

NEW MEAL PATTERN TRAINING

Summer 2012

Objectives

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- ❑ Food Based Menu Planning
- ❑ The new grade groups and calorie ranges
- ❑ The components of a reimbursable meal
- ❑ New specifications for sodium and trans fat
- ❑ Offer Versus Serve
- ❑ Breakfast
- ❑ Commodity Foods
- ❑ Kitchen records



FOOD BASED MENU PLANNING

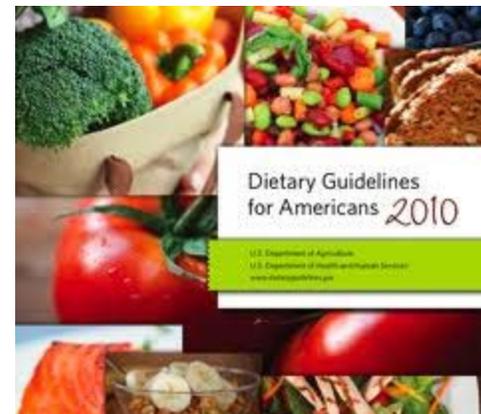


One single menu approach

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Food-Based Menu Planning (FBMP)

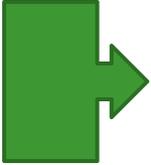
- ❑ Simplifies menu planning
- ❑ Students nationwide will have access to key food groups
- ❑ Easier for schools to communicate
- ❑ Simplifies program



Food Based Menu Planning - Lunch

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The required food components:

- ❑ Meat/meat alternative
- ❑ Fruit
- ❑ Vegetable  *Now 2 separate components*
- ❑ 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



New Grade Groups

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



Calorie Ranges - Lunch

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



Calorie Ranges - Overlap

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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

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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
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, iceberg 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 – 9 oz maximum weekly 6-8: 8 oz minimum – 10 oz maximum weekly 9-12: 10 oz minimum – 12 oz maximum weekly	1 oz eq.	1 oz eq.	2 oz eq.
Meats/Meat Alternates K-5: 8 oz minimum – 10 oz maximum weekly 6-8: 9 oz minimum – 10 oz maximum weekly 9-12: 10 oz minimum – 12 oz maximum weekly	1 oz eq.	1 oz eq.	2 oz eq.
Fluid Milk ⁵	1 cup	1 cup	1 cup

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Food Components

Meat/ Meat Alternate

Meat/Meat Alternate Component

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



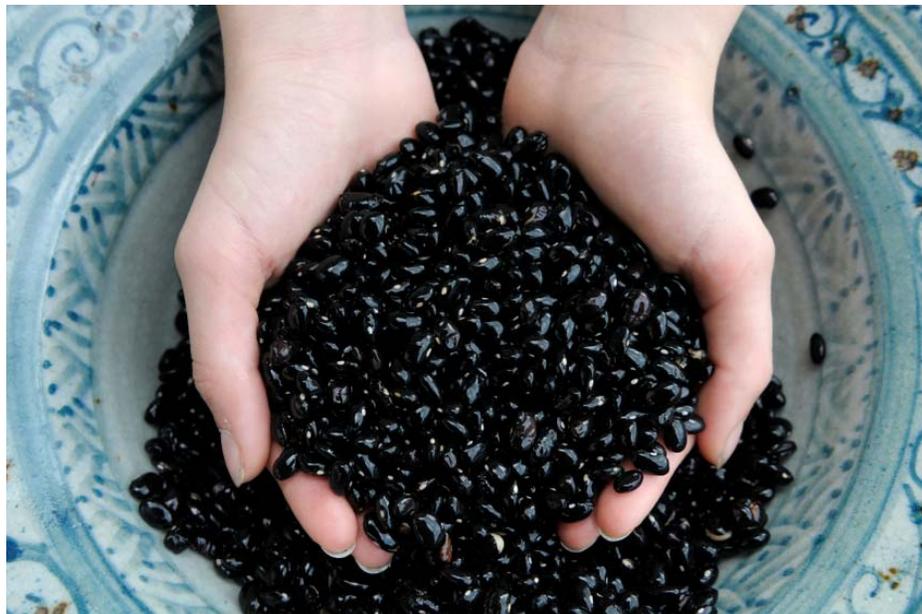
Beans and Peas

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Can be a Meat/Meat Alternate or a Vegetable:

- A $\frac{1}{4}$ cup of drained beans equals one ounce equivalent of the Meat/Meat Alternate requirement.

Handout:
Qualifying Beans
and Peas in the
School Nutrition
Program



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Food Components

Fruit

Fruit Component

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- Fruits and vegetables are now separate food components in the school nutrition program.
- Schools may offer fruits:
 - Fresh
 - Frozen without added sugar
 - Canned in light syrup, water or fruit juice
 - Dried



Fruit Component

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Grades	K-5	6-8	9-12
Daily	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Weekly	2 $\frac{1}{2}$ cups	2 $\frac{1}{2}$ cups	5 cups

Fruit Component - Juice

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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.



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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

23

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

K-5 & 6-8
overlap



Vegetable Component

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

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Food Components

Fluid Milk

Fluid Milk Component

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Grades	K-5	6-8	9-12
Daily	<i>1 cup</i>	<i>1 cup</i>	<i>1 cup</i>
Weekly	<i>5 cups</i>	<i>5 cups</i>	<i>5 cups</i>



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Food Components

Grains

Grains Component

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

At least half of the grains offered at lunch must be whole-grain rich in School Year 2012-2013.



Grains Component - Overlap

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Grades	K-5	6-8
Daily	1 oz (<i>min</i>)	
Weekly	8-9 oz	



What if I have multiple menu items?

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- Hot line
 - 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

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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.



Grains

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- Element #1 – A serving of the food item must meet portion size requirements for the grains component
 - Determining Serving Sizes
 - SP 30-2012 handout
 - Use the FBG to see what is grains credit.



Grains

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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.



Grains

- Product ingredient listing lists whole grain first, specifically:
 - Non-mixed dishes (e.g. breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)

Ingredients:

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

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Amount/Serving		%DV	Amount/Serving		%DV
Total Fat 1g		2%	Total Carbohydrate 18g		6%
Saturated Fat 0g		0%	Dietary Fiber 2g		8%
Trans Fat 0g			Sugars 3g		
Polyunsaturated Fat 0g			Protein 4g		
Monounsaturated Fat 0g					
Cholesterol 0mg		0%			
Sodium 135mg		6%			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4% Riboflavin 2% • Niacin 6% • Folic Acid 2%					

Nutrition Facts
Serving Size 1 slice (38g)
Servings Per Container 18
Calories 90
Calories from Fat 10

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

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Grains

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- Mixed dishes (e.g. pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list)

Nutrition Facts and Ingredients (Corn Dog):

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

Chicken Frankfurter Ingredients: Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite.

Grains

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- Items prepared by school: The recipe is used to determine whether the total weight of whole grain ingredients exceeds the total weight of the non-whole grain ingredients
- Recipe (Whole grain bread stick):

Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM

Recipe Source:

Recipe Group: GRAINS & BREADS

Alternate Recipe Name:

Number of Portions: 300

Size of Portion: 1OZ

05040 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000992 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
089630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP



Whole Grain-Rich Foods

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- Handout: What foods are in the Grains Group?



What about desserts?

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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.





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Questions?

Recap

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



DIETARY SPECIFICATIONS



Sodium, Saturated Fat and Trans fat



Dietary Specifications

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□ Sodium

Target through School Year 2014-2015 Lunch			
Grades	K-5	6-8	9-12
Level	1 230 mg	1 360 mg	1 420 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

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□ 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

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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

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



Offer Versus Serve

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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

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- 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



Offer Versus Serve

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Handout: Offer Versus Serve Reimbursable Meal



Salad/ Garden Bar

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- ❑ Encourage Salad/Garden Bars
- ❑ Point of Service
- ❑ Methods of Collection Forms



BREAKFAST



School Year 2012-2013

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- Phasing-in changes in the School Breakfast Program (SBP)
- For SY 2012-2013, no changes to SBP other than milk requirement
- For SY 2012-2013, may continue to use current menu planning approach and current OVS requirements
- LEAs may choose early implementation of the new meal pattern for SBP



School Year 2013-2014

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- 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



School Year 2014-2015

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



Breakfast Meal Components

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□ Fruits

□ 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, frozen without added sugar, 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.

$\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of fruit



Vegetables

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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)	7-10 (1)	8-10 (1)	9-10 (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.



Formulated Grain-Fruit

- What is a formulated grain-fruit product?
 - A grain product
 - Highly fortified
 - Creditable as both a grain and fruit serving
 - Required specific FNS approval
- This change does not prohibit:
 - Energy, granola, cereal, or breakfast bars (with or without fruit pieces or spread)
 - Fortified cereal or cereals with fruit pieces



Meat/Meat Alternate

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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.





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Questions?

COMMODITY FOODS

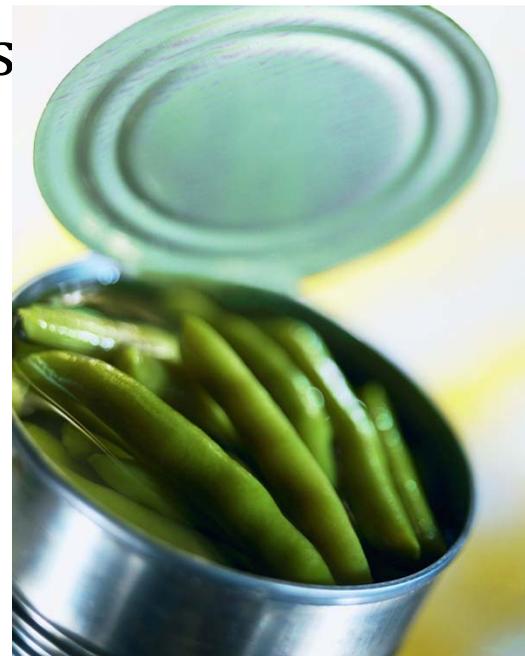


USDA Commodity Foods

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Reduced sodium foods equal to or less than 140 mg per half-cup serving:

- canned beans and vegetables
 - tomato paste
 - whole kernel corn
 - diced tomatoes



USDA Commodity Foods

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Whole grain USDA Foods available

- brown rice
- parboiled brown rice
- rolled oats
- whole wheat flour
- whole-grain pastas
 - rotini
 - spaghetti
 - macaroni



USDA Foods

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No added salt frozen foods:

- ❑ green beans
- ❑ carrots
- ❑ corn
- ❑ peas
- ❑ sweet potatoes

Reformulating mozzarella cheeses and chicken fajita strips to be lower in sodium.



KITCHEN RECORDS



Nutrition Facts Labels

Save your Nutrition Facts labels!

Ingredients:

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

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 slice (38g)		Total Fat 1g	2%	Total Carbohydrate 18g	6%
Servings Per Container 18		Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Calories 90		Trans Fat 0g		Sugars 3g	
Calories from Fat 10		Polyunsaturated Fat 0g		Protein 4g	
		Monounsaturated Fat 0g			
		Cholesterol 0mg	0%		
		Sodium 135mg	6%		
<small>*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.</small>					
<small>Calories: 2,000 2,500</small>					
<small>Total Fat Less than 65g 80g</small>					
<small>Saturated Fat Less than 20g 25g</small>					
<small>Cholesterol Less than 300mg 300mg</small>					
<small>Sodium Less than 2,400mg 2,400mg</small>					
<small>Total Carbohydrate 300g 375g</small>					
<small>Dietary Fiber 25g 30g</small>					
<small>Calories per gram:</small>					
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>					
<small>Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4% Riboflavin 2% • Niacin 6% • Folic Acid 2%</small>					

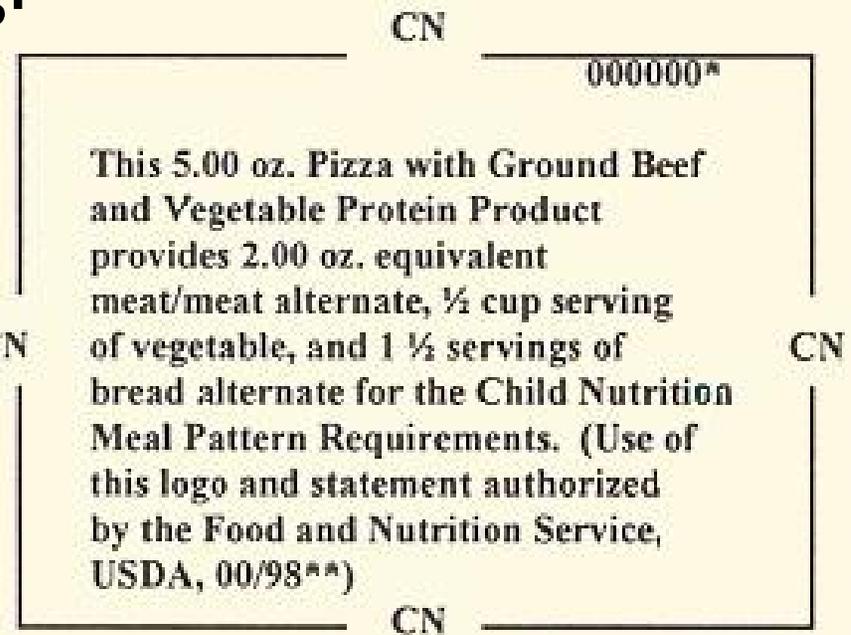


Child Nutrition (CN) labels

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■ A CN Label will always contain the following:

- The CN logo which is a distinct logo.
- The meal pattern contribution statement.
- A 6 digit product information number.
- USDA/FNS authorization.
- The month and year of approval.

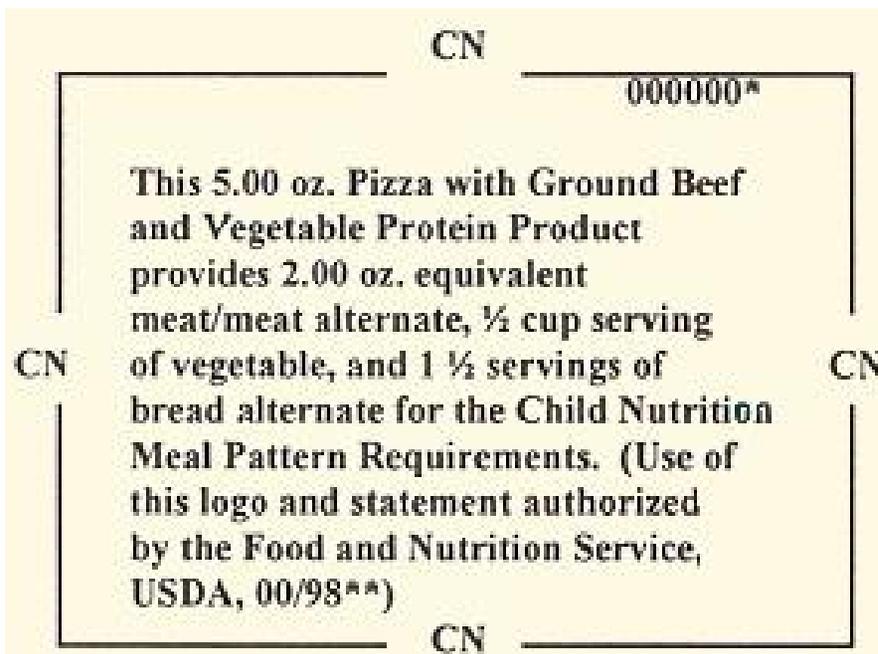


Child Nutrition (CN) labels

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New CN Labels:

- Updating with new grain requirements
- Adding new vegetable subgroups
- Fruit and grain combinations



Standardize Recipes

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- Prototype on our website
- Standardized recipes maintain consistent:
 - Yield
 - Quantity
 - Taste
 - Cost
 - Quality
 - Nutrients
 - Preparation Time

Each recipe should be written clearly enough that an inexperienced person could make the dish successfully without having to ask questions.



Identifying Reimbursable Meals

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Communicate easy methods of identifying reimbursable meal components in front or near the front of the serving line that constitute the unit priced reimbursable school meal(s).



Multiple Serving Lines

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As required each independent line must meet the daily and weekly requirements (including vegetable subgroups), in order to ensure that a child is able to take a reimbursable meal every day in any line they may choose.



Letter to the parents

75

Designed for registration packets.

- Found on our website under the workshops and webinar tab

New school meal requirements in a simplified language.

- Biggest changes
- Changes already made



Tools of the Trade

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- ❑ USDA Food Buying Guide Calculator at:
<http://fbg.nfsmi.org/>
- ❑ Checklist (see handout)
- ❑ Implementation timeline for final rule
- ❑ List of handouts and location



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Thank You



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

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