



**MEAL PATTERN AND OFFER
VERSUS SERVE**

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Objectives

- New rules for 2014/2015 School year
- Food Based Menu Planning
- The grade groups and calorie ranges
- The components of a reimbursable meal
- New specifications for sodium
- Offer Versus Serve
- Jeopardy Game!



Breakfast Changes Effective SY 2014-2015

- Fruit quantity increases to 5 cups/week (minimum 1 cup/day)
- All grains must be whole-grain rich
- Target 1 for average weekly sodium limit
 - Breakfast
 - ≤540mg (K-5)
 - ≤600mg (6-8)
 - ≤640mg (9-12)
- Weekly juice limit
- Starchy Vegetable substitution rule



SBP Changes Cont.

- Under OVS, meals selected by students must contain ½ cup of a fruit (or vegetable if using substitution)



NSLP Changes Effective SY 2014-2015

- All grains must be whole-grain rich
- Target 1 for average weekly sodium
 - ≤1230mg (K-5)
 - ≤1360mg (6-8)
 - ≤1420mg (9-12)



FOOD BASED MENU PLANNING



One single menu approach

- Food-Based Menu Planning (FBMP)
 - Simplifies menu planning
 - Students nationwide will have access to key food groups
 - Easier for schools to communicate
 - Simplifies program



Food Based Menu Planning - Lunch

- The required food components:
 - Meat/meat alternative
 - Fruit
 - Vegetable
 - Milk
 - Grain

FBMP also identifies calorie, saturated fat, trans fat and sodium standards for each of the age/grade groups receiving the school meals



GRADE GROUPS AND CALORIE RANGES



Grade Groups



- Kindergarten – 5th grade
- 6th grade – 8th grade
- 9th grade – 12th grade



Calorie Ranges - Lunch

Grade	K-5	6-8	9-12
Min. level	550	600	750
Max. level	650	700	850



Calorie Ranges - Overlap

Grade	K-5	6-8
Min. level	600	
Max. level	650	

A single menu that falls between 600-650 calories per week would work for both k-5 and 6-8 grade groups.



COMPONENTS OF A REIMBURSABLE LUNCH



Food Components

5 components

1. Meat/Meat Alternate
2. Fruits
3. Vegetables
4. Fluid Milk
5. Grains



Must meet daily and weekly requirements 

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
Fruit¹ (2 ½ c weekly K-8, 5 c weekly 9-12)	½ cup	½ cup	1 cup
Vegetables² (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 (¼ 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	-	-	-
Other² (½ c weekly K-8, ¼ c weekly 9-12) Asparagus, avocado, bean sprouts, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini	-	-	-
Additional Vegetables³ (1 c weekly K-8, 1 ½ c weekly 9-12)	-	-	-
Grains⁴ 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 Milk⁵	1 cup	1 cup	1 cup

Food Components
Meat/ Meat Alternate

Meat/Meat Alternate Component			
Grades	K-5	6-8	9-12
Daily	1 oz	1 oz	2 oz
Weekly	8 oz	9 oz	10 oz

Meat/Meat Alternate - Overlap		
Grades	K-5	6-8
Daily	1 oz	
Weekly	9-10 oz	

K-5 and 6-8 requirements overlap at 9-10 oz per week



Beans and Peas

Can be a Meat/Meat Alternate or a Vegetable:

- A ¼ cup of drained beans equals one ounce equivalent of the Meat/Meat Alternate requirement.

Handout:
Qualifying Beans
and Peas in the
School Nutrition
Program



Food Components

Fruit

Fruit Component



- Schools may offer fruits:
 - Fresh
 - Frozen with added sugar
 - Canned in light syrup, water or fruit juice
 - Dried



Fruit Component			
Grades	K-5	6-8	9-12
Daily	1/2 cup	1/2 cup	1 cup
Weekly	2 1/2 cups	2 1/2 cups	5 cups

Fruit Component - Juice

Pasteurized, 100% full-strength fruit juice may be offered.

No more than half of the weekly fruit offering may be in the form of juice.



Food Components

Vegetable

Vegetable Component

Grades	K-5	6-8	9-12
Daily	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Weekly	3 $\frac{3}{4}$ cups	3 $\frac{3}{4}$ cups	5 cups



Vegetable Component - Overlap

Grades	K-5	6-8
Daily	$\frac{3}{4}$ cup	
Weekly	3 $\frac{3}{4}$ cups	

K-5 & 6-8
overlap



Vegetable Component

Subgroups	K-5	6-8	9-12
Dark Green	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Red/ Orange	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
Beans, Peas	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Starchy	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Other	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Add. Veggies (not a subgroup)	1 cup	1 cup	1 $\frac{1}{2}$ cup
Total	3 $\frac{3}{4}$ cups	3 $\frac{3}{4}$ cups	5 cups

Food Components

Fluid Milk

Fluid Milk Component

Grades	K-5	6-8	9-12
Daily	1 cup	1 cup	1 cup
Weekly	5 cups	5 cups	5 cups



Food Components

Grains

Grains Component

Grades	K-5	6-8	9-12
Daily	1 oz (min)	1 oz (min)	2 oz (min)
Weekly	8 oz	8 oz	10 oz

All of the grains offered at lunch must be whole-grain rich in School Year 2014-2015.

Grains Component - Overlap

Grades	K-5	6-8
Daily	1 oz (min)	
Weekly	8 oz	



What if I have multiple menu items?



- All lines
 - Must offer daily and weekly targets
- Salad w/crackers
 - 1 oz eq. a day times 5 days a week is 3 oz eq. short.
- Peanut butter and jelly sandwich
 - 2 oz eq. a day times 5 days a week is 10 per week

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 meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain.



Two elements are used to evaluate if a grain product meets the whole grain-rich criteria. Remember, for 2014-15, **all grains must be WGR.**



Grains

- Element #1 – A serving of the food item must meet portion size requirements for the grains component



Grains

Element #2 – the food must meet at least one of the following:

- The whole grain content per oz must be at least 8.0 grams or more for Groups A – G.



- The product includes the FDA claim on its packaging.



Whole Grain Pasta Wavier

- According to SP 47-2014, LEAs may apply for a waiver for enriched pasta if:
 - The SFA provides evidence that they attempted to use the product in a previously popular menu item and the SFA experienced significant challenges in achieving positive results. However, this flexibility is available only until acceptable products are identified and while the SFA can demonstrate a continued negative impact.
 - The waiver would be in effect for SY 2014-2015 and SY 2015-2016 if needed.



What about desserts?



- Max of 2 oz equivalent of a grain based dessert is allowed to be offered per week
- Could offer 0.5 oz, 4 days a week
 - Manufactures are developing products to meet 0.5 oz eq.





Questions?

Recap

- One menu planning option
 - Food based menu planning (FBMP)
- New calorie and sodium requirements
- Daily and weekly requirements
- Vegetable subgroups
- Minimum of grains & meats
- The term whole grain rich




DIETARY SPECIFICATIONS



Sodium, Saturated Fat and Trans fat

Dietary Specifications

- Sodium

Target through School Year 2014-2015 Lunch			
Grades	K-5	6-8	9-12
Level	1230 mg	1360 mg	1420 mg

Schools will reduce the sodium content of meals gradually over a 10-year period through two intermediate sodium targets at two years (SY 2014-15) and five years (SY 2017-18) post-implementation prior to reaching the final target ten years post implementation (SY 2022-23).



Dietary Specifications

□ Saturated Fat:

Grades	K-5	6-8	9-12
Level	<10% of calories		

□ Trans Fat:

- Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.
- Naturally occurring trans fat in meat and dairy are excluded.



OFFER VERSES SERVE



Offer Versus Serve

Students must be offered all five required components:

1. Meat/Meat Alternate
2. Fruit
3. Vegetable
4. Grains
5. Fluid Milk



Students are allowed to decline two of the five required food components.



Offer Versus Serve

Students **must** take a minimum of one half-cup of either the fruit or vegetable component.



Offer Versus Serve



Students are allowed to take smaller portions of the **fruit** and **vegetable** components only.

- If a student selects less than the offered portion of Meat/Meat Alternate or Grains, it does not count as one of the minimum three required components at lunch.



Offer Versus Serve

- What didn't change:
 - Only required for senior high schools for the NSLP
 - Optional for lower grades for the NSLP
 - Optional for the SBP at all grade levels.
 - Student's option to decline item(s)
 - Same price if child declines item(s)
 - Full amount of each component must be available to choose



Salad/ Garden Bar

- Encourage Salad/Garden Bars
- Point of Service
 - Make sure all staff is trained on how to identify a reimbursable meal.



BREAKFAST



School Year 2014-2015

- Quantity of fruit required increases to 1 cup daily
- Vegetables may be substituted to provide all or part of the fruit requirement



School Year 2013-2014

- Must offer 3 components
 - Grains (optional meat/meat alternate after daily grain met)
 - Fruit/Vegetable/Juice (current quantities - ½ cup)
 - Milk

- Must offer 4 food items if using OVS and student may decline one
 - Grains
 - Fruit/Vegetable/Juice
 - Milk
 - Additional item



Breakfast Meal Components

- Fruits/Vegetables
- Grains
- Milk



Fruits

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)

May select fresh, canned in juice/light syrup, or dried.

100% juice only, may be credited to meet no more than one-half of the fruit component for the week.

¼ cup of dried fruit = ½ cup of fruit



Vegetables

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

- Effective school year 2014-2015
- 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



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

Phased-in implementation of whole grain-rich

Formulated grain-fruit products cannot be used to meet grain or fruit components at breakfast.



Meat/Meat Alternate

Effective SY 2013-2014 - Schools may substitute meat/meat alternate for grains once daily grains minimum is met, to meet the weekly grains requirement.



Milk

Breakfast 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)

The fluid milk requirements for breakfast are the same as the milk requirements for lunch.





Questions?

Thank You



<http://www.dese.mo.gov/divadm/food>
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