals must be whole grain or whole grain and enriched or fortified



•Reminder—all grains, including grain-based desserts must be counted towards your minimum and maximum ranges for grains.

•Only 2 grain based desserts can be counted each week



READ SCRIPT

This shows the daily minimums for the different grade groups in parentheses, as well as the weekly ranges for the different groups (8-10 oz eq. for K-5; 9-10 oz eq. for 6-8; and 10-12 oz eq. for 9-12). Please note that you must meet the weekly minimum requirements; K-8 menu must plan for 9 oz eq. per week minimum and 9-12 menu must plan for 10 oz eq. per week minimum.

Meats/Meat Alternates (Lunch)

- Daily and weekly requirements for lunch only
  - 2 oz eq. daily for students in grades 9-12
  - 1 oz eq. daily for younger students
- A variety of meat/meat alternates is encouraged

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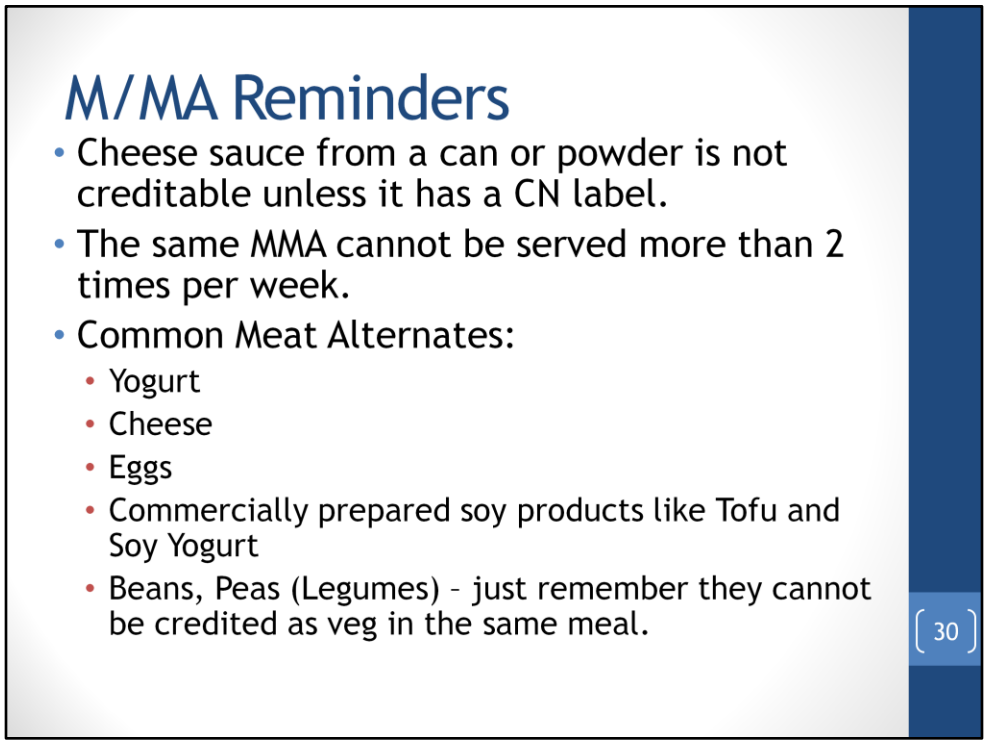
READ SCRIPT

• Students in grades 9-12 must be offered at least 2 ounce equivalents daily, and younger students must be offered at least one ounce equivalent daily. Meal planners have flexibility to determine how to reach the required weekly ranges.

• Additionally, both tofu and soy yogurt will be creditable as meat alternates. See memo SP-16-2012 for more guidance on crediting tofu and soy yogurt products.



tofu and soy products: Memo SP 16 – 2012, "Crediting Tofu and Soy Yogurt Products," dated Feb. 22, 2012

Crediting Tofu: Must be commercially prepared, Must meet definition est. in 7 CFR 210.2

2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 oz eq meat alternate.

½ cup (4 fluid oz) soy yogurt is creditable as 1 oz eq meat alternate

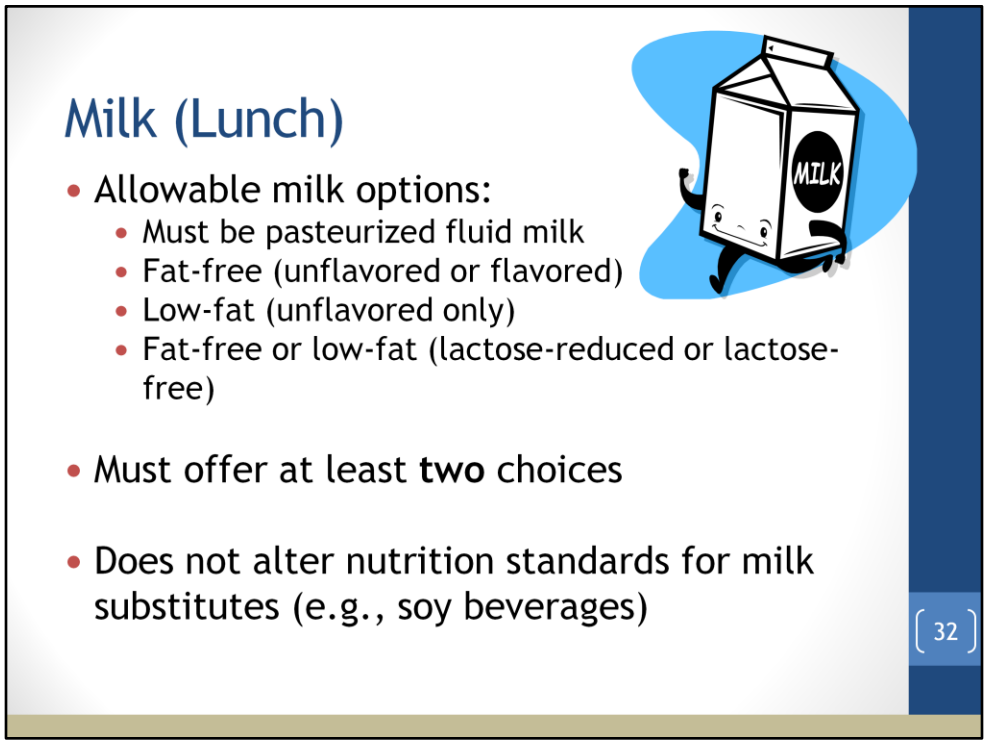
Milk (Lunch)

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

31

READ SCRIPT

• The last meal component is the fluid milk requirement. At least 1-cup of milk must be offered each day for lunch regardless of age/grade group. This is a minimum requirement.

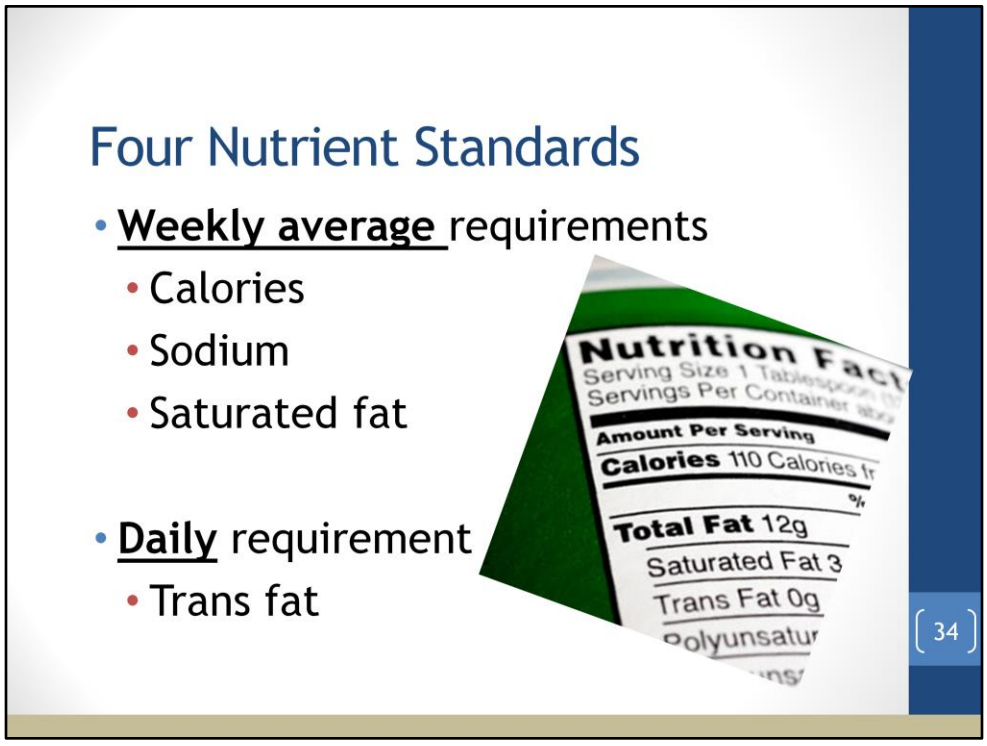


READ SLIDE

•Schools must offer at least **two choices** within the types of milk listed - fat-free (unflavored or flavored) and unflavored low-fat milk.

•Note that if *flavored* lactose reduced or lactose-free milk is offered, it also must be fat-free. Schools are not allowed to offer 2% or whole milk.

Dietary Specifications and Nutrient Standards mean the same thing.



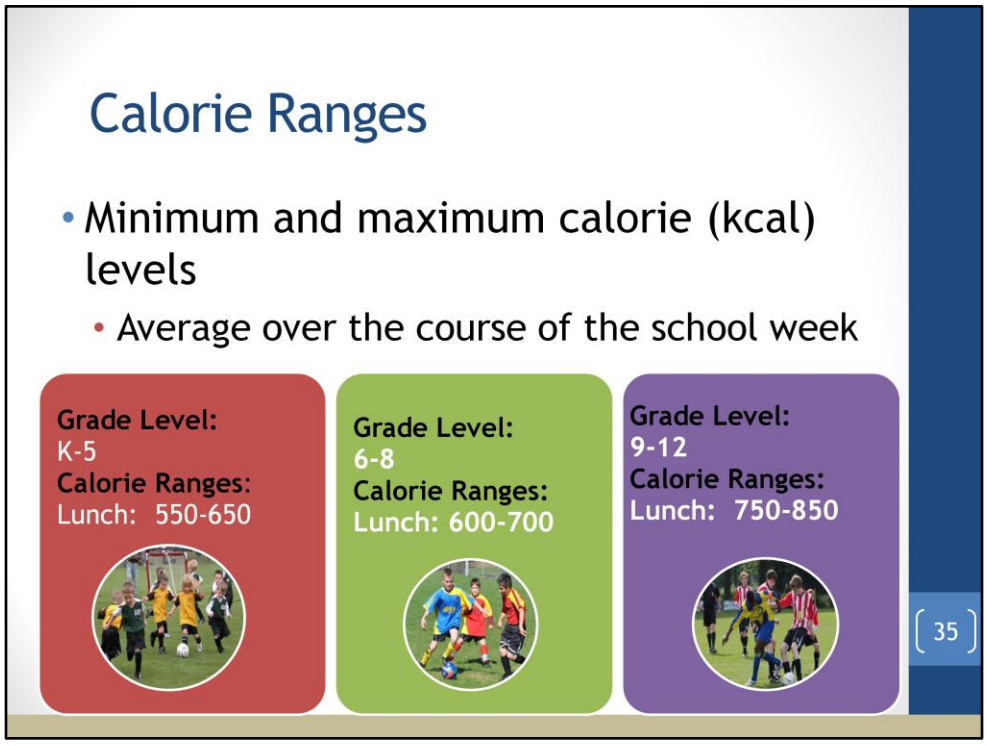
READ SCRIPT

•In addition to complying with the meal pattern components, lunches and breakfasts must also meet a few dietary specifications**. You can reference the requirements for nutrients on the purple handout.**

•These specifications are calories, sodium, saturated fat, and trans fat.

•The standards for calories, sodium, and saturated fat are to be met on <u>average over the school week</u>. This means that the levels of any of these in any **ONE MEAL COULD EXCEED THE STANDARD AS LONG AS THE AVERAGE NUMBER FOR THE WEEK MEETS THE STANDARD.**

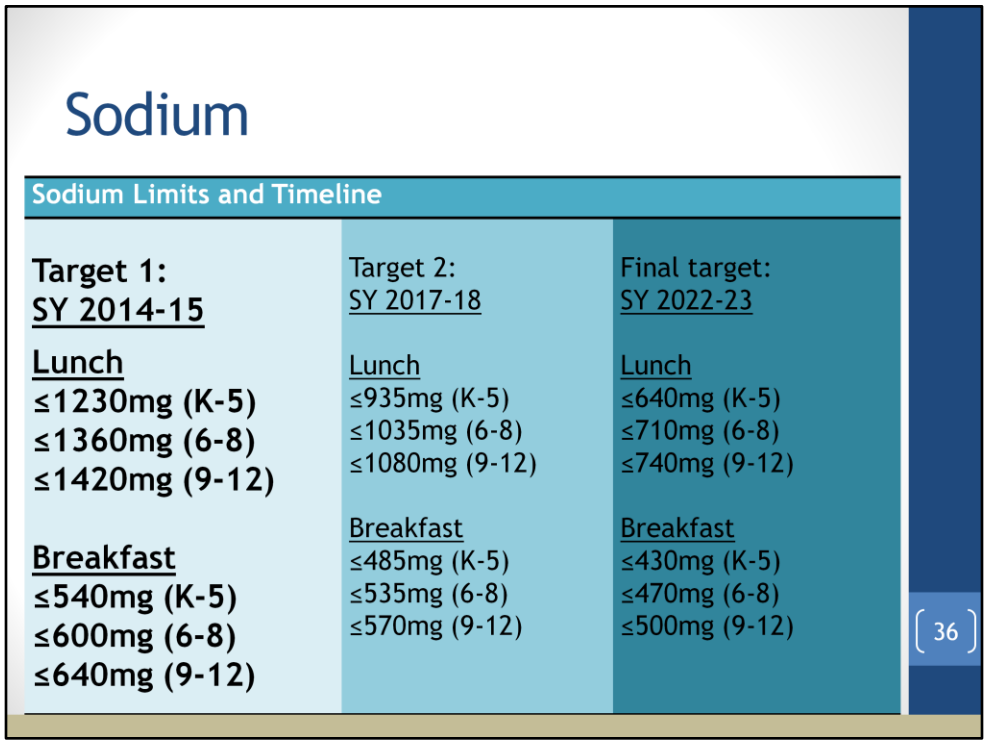
•However, with regard to trans fat, food products and ingredients used <u>daily</u> will have to contain zero grams of trans fat per serving.



READ SCRIPT

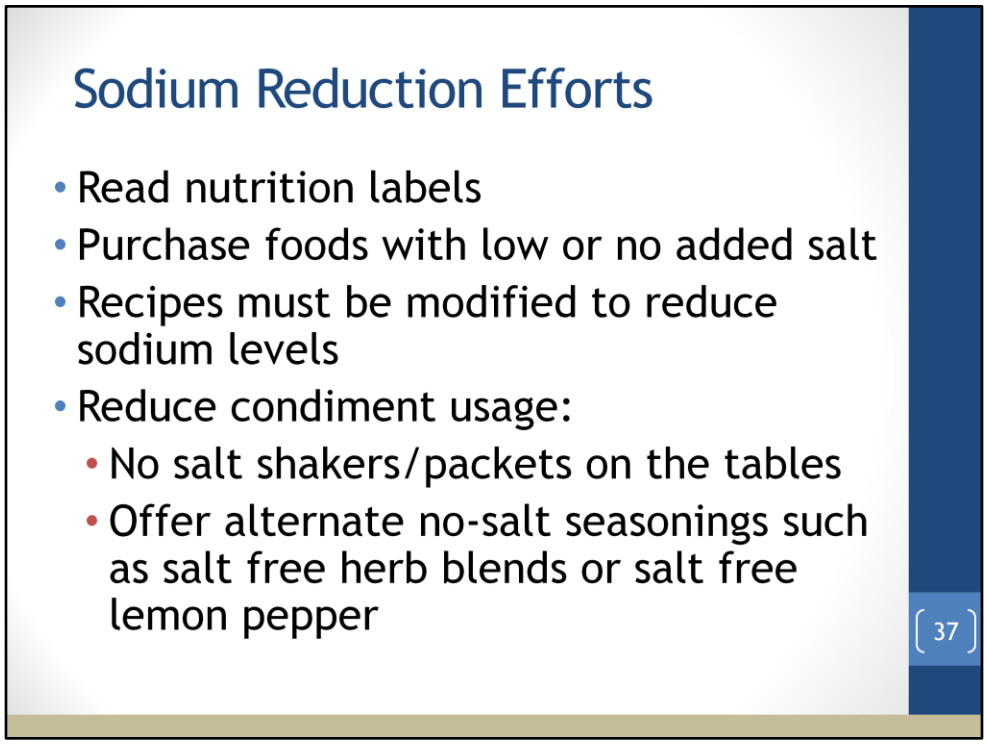
•The first dietary specification is calorie ranges**.** These calorie ranges are to be met **ON AVERAGE** over the school week. Let me stress that these calorie ranges should be planned to be met over the course of the week, then calculate the daily average. These are not meant to be daily ranges.

•Julie N to give us some examples Reinhart, Variety, Cas-Wa to look at calculating Nut Stnd's.



READ SCRIPT

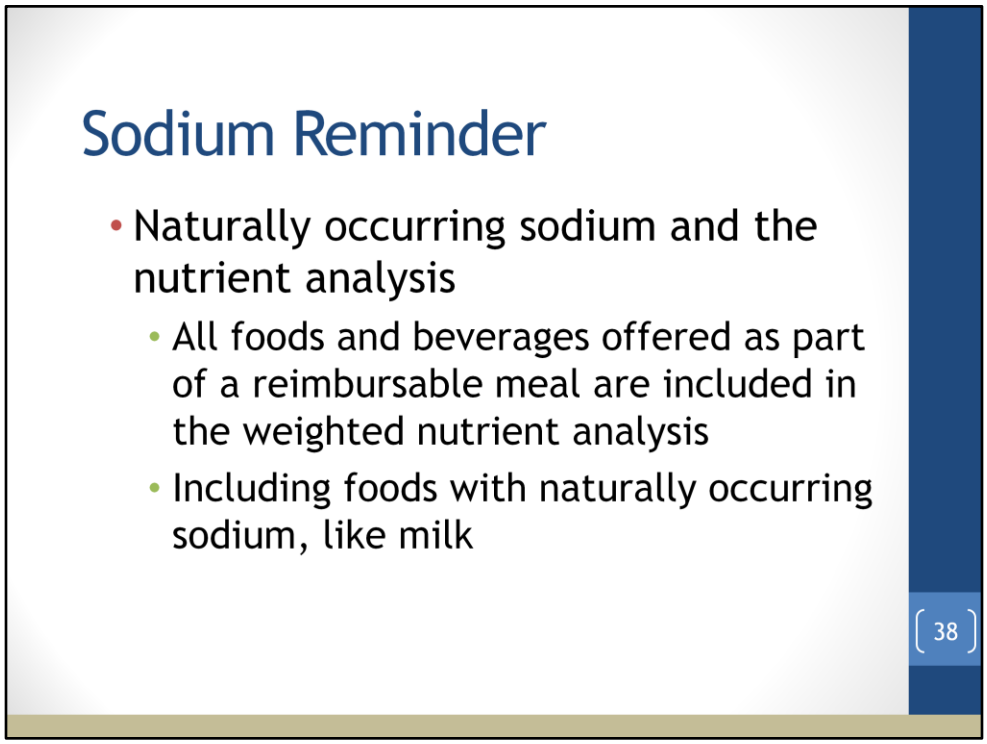
- School lunch regulation requires schools to make a gradual reduction in the sodium content of school meals. Therefore, schools are required to meet two intermediate sodium limits, as well as a final limit.
- Target 1 will be required beginning SY 2014-2015 for both breakfast and lunch. This reflects sodium reductions that menu planners can achieve through menu changes and recipe modifications.
- **If your school uses a merged grade group, you must use the most strict requirement. For example, K-8 grade group must follow the K-5 requirement.**



READ SLIDE & SCRIPT

We understand that reducing sodium in school meals is a big challenge. Procurement specifications and recipes will have to be modified.

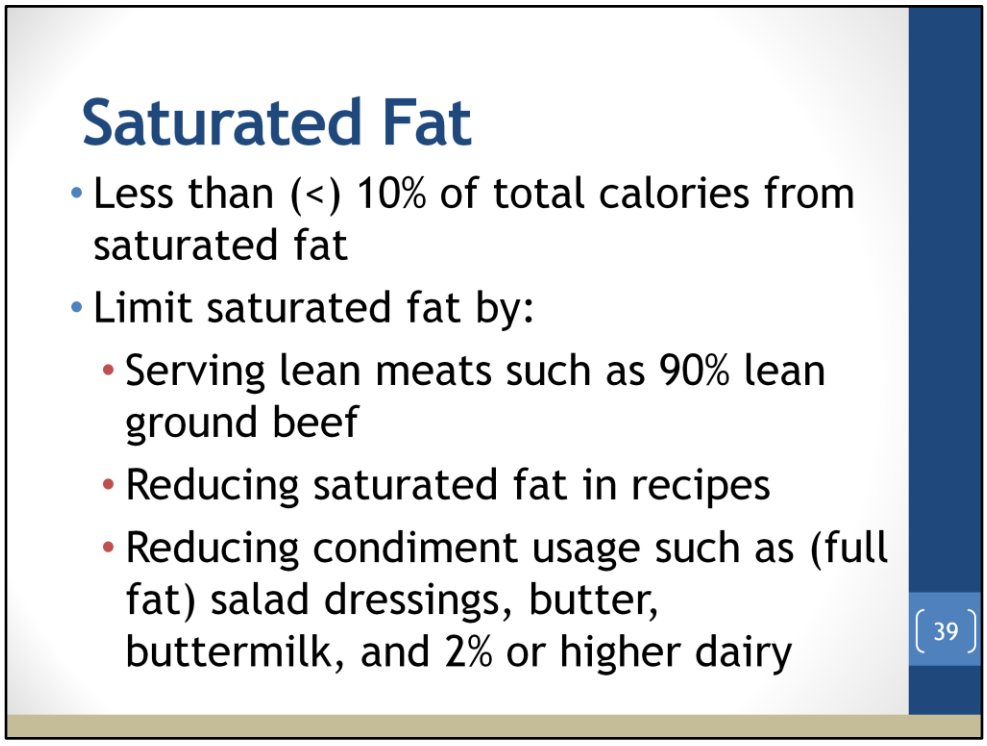
Check out the "Just the Facts!" booklet (in your materials) for more information on Sodium and how to reduce Sodium in your menus. The "Just the Facts!" booklet has information on all the components and nutrient standards and can be a great tool to help you menu plan to meet the requirements as well as a wonderful resource for nutrition education facts that you can use for your school lunch or breakfast programs.



READ SLIDE – Be Brief!

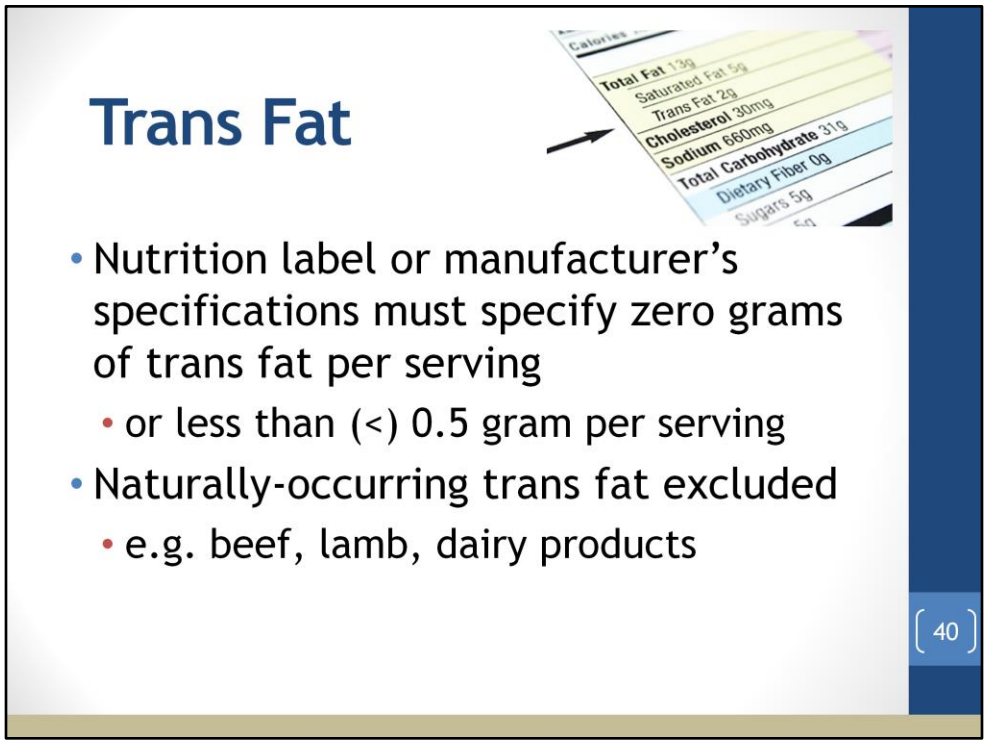
- A quick point on sodium: I would like to clarify that all foods and beverages offered as part of the reimbursable meal are included in the weighted nutrient analysis during the one week review period. Therefore, all sources of sodium- including naturally occurring sources such as milk, must be taken into account.

- All foods and beverages offered as part of a reimbursable meal or free of charge during meal service are included in the weighted nutrient analysis.



READ SLIDE

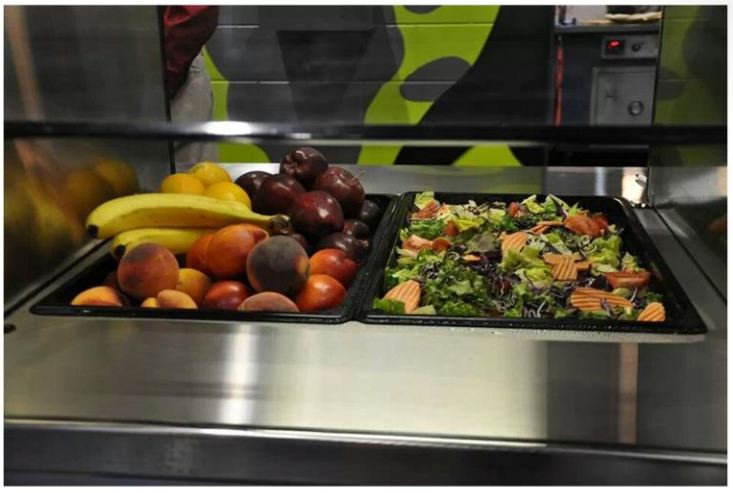
There are no total fat requirements.



Read SLIDE then SCRIPT

Q:If there is trans-fat on the label and the food item contains a naturally-occurring sources of trans fat (like beef in a beef burrito) how is a school to determine how much trans fat is from a naturally-occurring source and is exempt from the requirement?

Answer: The only clear way to determine if the product is in compliance is for schools to request this information from suppliers on how much of the trans fat is naturally occurring versus if any of the other ingredients contain trans fat.



LUNCH MENU PLANNING GRADE GROUPS

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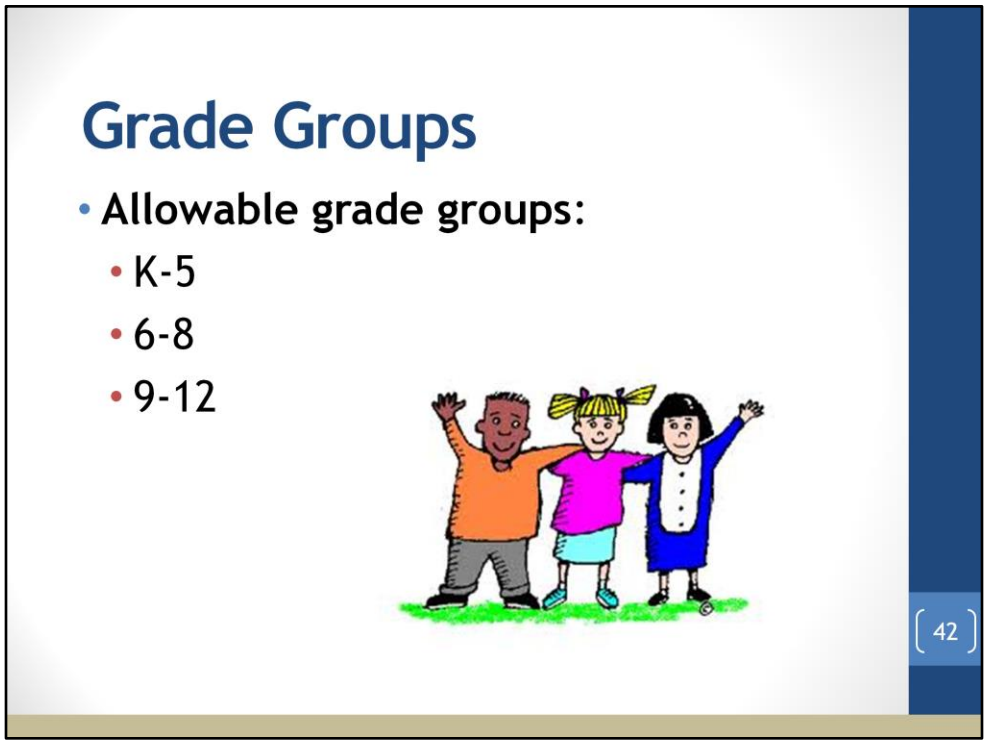
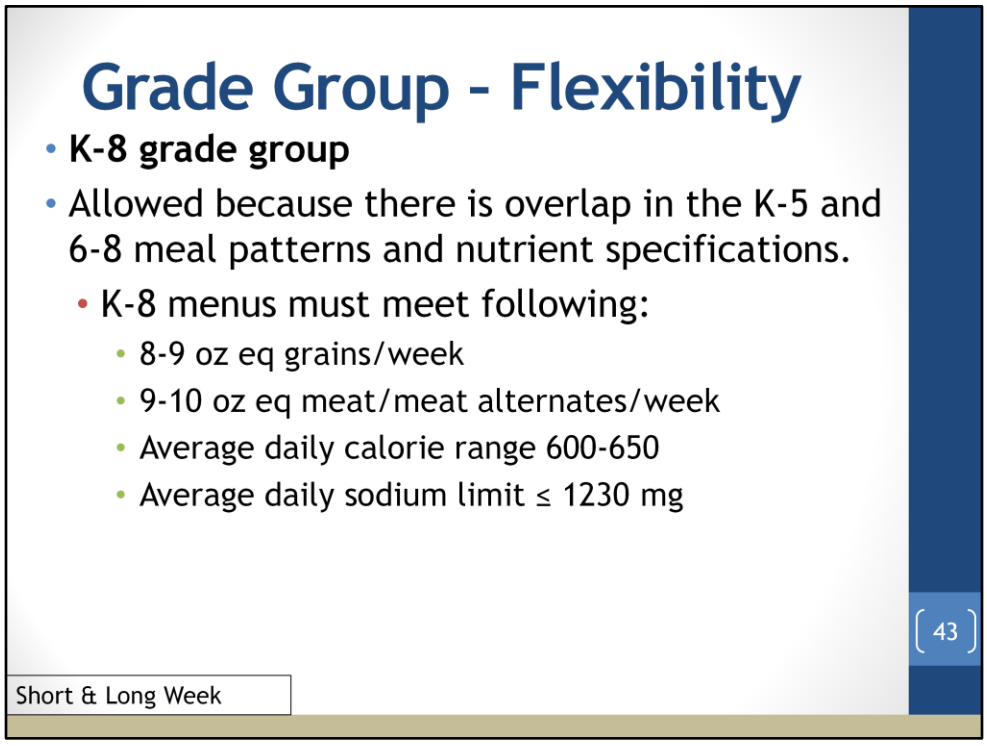


READ SCRIPT

We already discussed this at the beginning of this training. This rule requires schools to use the same grade groups for planning lunches and breakfasts.

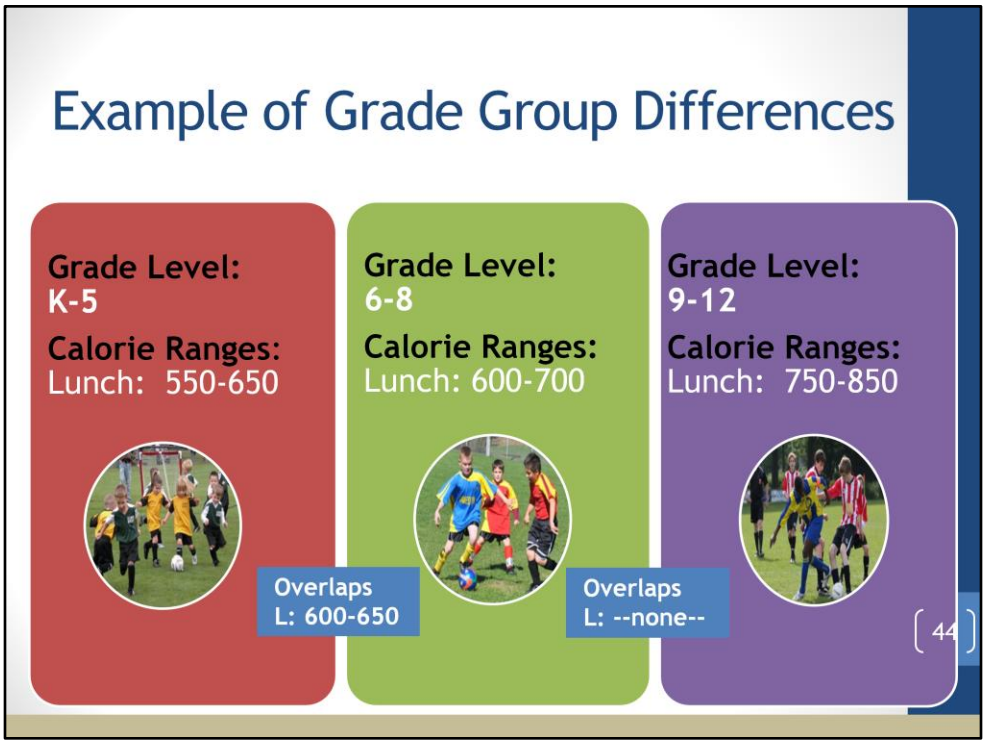
Now, let's dig into menu planning grade groups in more detail.



READ SLIDE

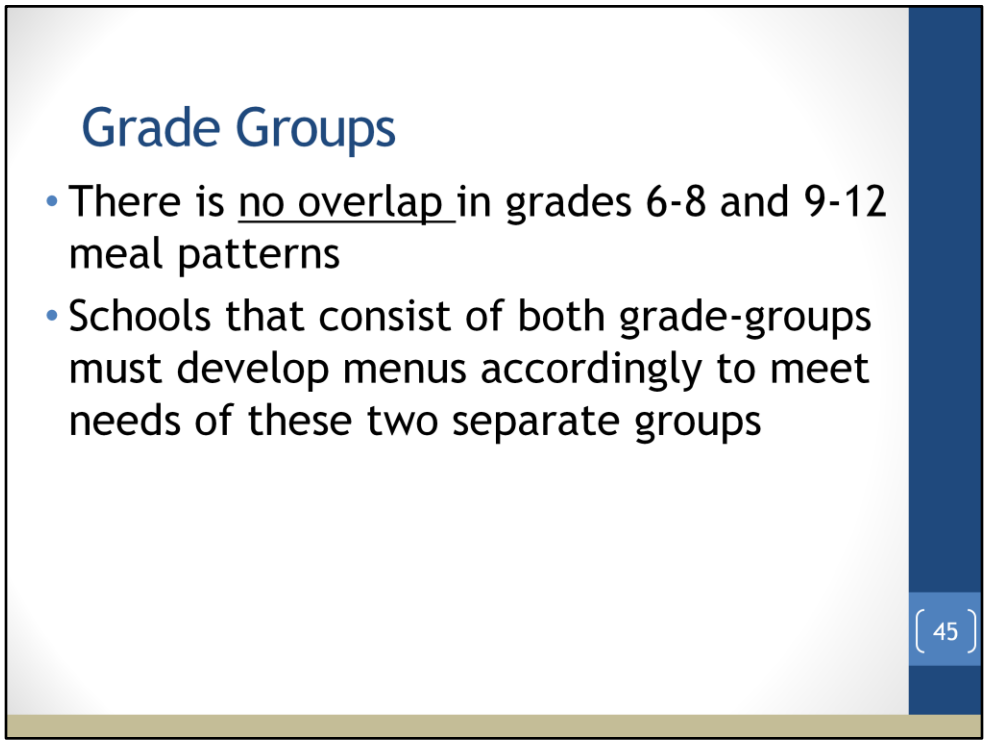
- First, please note that the meal requirements for the K-5 and 6-8 age/grade groups do overlap, therefore a single menu can be used to meet the needs of children in grades K-8. The daily minimum requirements for food components have overlap.
- Check out the **Short and Long week handout** for details on the Grade Group Flexibilities and their corresponding requirements.
- **This handout will also cover shorter (4-days per week school weeks) and longer (6 or 7-days per week school weeks) requirements.**

- However, in order to accommodate the average daily nutrient limits and weekly minimums for both grains and meat/meat alternates, menu planners must work with the following parameters:
    - 8-9 oz eq grains/week
    - 9-10 oz eq meats/meat alternates/week
    - Average daily calorie range 600-650
    - Average daily sodium limit ≤1230 mg ***If questioned: Since sodium is an upper limit, schools must always follow the lower age group requirement when dealing with multiple grade groups (in this case, the K-5 requirement)***



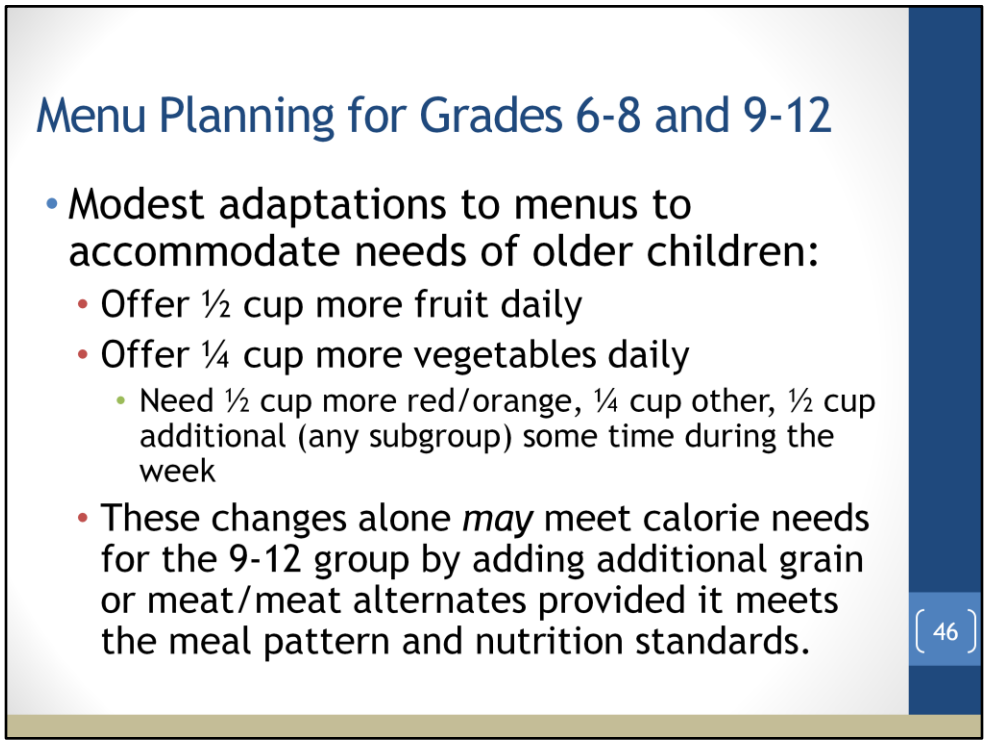
READ script

This slide summarizes the overlap of calorie requirement K-8 but no overlap 9-12.



READ SLIDE

- However, menu planners must adapt in order to offer menus that work for grades 6-8 and 9-12 in a single school, since one single menu with the same amounts of food will not work.
- Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups.
- Additionally, the new meal pattern does not allow for schools with a grade configuration with one grade above or below the grade grouping to follow the predominant grade group requirements (as was previously allowable).
- However, note that modest adaptations can be made to menus to accommodate both grade groups in a single school.



READ SLIDE

- One way to ease menu planning for a school with both 6-8 and 9-12 grade groups within one school is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group.
- For the older children (grades 9-12), the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the 6-8 group, schools must make available to the older children:
  - Offer ½ cup more fruit daily
  - Offer ¼ cup more vegetables daily
  - Need ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) some time during the week
- An alternate suggestion is to make the full 1 cup fruit and vegetables required for grades 9-12 available to both grade-groups (same menu plan for these 2 food components), if such offerings do not exceed the calorie limit for the 6-8 grade group
- To meet the additional calorie needs of the 9-12 grade group, consider an additional ounce equivalent of grain or meat/meat alternate served to the older children (i.e. additional bread option, larger entrée serving size)

Lunch Menus

OTHER CONSIDERATIONS

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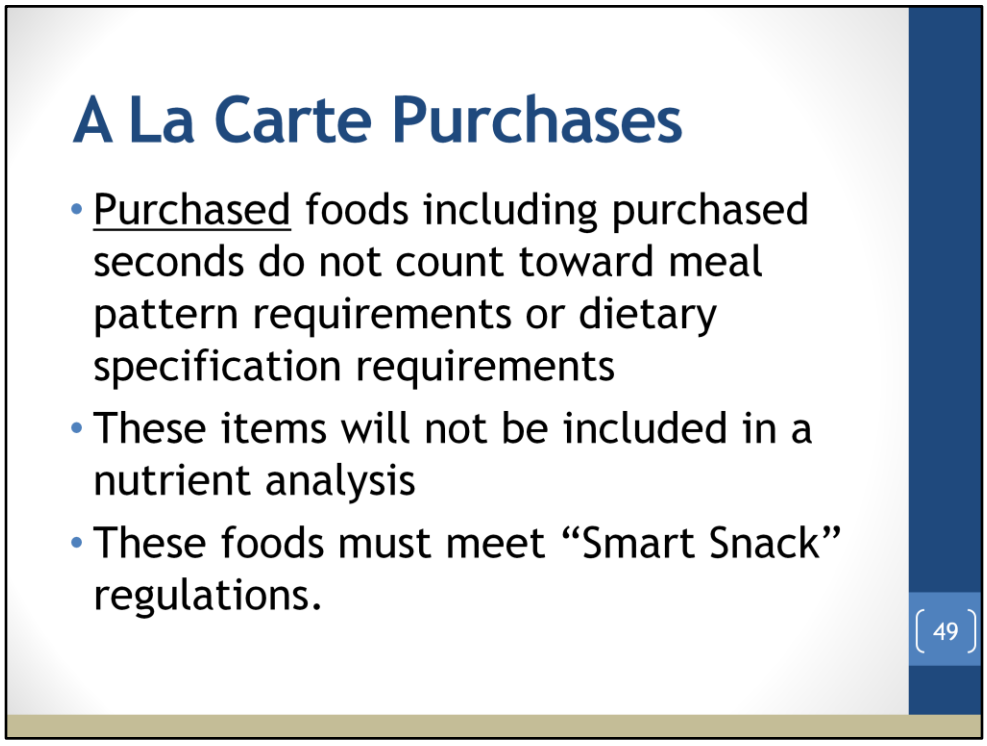
Read Script

- Typical free offerings: Second Servings, Condiments, Extra Foods are foods that you do not credit as a component, in other words, they are planned as extra or bonus food items

- Foods offered free of charge during a meal service will count in your nutrient standard requirements.

  Menus must stay within nutrient standard requirements (calories, saturated fat, etc.).

  They will be included in the nutrient analysis.


A La Carte Purchases
• Purchased foods including purchased seconds do not count toward meal pattern requirements or dietary specification requirements
• These items will not be included in a nutrient analysis
• These foods must meet "Smart Snack" regulations.
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Read Slide

Lunch Meal Patterns 2017

This training credits for 1 hour of training in

Key Area 1 - Nutrition

1110 USDA Nutrition Requirements

Your Name:

Date of Training:

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