MENU PLANNING CALCULATING MEAT/MEAT ALTERNATE AND GRAINS FOR SY 14-15

Outline

1. Quick Review of Meal Pattern
2. Menu Documentation
3. Calculating the meat component
4. Calories and Saturated Fat
5. What are grains?
6. Calculating the grain component
7. Q&A

Breakfast Meal Pattern

Quick Review of Breakfast Meal Pattern

	Breakfast Meal Pattern		
	Grades K-5	***Grades 6-8***	***Grades 9-12***
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans/Peas (Legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Additional Veg to Reach Total	0	0	0
Grains (oz eq)	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	0	0	0
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the A			
Min-max calories (kcal)	350-500	400-550	450-600
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) (SY 14-15)	≤540	≤600	≤640
Sodium (mg) (SY 17-18)	≤485	≤535	≤570
Sodium (mg) (SY 22-23)	≤430	≤470	≤500

Grains

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	**Amount of Food Per Week (minimum per day)**		
Grains (oz eq)	7 (1)	8 (1)	9 (1)

Offer daily and weekly serving ranges of grains at breakfast

Meat/Meat Alternate

Schools may substitute meat/meat alternate for grains once daily grains minimum is met, to meet the weekly grains requirement.

Vegetables

Vegetables may be offered in place of all or part of the required fruits

- The first two cups per week of any such substitution must be from the following subgroups
  - dark green
  - red/orange
  - beans and peas (legumes)
  - other vegetables

Lunch Meal Pattern

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
Fruit [1] (2 ½ c weekly K-8, 5 c weekly 9-12)	½ cup	½ cup	1 cup
Vegetables[1] (3 ¾ c weekly K-8, 5 c weekly 9-12)	¾ cup	¾ cup	1 cup
Dark green (½ c weekly K-12) Broccoli, dark green leafy lettuce, mesclun, romaine lettuce, spinach	-		-
Red/Orange (¾ c weekly K-8; 1 ¼ c weekly 9-12) Carrots, red peppers, sweet potatoes, tomatoes, butternut squash	-		-
Beans/Peas (Legumes) (½ c weekly K-12) Black beans, garbanzo beans (chickpeas), kidney beans, lentils, pinto beans, soy beans, white beans	-		-
Starchy (½ c weekly K-12) Corn, green peas, green lima beans, potatoes	-		-
Other[2] (½ c weekly K-8, ¾ c weekly 9-12) Asparagus, avocado, bean sprouts, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceburg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini	-		-
Additional Vegetables[3] (1 c weekly K-8, 1 ½ c weekly 9-12)	-		-
Grains[4] K-5: 8 oz minimum 6-8: 8 oz minimum 9-12: 10 oz minimum	1 oz eq.	1 oz eq.	2 oz eq.
Meats/Meat Alternates K-5: 8 oz minimum 6-8: 9 oz minimum 9-12: 10 oz minimum	1 oz eq.	1 oz eq.	2 oz eq.
Fluid Milk[5]	1 cup	1 cup	1 cup

Vegetable Component

Subgroups	K-5	6-8	9-12
Dark Green	½ cup	½ cup	½ cup
Red/ Orange	¾ cup	¾ cup	1 ¼ cup
Beans, Peas	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Add. Veggies (not a subgroup)	1 cup	1 cup	1 ½ cup
Total	**3 ¾ cups**	**3 ¾ cups**	**5 cups**

Quick Review for Meats/Grains

- What are the requirements for lunch?

Meat/Meat Alternate		
Grades K-5	Grades 6-8	Grades 9-12
1 ounce daily 8 ounces weekly	1 ounce daily 9 ounces weekly	2 ounces daily 10 ounces weekly

Grains		
Grades K-5	Grades 6-8	Grades 9-12
1 per day (min) 8 oz eq. weekly	1 per day (min) 8 oz eq. weekly	2 per day (min) 10 oz eq. weekly

Calories		
Grades K-5	Grades 6-8	Grades 9-12
550-650	600-700	750-850

Menu Documentation

Child Nutrition Label (CN)

- The CN labeling Program is run by the FNS of the U.S. Department of Agriculture in cooperation with Food Safety and Inspection Service, Agriculture Marketing Service and National Marine Fisheries Service
- Provides warranty for products
- Clearly identifies the contribution of a product toward the meal pattern requirements
- Main dish products that contribute significantly to the meat/meat alternate component
  - Beef patties, cheese or meat pizza, burritos, egg rolls, chicken patties and breaded fish portions

Child Nutrition Label (CN)

- Program operators must keep records of the original CN from the product carton.
  - If the actual CN Label is laser printed on the carton or cannot be easily removed, then a photocopy of the carton is acceptable.
  - If the actual CN Label, photograph, or photocopy of the valid CN Label is not available, school program operators may document the CN identification number and the product name on the Bill of Lading (invoice).

CN Label

CN

000000

five .875 oz. breaded fish nuggets with APP provides 2.0 oz. equivalent meat/meat alternate and 1 serving of bread alternate for the Child Nutrition Meal Pattern Requirements. (use of this logo and statement authorized by the Food and Nutrition Service, USDA 03/00

CN CN

CN

Documenting Watermarked CN Label Requirements

- If the original CN Label from the product carton, or the valid photograph or photocopy of the original CN label is not available, program operators may provide the Bill of Lading (Invoice) containing the product name and:
  - A hard copy of the CN Label copied with a watermark displaying the product name and CN number provided by the vendor; or
  - An electronic copy of the CN Label with a watermark displaying the product name and CN number provided by the vendor.

CN Label (Watermark)

tenderbroil PATTIES

AdvancePierre Foods

135 PORTIONS

CN FULLY COOKED
CHARBROILED BEEF PATTIES

NATURAL MESQUITE AND HICKORY SMOKE FLAVORING ADDED
CARAMEL COLOR ADDED

3870

smart choice

SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS

CN

085732

CN ONE 2.45 OZ. FULLY COOKED CHARBROILED BEEF PATTY PROVIDES 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11–12.) CN

CN

INGREDIENTS: GROUND BEEF (NOT MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)], SEASONING [DEXTROSE, MALTODEXTRIN, FOOD STARCH - MODIFIED, WORCESTERSHIRE SAUCE SOLIDS (MOLASSES, VINEGAR, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC, SUGAR, SPICE, TAMARIND, NATURAL FLAVOR), ONION POWDER, GARLIC POWDER, SPICE, NATURAL SMOKE FLAVOR, GRILL FLAVOR (FROM SOYBEAN OIL)], SALT, SODIUM PHOSPHATES, CARAMEL COLOR CONTAINS: SOY

HEATING INSTRUCTIONS: FROM A FROZEN STATE, BAKE ON A PAN IN A PREHEATED CONVECTION OVEN AT 350 FOR 8 MINUTES OR IN A PREHEATED CONVENTIONAL AT 350 FOR 12 MINUTES. MICROWAVE ON HIGH POWER SETTING FOR ABOUT 1 1/2 MINUTES. MICROWAVE OVENS VARY. TIMES GIVEN ARE APPROXIMATE

AdvancePierre Foods, Inc. 9990 Princeton Glendale RD. Cincinnati, OH 45246

00071421038705

KEEP FROZEN

LM3870 11 25 2013

CN FULLY COOKED
CHARBROILED BEEF PATTIES

NATURAL MESQUITE AND HICKORY SMOKE FLAVORING ADDED
CARAMEL COLOR ADDED

Item#

3870

135/2.45

135 PORTIONS

00071421038705

KEEP FROZEN

5931TBWS

Commodities

- http://dese.mo.gov/divadm/food/Commodities_Index.html
  - Nutritional Information
  - Link to all USDA Food Fact Sheets
  - Nutrient Facts for Processed Commodities

Missouri DEPARTMENT OF ELEMENTARY & SECONDARY EDUCATION

School Year 2013 - 2014

Nutritional Information for Jennie-O Turkey Store

Jennie-O TURKEY STORE

SYNERGY FOOD SALES

Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
6134	Cooked Turkey Burger (2.22 oz)	27.75	2.22	1	200	110	54	49%	6	2.0	0	50	320	0	0	0	15	0	0	0	4	See Spec Sheet	2		
2025-24	Turkey Ham Slicing Log (3.01 oz)**	24	3.01	1	127	100	40.5	41%	4.5	1.5	0	60	530	1	0	0	15	0	0	2	6	See Spec Sheet	2		
2089-24	Thick Slice (5 mm.) Turkey Ham (3.02 oz)**	27.04	3.02	1	143	100	40.5	41%	4.5	1.5	0	60	530	1	0	0	15	0	0	2	6	See Spec Sheet	2		
2090-21	Sliced Smoked Turkey Breast (3 oz)**	21	3.00	1	112	90	27	30%	3	1.0	0	40	370	1	0	0	15	0	0	2	2	See Spec Sheet	2		
2099-21	Sliced Oven Roasted Turkey Breast (3 oz) **	21	3.00	1	112	90	27	30%	3	1.0	0	40	370	1	0	0	15	0	0	2	2	See Spec Sheet	2		
2131-30	Oven Roasted Turkey Breast Log (3.76 oz)**	30	3.76	1	128	50	18	36%	2	1.0	0	20	450	1	0	0		0	0	0	2	See Spec Sheet	2		
2154-34	Mexican Tinga Turkey Pot Roast (4.17 oz)**	35	4.17	1	134	120	45	38%	5	1.5	0	60	460	3	0	1	17	0	4	0	6	See Spec Sheet	2		
2155-34	Cuban Spiced Turkey Pot Roast (3.29 oz)**	35	3.29	1	170	110	36	33%	9	1.5	0	55	410	3	0	1	15	0	2	0	6	See Spec Sheet	2		
2178-04	Raw Breast & Thigh Roast (2.29 oz)	44.8	2.29	1	234	70	18	26%	2	0.5	0	35	360	0	0	0	13	0	2	0	2	See Spec Sheet	2		
2307-24	Thick Slice (5 mm.) Roasted Breast (3.1 oz)**	24.8	3.10	1	135	90	13.5	17%	1.5	0.5	0	35	450	0	0	0	17	0	0	0	4	See Spec Sheet	2		
2364-40	Oven Roasted Skinless Turkey Breast (4 oz)**	38.4	4.00	1	153	90	13.5	15%	1.5	0.0	0	40	540	3	0	0	18	0	0	2	2	See Spec Sheet	2		
2565-21	Sliced Turkey Ham (3.06 oz)**	21	3.06	1	109	100	40.5	41%	4.5	1.5	0	60	530	1	0	0	15	0	2	0	6	See Spec Sheet	2		
2840-28	Cooked Turkey Taco Meat (2.97 oz) **	28	2.97	1	150	120	63	53%	7	2.0	0	70	410	3	0	0	14	4	10	2	10	See Spec Sheet	2		
2847-28	Cooked Turkey & Gravy (4 oz)	28	4.00	1	112	120	54	45%	6	2.0	0	55	460	2	0	0	15	0	0	2	4	See Spec Sheet	2		
2848-28	Cooked Ground Turkey Crumbles (2.84 oz)**	28	2.84	1	157	120	63	53%	7	2.0	0	65	230	0	0	0	13	0	2	6	6	See Spec Sheet	2		
2853-28	Cooked Turkey Spaghetti Sauce (4.89 oz)	28	4.89	1	91	130	36	28%	4	1.0	0	55	400	7	0	2	17	8	4	25	8	See Spec Sheet	2		
2854-28	Cooked Turkey Chili (4.23 oz)	28	4.23	1	105	130	40.5	31%	4.5	1.5	0	55	430	5	0	1	16	10	6	8	8	See Spec Sheet	2		
2856-28	Cooked Turkey Taco (2.97 oz)	28	2.97	1	150	110	36	33%	4	1.0	0	55	420	3	0	0	16	2	4	2	6	See Spec Sheet	2		
2858-28	Cooked Turkey Sloppy Joe (4.94 oz)	28	4.94	1	90	160	45	28%	5	1.5	0	50	790	13	0	0	17	6	10	6	6	See Spec Sheet	2		
2565-35	Sliced Turkey Ham (3.06 oz)	21	3.06	6	106	110	45	41%	5	1.5	0	60	720	1	0	0	15	0	0	4	6	See Spec Sheet	2		
2156-35	Savory Roasted Turkey Pot Roast (3.22 oz)	35	3.24	1	173	120	54	45%	6	1.5	0	55	360	1	0	1	15	0	2	0	6	See Spec Sheet	2		
2859-28	Pre-Cooked Turkey Taco Meat (2.9 oz)	28	2.90	1	154	110	40.5	37%	4	1.5	0	50	400	2	0	0	15	2	2	2	8	See Spec Sheet	2		
2031-35	Sliced Canadian Style Bacon (1.52 oz)	25	1.52	2	267	70	22.5	32%	3.5	1.0	0	30	260	0	0	0	8	0	0	2	2	See Spec Sheet	1		
6137-35	Premium Turkey Sausage Link (1.6 oz)	30	1.60	1	300	70	36	51%	4	1.0	0	30	540	2	0	1	7	0	0	0	4	See Spec Sheet	1		
1-320630-20	Beef Patty Crumbles	30	2.19	1	219	100	50	50%	6	2.5	0	20	290	1	1	0	11	0	0	2	8	N/A	2	0	0

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html

http://www.k12foodservice.com/mfr_web/fts/2011/index.lasso

Product Formulation Statement

- If a product does not have a CN label, a Product Formulation Statement (PFS) can also be used for crediting purposes.
- A PFS is obtained via a request to the food manufacture.
  - An appropriate Product Formulation Statement will provide specific information about the product and show how the food credits toward the CN meal pattern citing CN Program resources and/or regulations.
- A PFS must be SIGNED to be valid!

Product Formulation Statement

Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

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

Product Name:_____ Code No.:_____

Manufacturer:_____Case/Pack/Count/Portion/Size:_____

I. Meat/Meat Alternate
Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
		X		
		X		
		X		
A. Total Creditable M/MA Amount[1]				

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

II. Alternate Protein Product (APP)
If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
B. Total Creditable APP Amount[1]					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					

*Percent of Protein As-Is is provided on the attached APP documentation.
**18 is the percent of protein when fully hydrated.
***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.
[1]Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do not round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased _____

Total creditable amount of product (per portion) _____
(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a _____ ounce serving of the above product (ready for serving) contains _____ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

_____ _____
Signature Title

_____ _____ _____
Printed Name Date Phone Number

Bill of Lading

FILE COPY

THIS MEMORANDUM is an acknowledgement that a Bill of Lading has been issued and is not the Original Bill of Lading, nor a copy or duplicate, covering the property named herein, and is intended solely for filing or record.

RECEIVED: subject to the classifications and tariffs filed with it in effect on the date of the receipt by the carrier of the property described in the Original Bill of Lading.

PAGE # 2 of 2

1

SHIP FROM: 01
LANTER DISTRIBUTING LLC
8250 NE UNDERGROUND DRIVE
BUILDING 32ABC, PILLAR 140
KANSAS CITY, MO 64161

SPECIAL INSTRUCTIONS:

non pub

WHSE B/L: 151766

ARRIVE DATE: 4/15/15

SHIP DATE: 4/15/15

FREIGHT CHARGE: PREPAID

Warehouse, as Agent for the Shipper/Consignor Whose Name and Address is Shown Below

SHIP TO:
[redacted]

SEND FREIGHT BILL WITH COPY OF BILL OF LADING TO:
LANTER DISTRIBUTING LLC
P.O. BOX 68
MADISON, IL 62060

CARRIER: SHIPPERS REF. AND WHSE. B/L NO. MUST APPEAR ON ALL FREIGHT BILLS

SHIPPERS REFERENCE NO.	ORDER DATE	ROUTE	CARRIER	SCAC
096-701-0415	3/26/15	TRUCK	LANTER DISTRIBUTING	LRFD

PRO NUMBER	VEHICLE NO.	SEALS	PRO NUMBER
LEN412666			

APPOINTMENT #	APPT. DATE / APPT. TIME	CARRIER ARRIVAL DATE	MDSE LEAVES FACILITY DATE TIME	DLDC SLSC DLSC SLDC	VNDR SHIP POINT#

H/M	QUANTITY	ITEM NO.	DESCRIPTION / WHSE. LOT NO. / PRODUCTION CODE	GROSS WEIGHT
	1	F-100188	CS FARMLAND HAM,WA,CKD 1 116914 101514	40 LBS
	1	F-100241	CS 96/4.4OZ PEACHES INDCUP DCDFR 1 121306 030315	27 LBS E
	1	F-110394	CS 12/24CT TORTILLAS WH WHEAT 8' 1 120499 020615	27 LBS
	1	F-150MC	CS NFG WGCHEESEYBREAD ENTREE 4OZ 1 121339 030415	26 LBS A
	1	F-61210	CS GDK GD BRD CHICKEN NUGGET (5P 1 121537 031215	30 LBS
	2	F-CP5694	CS JTM BRD PORK CHOPPETTE (3.35O 2 121485 030615	58 LBS
			* * END-OF-ORDER * * *	

CHARGES ADVANCED: $

Here/LS is apply in prepayment of the charges on the property described hereon.

Agent or Cashier

Per (The signature here acknowledges only the amount prepaid)

Shipper Certification

This is to certify that the above named materials are properly classified, described, packaged, marked and labeled, and are in proper condition for transportation according to the applicable requirements of the DOT.

Per _____

Date _____

NOTE (1) Where the rate is dependent on value, shippers are required to state specifically in writing the agreed or declared value of the property as follows:
"The agreed or declared value for the property is specifically stated by the shipper to be not exceeding _____ per _____"

NOTE (2) Liability Limitation of or loss or damage on this shipment may be applicable. See 49 U.S.C. 14706(c)(1)(A) and (B).

NOTE (3) Commodities requiring special or additional care or

Penne Pasta with Meatballs Recipe Calculation

- You are planning a menu and want to serve Penne Pasta with sauce and meatballs at the high school to the 9-12 graders. You are planning on 90 servings. Using USDA recipe provided for 50 servings how many ounces of beef will you need to add to the current recipe to meet the minimum daily meat requirements? Recalculate the total ounces of raw ground beef needed to provide each student 2 oz eq. of the meat component.

Meatballs
Recipe Calculation

500120 - MEAT BALLS

Source: USDA D-27A
Number of Portions: 50
Size of Portion: 2 EACH

Recipe HACCP Process: #2 Same Day Service

050500c TOMATO PASTE, WITHOUT SALT ADDED	6 OZ
014429 WATER,MUNICIPAL	1 CUP
799923s SOUP, STOCK, BEEF, LO SODIUM	2 CUP
001123 EGG,WHOLE,RAW,FRESH	5 large
020038 OATS	14 1/2 OZ
001155 MILK,DRY,NONFAT,INST,WO/VIT A	2 1/4 OZ
023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW	7 LB + 14 OZ
011282 ONIONS,RAW	8 OZ, chopped
011143 CELERY,RAW	1 LB, chopped
002029 PARSLEY,DRIED	1/4 CUP
002030 PEPPER,BLACK	1 TBSP
799903s GARLIC,GRANULATED	1 TBSP
002003 SPICES,BASIL,DRIED	3/4 TSP, ground
799905s OREGANO LEAVES,DRIED	3/4 TSP, ground
002023 MARJORAM,DRIED	1/2 TSP
799906s THYME LEAF,DRIED	1/2 tsp, ground
002047 SALT,TABLE	1 TSP

How to use the Food Fact Label

USDA United States Department of Agriculture
Food and Nutrition Service

USDA Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-27-13)

Visit us at *www.fns.usda.gov/fdd*

100158 – BEEF, FINE GROUND, RAW, FROZEN, 10 LB

110261 – BEEF, FINE GROUND, LFT OPTIONAL , FROZEN, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Fine ground beef, vacuum packaged or packaged in casings and sealed. The average fat content is 15%, but may not be higher than 18% fat.
PACK/YIELD	• 4/10 lb pkgs per case. • One 10 lb pkg AP yields 7.40 lb cooked, drained lean meat and provides about 118.4 1-oz servings cooked, drained lean meat. • One lb AP yields 0.74 lb cooked, drained lean meat and provides about 11.8 1-oz servings cooked, drained lean meat. • CN Crediting: 1.36 oz raw meat when cooked provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store ground beef frozen, in the original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef covered and labeled in a dated container and use within 3 days • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Remove ground beef from the container, keep in original wrapping, place on sheet pans and thaw in the refrigerator. Allow 1½ hours per lb for thawing. • Cook to an internal temperature of 155 °F for at least15 seconds as measured by a thermometer . Judge doneness by temperature, not color or texture of the food.

Nutrition Information

Beef, fine ground, cooked, pan-browned

	1 oz (28 g)
Calories	72
Protein	7.76 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.28 g
Saturated Fat	1.63 g
Trans Fat	0 g
Cholesterol	25 mg
Iron	0.82 mg
Calcium	6 mg
Sodium	25 mg
Magnesium	8 mg
Potassium	114 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.13 mg

Do The Math

- First we need to calculate how much creditable meat we currently have
- The recipe currently has 7 lbs + 14 oz of beef
- We know there are 16 oz in 1 lb

7 X 16 = 112 + 14 = 126 oz beef

- Next we use the CN label to see how many creditable ounces of beef is in 126 oz

126 oz divided by 1.36 oz equals 92.6

Final Answer

- The current recipe has 92.6 creditable ounces of beef
- We need to serve 90 students 2 oz eq. meat/meat alternate (90 x 2 = 180 oz)
- We need 180 oz (11.25 lbs) of beef, but how many creditable oz beef do we need?

$$1.36 \times 180 = 244.8 \text{ oz}$$

$$244.8/16 = 15.3 \text{ lbs}$$

$$15.3 \text{ lbs} - 7.875 = 7.425 \text{ lbs}$$

$$\frac{1.36 \text{ oz}}{1 \text{ oz}} \times \frac{X \text{ oz}}{180 \text{ oz}}$$

$$1.36\,(180) = 244.8 \times$$

$$X = 244.8 \text{ oz}$$

- Add 7.425 lbs of beef to the recipe

Cross Multiplication

$$\frac{1.36 \text{ oz}}{1 \text{ serving}} = \frac{X \text{ oz}}{90 \text{ servings}}$$

$$1.36 \times 90 = x$$

$$X = 122.4 \text{ 1 oz portions}$$

$$122.4 \times 2 \text{ oz} = 244.8 \text{ oz}$$

Check The Math

- We have 244.8 oz creditable beef for 90 students
- 90 divided into 244.8 equals 2.72
- 2.72/1.36 = 2 oz creditable meat

Food Buying Guide

Food As Purchased	Purchase Unit	Servings per Purchase Unit	Serving Size per Meal Contribution	Purchase Units for 100 Servings	Additional Information
Beef Ground, fresh or frozen	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	8.00	1- 1/2 oz cooked lean meat	12.5	

Do The Math

Food Buying Guide

1 lb AP = .74 lb cooked drained lean meat (actual weight)

15.3 lbs AP x .74 =11.32 lbs cooked drained meat

Purchase Unit: 12 servings per pound
Serving Size per Meal Contribution: 1 oz cooked

15.3 lbs x 12 servings per lb = 183.6 1 oz servings

183.6/2 oz = 91.75-2 oz servings

How do you calculate:

- **To calculate percentage of calories from fat & saturated fat:**

1) Multiply total grams of fat in one serving by 9.
2) Divide this number by the amount of calories per serving.
3) Multiply by 100.

Calories of fat per 1 oz serving

ted States Department of Agriculture
d and Nutrition Service

et for Schools & Child Nutrition Institutions

t us at *www.fns.usda.gov/fdd*

FROZEN, 10 LB

TIONAL , FROZEN, 10 LB

ackaged or packaged in casings and sealed. The
out may not be higher than 18% fat.

0 lb cooked, drained lean meat and provides
ooked, drained lean meat.

oked, drained lean meat and provides about 11.8
d lean meat.

neat when cooked provides 1 oz-equivalent

the original shipping container off the floor at

vered and labeled in a dated container and use

) storage practices to ensure use of older product

amount needed for one day's use. Remove

Nutrition Information

Beef, fine ground, cooked, pan-browned

	1 oz (28 g)
Calories	72
Protein	7.76 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.28 g
Saturated Fat	1.63 g
Trans Fat	0 g
Cholesterol	25 mg
Iron	0.82 mg
Calcium	6 mg
Sodium	25 mg
Magnesium	8 mg
Potassium	114 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.13 mg

Percentage of calories from fat:

4.28 x 9 = 38.52

(grams fat)

38.52 ÷ 72 = .535

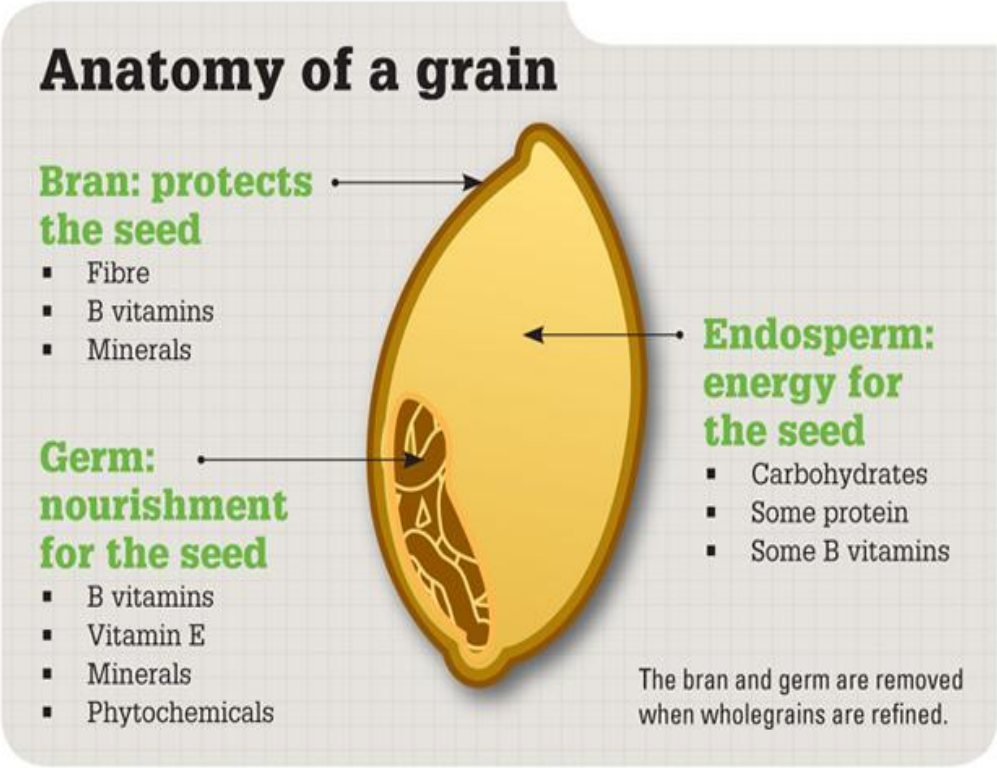
(answer from above) (Calories/serving)

.535 x 100 = 53.5

(answer from above) (to get %)

Whole Grain Facts

- Whole grains are really seeds made up of 3 main parts, the bran, the endosperm and the germ
- Together, these nutrients work synergistically to help our body prevent disease and maintain higher levels of health
- Eating more whole grain foods has been associated with decreased risk of heart disease, diabetes and may even play a role in helping to prevent obesity
- Research proves people who eat more whole grains have a healthier Body Mass Index, less hunger through the day, have better glycemic control and get more physical activity- all important factors to maintaining a healthy weight



Whole Grain Rich Requirements

- Two elements are used to assure that a product meets the whole grain-rich criteria (WGR)

Element 1

- The grain item must meet the oz requirements for the grains component as defined in the guidance.

- Exhibit A: School Lunch and Breakfast
  - SP 30-2012

Element 2

- The grain product must meet one of the following
  - The whole grain content per oz eq. based on Exhibit A weights must be at least 8.0 grams or more for Groups A-G. For groups H-I the volumes or weights listed must be offered to credit as 1 oz eq.
  - The product includes the Food and Drug Administration approved whole-grain health claim on it's package.

Whole Grain-Rich Flexibility Form

- Only **50%** of grains need to be whole grain-rich
- Wavier only valid until the end of **SY 2015-2016**
- Have a plan if the wavier does not get extended for more years

Whole Grain-Rich Flexibility Form

MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION
DIVISION OF FINANCIAL AND ADMINISTRATIVE SERVICES – FOOD AND NUTRITION SERVICES

WHOLE GRAIN-RICH EXEMPTION REQUEST FORM

DIRECTIONS

Fax or email the completed form to: Food and Nutrition Services (FNS) Section at (573) 526-3897 or email to foodandnutritionservices@dese.mo.gov **Subject Line: WHOLE GRAIN-RICH EXEMPTION REQUEST FORM**

USDA memo SP 20-2015 allows Local Education Agencies (LEAs) the ability to request an exemption from the whole grain-rich requirement for school years (SY) 2014-2015 and 2015-2016.

LEAs must request exemptions to specific products, if the LEA can demonstrate hardship(s) in procuring, preparing, or serving compliant whole grain-rich products that are acceptable to students. LEAs granted the exemption must comply with the SY 2013-2014 requirement to offer at least half of the grain items as whole grain-rich. LEAs may retain the previously approved pasta exemptions and do not need to reapply for the pasta items already approved.

List each product and provide written justification or other documented evidence (e.g. photos, meal count records). LEAs must submit this form to request the exemption. An email will be returned to the Authorized Representative regarding approval or denial of the exemption.

Questions regarding this form contact (573) 751-3526 or foodandnutritionservices@dese.mo.gov .

LEA INFORMATION

LEA AGREEMENT NUMBER	LEA NAME

Product	Reasons for requesting exemptions (check all that apply and provide written justification and/or documentation)
Name:	☐ Financial hardship
	☐ Limited product availability
Manufacturer:	☐ Unacceptable product quality
DEPARTMENT USE ONLY	☐ Poor student acceptance
Approved ☐	☐ Other
Denied ☐	Plan to achieve future compliance

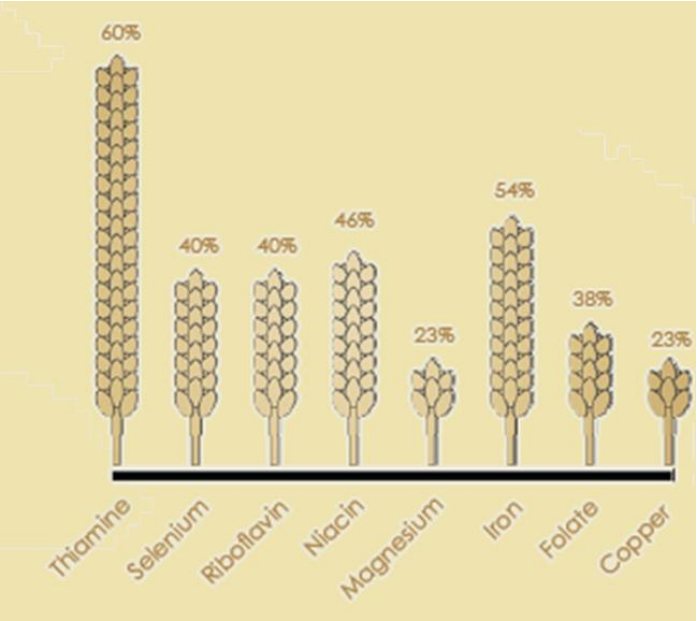
Whole Grain-Rich Criteria

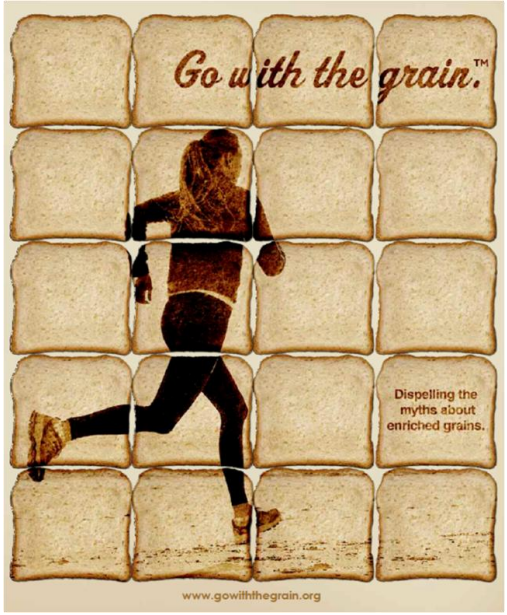
Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100% whole grain or contain a blend of whole-grain and/or flour and enriched meal and/or flour of which at least 50% is whole grain. WGR products must contain at least 50% whole-grains and the remaining grain, if any, must be enriched.

Enriched Whole Grain

- The 3 major vitamins are added back in the same proportion as was found in the whole kernel, and include 2x the amount of folic acid
  - White four, bread and rice
  - Corn tortillas, couscous, spaghetti

Whole Grains





- Barley
- Quinoa
- Oatmeal
- Brown Rice
- Whole Wheat
- Whole Rye
- Whole Cornmeal
- Cracked Wheat

Crediting Grain Products

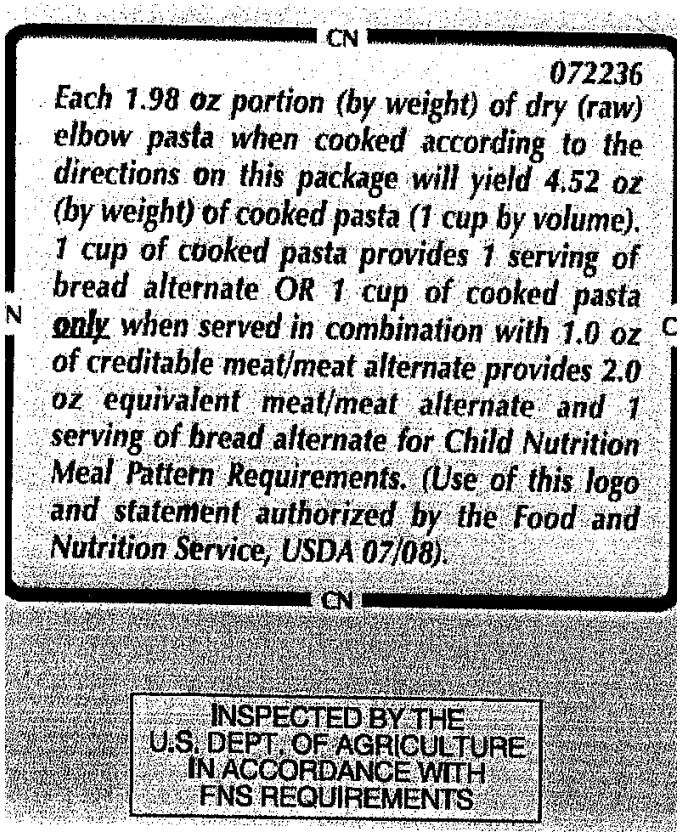
- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz equivalent credit.
- Cereal grains such as oatmeal, pasta, and brown rice, a 1 oz eq. is 28 grams of dry product. Since these grains are served cooked and water is added preparation, the cooked volume eq is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat breakfast cereal, 28 grams or 1.0 ounce of product is considered an ounce eq.

Grain Calculation Activity

- The students are going to get 1 oz eq grain from the pasta and 1.5 oz eq grain from a WGR bread roll
- Calculate the amount of penne pasta needed to serve 90 students 1 oz eq. grain using the Barilla CN label

Pasta Child Nutrition Crediting

- ❑1.98 oz dry pasta when cooked yields 4.52 oz by volume or 1 cup
- ❑1 cup of cooked pasta provides 1 serving of bread alternate
- ❑1.98 oz X 90 servings = 178.2 oz dry pasta



Whole Grain Roll

- Grain calculation for store bought roll vs. in-house roll
  - Exhibit A: Group B
  - SP 30-2012
  - In-house roll recipe calculation activity

Store Bought Roll

Nutrition Facts

Serving Size 1 Roll (42g)

Servings per container 18

Calories 210

Amounts per Serving	% of Daily Value
Total Fat 10g	**15%**
Cholesterol 45mg	**15%**
Sodium 300mg	**13%**
Total Carbohydrates 36g	**13%**
Sugars 17g	
Dietary Fibers 2g	**8%**
Proteins 2g	

Not a significant source of dietary calcium, fiber, iron, vitamin A, Vitamin C.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

- 1 oz eq = 28 gm or 1.0 oz
- 42/28 = 1.5 oz

Store Bought Roll

Healthy Life Original 100% Whole Wheat Whole Grain Bread

Nutrition Facts

Serving Size 2 Slices (41g)
Servings Per Container 11

Amount Per Serving	%DV	2 Slice	1 Slice
Calories 70	Calories from Fat 5		
Calories 35	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g,0g		0%	0%
Saturated Fat 0g,0g		0%	0%
Trans Fat 0g,0g			
Polyunsaturated Fat 0g,0g			
Monounsaturated Fat 0g,0g			
Cholesterol 0mg,0mg		0%	0%
Sodium 150mg,80mg		6%	3%
Total Carbohydrate 16g,8g		5%	3%
Dietary Fiber 5g,3g		20%	12%
Sugars 2g,1g			
Protein 5g,2g			

Vitamin A	0%	0%	Vitamin C	0%	0%
Calcium	10%	4%	Iron	4%	2%
Thiamin	6%	4%	Riboflavin	2%	2%
Niacin	6%	2%	Folic Acid	2%	0%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

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

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

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

- Product ingredient listing list whole grain first, specifically (non mixed dishes (e.g., breads and cereals)
- If the food item is a mixed dish (lasagna) a whole grain must be the primary grain ingredient by weight
- If the first ingredient is water, a whole grain must be listed as the second ingredient and still meet WGR criteria

Calculation Activity: In-House Whole Grain Hot Roll

Ingredients Number of portions: 175 Size of Portion: 1.5 oz		Recipe HACCP Process: #2 Same Day Service
Flour, Whole Wheat…….……	5 ¼ LB	1. Add hot tap water to the mixing bowl, add melted margarine, and all other ingredients except flour
Flour, All Purpose, Enriched, White…	4 ¾ LB	2. Mix for 30 seconds on low speed to blend
Water……	1 Gal	3. Gradually add flour, mixture should be soft consistency
Milk, Dry, Nonfat……	2 CUP	4. Cover and allow dough to rise until double in size
Margarine, melted…….	3 CUP	5. Punch down dough-pinch 1 oz balls, shape for rolls
Sugar, Granulated……	2 ¾ CUP	6. Place on cookie sheets to rise again until double
Salt……	1/4 CUP	7. Bake at 325 degrees until done-golden brown in color. Approximate time 9-12 minutes
Yeast, Baker's, Active Dry……..	1 CUP	8. Lightly brush with melted margarine when removed from oven
Margarine……..	½ CUP	

Grain Calculation

Recipe	Ingredients per 175 Servings	Quantity of Grains given in LBS	X grams (454 per lb)
Whole Grain Hot Roll	Flour, Whole Wheat	5 lbs 4 oz	5.25 lb x 453.6 g = 2381.4 g
	Flour, All Purpose, Enriched, White	4 lbs 12 oz	4.75 lb x 453.6 g = 2154.6 g
		Calculations	Flour: 4536/ 16 g = 283.50 servings of flour per 175 servings of rolls 283/175 servings = 1.6 servings round .6 down to the nearest ¼ serving: .50 1 roll provides 1.5 servings of Grains/Breads

Practice

- For lunch, how much 85/15 ground beef would be needed for 200 portions for grades 9-12?
- For lunch, how much whole wheat pasta would be needed for 200 portions for grades 9-12?

Practice

PRODUCT DESCRIPTION

This item is 85/15 fine ground beef. This product is in 40 pound cases containing four 10-pound vacuum-sealed packages.

CREDITING/YIELD

- One case of ground beef provides approximately 478 1.34-ounce portions.
- CN Crediting: One 1.34-ounce portion of 85/15 raw ground beef credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Ground beef can be cooked and used in a variety of dishes such as spaghetti sauce, tacos, chili, casseroles, and pasta dishes.
- For more culinary techniques and recipe ideas visit NFSMI or Team Nutrition.

NUTRITION FACTS

Serving size: 1.34 ounces (38g)/1 MMA 85/15 raw ground beef

Amount Per Serving	
Calories	82
Total Fat	6g
Saturated Fat	2g
Trans Fat	1g
Cholesterol	26mg
Sodium	25mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	7g

Source: USDA National Nutrient Database

Practice

PRODUCT DESCRIPTION

This item is whole grain elbow macaroni that is made with U.S. No. 1 whole durum wheat flour and may include other optional whole grain ingredients. This item is available in a 20 pound case.

CREDITING/YIELD

- One case of whole grain macaroni yields about 320 oz. equivalents of grains.
- CN Crediting: 1/2 cup cooked or 1 ounce dry macaroni credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Whole grain macaroni can be used as the grain component in soups, salads, or casseroles. This product can also be served in a more traditional way topped with tomato sauce and cheese.
- Using whole grain macaroni in recipes can help schools meet the whole grain-rich criteria in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit NFSMI or Team Nutrition.

NUTRITION FACTS

Serving size: 1/2 cup (70g) cooked macaroni, whole grain

Amount Per Serving	
Calories	87
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	19g
Dietary Fiber	2g
Sugars	1g
Protein	4g

Source: USDA National Nutrient Database

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National

Grain Practice

- You need to make a roll for your lunch program for grades 9-12. How much flour would you need to make the roll a 2 ounce grain equivalent for 200 students?

Grain Practice

- You need to make a roll for your lunch program for grades 9-12. How much flour would you need to make the roll a 2 ounce grain equivalent for 200 students?
  - 16 grams per 1 ounce serving
  - 32 grams per 2 ounce serving
  - 32 grams x 200 portions=6,400 grams
  - 6,400/453.6=14.11 pounds
  - 14.11 pounds of flour

Questions?

Thank You

http://dese.mo.gov/financial-admin-services/food-nutrition-services

(573) 751-3526