

Menu Planning Packet

National School Lunch Program (NSLP)

School Breakfast Program (SBP)

Afterschool Snack Program (ASSP)

Florida Department of Agriculture and Consumer Services

Division of Food, Nutrition and Wellness (FDACS FNW)

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For further information, please visit: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP10-2012osr2.pdf>

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Food-Based Meal Patterns and Menu Packet

Menus submitted for evaluation by FDACS FNW staff must comply with the following requirements:

Meet meal pattern **component** and **portion size** requirements as stated on the Food-Based Meal Pattern Chart and serving size requirements of the Grains/Breads Instruction. Menus will not be reviewed for nutrient content during the menu approval process. This will be completed at the time of a certification or administrative review.

Menu Planners - Please read all attached documents [Implementation Timeline, Food-Based Meal Patterns, United States Department of Agriculture (USDA) Vegetable Subgroups, Whole Grains Definitions and Terms, USDA Grains/Breads Instruction, Food-Based Menu Points to Remember and Seven-Day Program Calculation Sheet] as they describe in detail requirements for reimbursable meals under the NSLP/SBP. Then submit your two weeks of menus [ten days for schools and 14 days for residential child care institutions (RCCIs) claiming weekend meals] for each of your grade groups (or include varying portion sizes for each grade group) on the attached Breakfast, Lunch, and Snack (if participating in ASSP) menu planning forms. Add additional menu pages as needed for each two-week menu for each grade grouping.

Menu Forms Guidelines: Please provide all requested information for each menu item:

- Milk: include flavor, serving size in fluid ounces, and milk fat content.
- Meat/Meat Alternates (M/MA): include item description/name/USDA recipe name, portion size or ounces (**cooked weight**), and the M/MA contribution in ounces (i.e., 4.6 oz. portion equals 2 M/MA or five chicken nuggets at .68 oz equals 2 M/MA).
- Grains/Breads: include item description/name, portion details (i.e., one whole, two slices) and specific weights of each portion. List portions for **cooked** pasta, rice, and cooked cereals in cups. (Record ready-to-eat cereals by weight or volume.) Record portions of meat and grain from combination items here as “CN Label Pizza, 2 G/B” or “CN Label Chicken Nuggets, 1 G/B”.
- Fruits: include description/name, processing information (i.e., fresh, canned, cooked, etc.) and portion size in cups.
- Vegetables: include description/name, processing information (i.e., fresh, canned, cooked, etc.) and portion size in cups.
- Other Items: include description/name and portion size in ounces (grams for condiments are okay).

Menu Review Process: please provide two weeks of completed menus for each grade group and meal/snack to your program representative. FNW staff/consultants will take several weeks to complete the review, and **you may be asked to provide additional information, clarification and menu updates.**

You will receive written documentation of the approval of your menus. If you have additional questions, contact the FNW office at (800) 504-6609. **Note:** Sponsors with cycle menus longer than two weeks will need to adjust the additional menus in their cycle to include adjustments made to the menus reviewed. The sponsor is responsible to ensure all required changes are made prior to menu preparation and service.

For sample menus and menu planning templates, please visit the FNW website at:

http://www.freshfromflorida.com/divisions/fnw/national_school_lunch.html

Traditional Food-Based Menu Planning—Breakfast Pattern 2012-2013

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH—MEAL PATTERN FOR BREAKFASTS			
MINIMUM QUANTITIES			
FOOD COMPONENTS AND FOOD ITEMS	AGES 1 and 2	PRESCHOOL	GRADES K-12
Milk (as a beverage, on cereal, or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables/Fruits/Juice: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
In addition-SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION¹.			
Grains/Breads² Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched, or fortified cereal	½ slice ½ serving ¼ cup or 1/3 oz	½ slice ½ serving 1/3 cup or ½ oz	1 slice 1 serving ¾ cup or 1 oz
Meat or Meat Alternate^{3,4,5} (quantity of the edible portion as served):			
Lean meat/poultry or fish	½ oz	½ oz	1 oz
Alternate protein products ³	½ oz	½ oz	1 oz
Cheese	½ oz	½ oz	1 oz
Egg (large)	½ large egg	½ large egg	½ large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) ^{4,5}	½ oz	½ oz	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup

¹ Minimum servings for meat/meat alternates – 0.25 ounces and for grains/breads – ¼ serving.

² Grains/breads must be enriched or whole-grain or made from enriched whole-grain flour or meal that may include bran and/or germ.

³ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 220.

⁴ No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

FOOD-BASED MENU PLANNING

LUNCH MEAL PATTERN

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week ^b (Minimum Per Day)		
Fruits (cups) ^{c, d}	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups) ^c	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Dark green ^f	½	½	½
Red/Orange ^f	¾	¾	1 ¼
Beans/Peas (Legumes) ^f	½	½	½
Starchy ^f	½	½	½
Other ^{f, g}	½	½	¾
Additional Vegetables to reach total ^h	1	1	1 ½
Grains (oz eq) ⁱ	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) ^j	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a Five-Day Week

Min-max calories (kcal) ^{m, n, o}	550-650	600-700	750-850
Saturated fat (% of total calories) ^{no}	<10	<10	<10
Sodium (mg) ^{n, p}	≤640	≤710	≤740
Trans fat ^{n, o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^f Larger amounts of these vegetables may be served.

^g This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-2015).

^j Fluid milk must be low-fat (1 percent milk fat or less, unflavored or flavored).

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater and 1 percent milk fat are not allowed.

^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in §210.10(f)(3) for lunches and §210.8(f)(3) for breakfast.

Long Week Calculations for RCCI Programs

(Rounded to nearest 0.5 oz eq and 0.25 cup)

Seven-Day School Week Lunch Meal Component Adjustments

7-day School Week - Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg. to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

Implementation Timeline for Final Rule

Nutrition Standards in the National School Lunch and School Breakfast Programs

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	2022-2023
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges	L						
Milk Component							
• Offer only fat-free (unflavored or flavored)	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Menus should reflect the Dietary Guidelines, which emphasize:

- Increase the variety of entrees offered:
 - Plan more school-prepared items (i.e., increase the number of foods prepared onsite with standardized recipes and reduce the number of purchased processed items that only require heating)
 - Choose more low-fat, low-sodium products
 - Use low-fat cheeses, dairy products and lower-fat meats
 - Plan at least one fresh fruit or vegetable on your menu each day:
 - Increase the amount and variety of fruits and vegetables offered
 - Plan at least one menu item containing a whole grain each day:
 - Plan a variety of breads/grains including whole-wheat or multi-grain breads/rolls, whole-grain pasta and brown or wild rice
 - Increase the variety of cooked and ready-to-eat cereals offered at breakfast
 - Offer additional healthy alternate choices as your operation allows
 - Before placing a new food item on the menu, obtain a Child Nutrition (CN) label, if available, and nutrition facts documentation about the item
 - Offer and promote unflavored or flavored fat-free milk, and low-fat .5% and 1% fat unflavored milk at each meal
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Website links with information to assist in planning nutritious school menus are:

- Menu Planner for Healthy School Meals -- <http://www.fns.usda.gov/tn/resources/menuplanner.html>
 - Food Buying Guide for Child Nutrition Programs - <http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>
 - USDA Recipes for Schools -- http://www.fns.usda.gov/tn/resources/usda_recipes.html
 - Dietary Guidelines for Americans, 2010 -- <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
 - HealthierUS School Challenge -- <http://www.fns.usda.gov/tn/healthierus/index.html>
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Additional Information

- If you are interested in applying for the HealthierUS School Challenge, please contact your program representative.
- If you are interested in implementing breakfast menus that meet the 2013-2014 school year (SY) requirements during the 2012-2013 SY, please contact your program representative.
- Sponsors with schools with students in grades K-6, K-8, K-12, etc., may combine K-5 and 6-8 into one lunch menu plan but must plan separate 9-12 grade secondary lunch menus.

Combined K-8 New Lunch Pattern: 1/2 cup Fruit(s), 3/4 cup Vegetable(s), 8 fl oz Milk and 1 oz equivalent Grain per day (**8-9 oz eq per week**) and 1 oz equivalent Meat/Meat Alternates per day (**9-10 oz eq per week**).

PreK/Headstart Traditional Lunch Pattern: 6 fl oz. Milk, 1-1/2 oz eq Meat/Meat Alternates, 1/2 cup (total portion) of two Fruits and/or Vegetables, and 1 oz eq Grains/Breads per day/8 per week.

AFTERSCHOOL SNACKS & *SFSP SUPPLEMENTS

(*MUST USE PORTION SIZES IN LAST COLUMN FOR ALL SFSP SUPPLEMENTS.)

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK			
FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹ (SFSP Supplement Pattern)
Milk Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetable or Fruit ^{2,9} Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3,4} Bread <i>or</i> Cornbread or biscuit or roll or muffin <i>or</i> Cold dry cereal ⁴ <i>or</i> Cooked cereal grains <i>or</i> Cooked pasta or noodles	1/2 slice 1/2 serving 1/4 cup or 1/3 oz ⁴ 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz ⁴ 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz ⁴ 1/2 cup 1/2 cup
Meat/Meat Alternate ^{5,6,7} Lean meat or poultry or fish ⁵ <i>or</i> Alternate protein products ⁶ <i>or</i> Cheese <i>or</i> Egg (large) <i>or</i> Cooked dry beans or peas <i>or</i> Peanut or other nut or seed butters <i>or</i> Nuts and/or seeds ⁷ <i>or</i> Yogurt ⁸	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp 1/2 oz ⁷ 2 oz or 1/4 cup	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp 1/2 oz ⁷ 2 oz or 1/4 cup	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp 1 oz 4 oz or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full-strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

⁹ Juice may not be served when milk is the only other component.

USDA Vegetable Subgroups

Dark Green Vegetables	Red & Orange Vegetables	Other Vegetables
<ul style="list-style-type: none"> • Bok Choy • Broccoli • Collard Greens • Dark Green Leafy Lettuce • Escarole Lettuce • Kale • Mesclun • Mustard Greens • Romaine Lettuce • Spinach • Turnip Greens • Watercress 	<ul style="list-style-type: none"> • Acorn Squash • Butternut Squash • Carrots • Hubbard Squash • Pumpkin • Red Peppers • Sweet Potatoes • Tomatoes • Tomato Juice 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bean Sprouts • Beets • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green Beans • Green Peppers • Iceberg (Head) Lettuce • Mushrooms • Okra • Onions • Parsnips • Radish • Snap Beans • Turnips • Wax Beans • Zucchini
Beans & Peas (Legumes)	Starchy Vegetables	
<ul style="list-style-type: none"> • Black Beans • Black-Eyed Peas (Mature, Dry) • Garbanzo Beans (Chickpeas) • Kidney Beans • Lentils • Navy Beans • Pinto Beans • Soy Beans • Split Peas • White Beans 	<ul style="list-style-type: none"> • Cassava • Corn • Green Bananas • Green Peas • Green Lima Beans • Plantains • Potatoes • Taro • Water chestnuts • Fresh Cowpeas, Field Peas, or Black-Eyed Peas (Not Dry) 	

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****Vegetables from any subgroup are creditable as an “Additional vegetable.”** Additional Vegetable requirements: 1 cup per week for Grades K-5 & 6-8 and 1½ cup per week for Grades 9-12.

Whole Grains Definition and Terms

Whole grains consist of the entire cereal grain, seed or kernel. The kernel has three parts—the bran, the germ and the endosperm. Usually the kernel is cracked, crushed or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ and endosperm as the original grain, it is considered a whole grain.

When you see the following words, you will know that by regulation [Food and Drug Administration (FDA) Standards of Identity], they describe whole grains that are used as ingredients:

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour

Common and usual names for other whole grains are noted below:

- The word whole listed before a grain, for example, whole corn.
- The words berries and groats are also used to designate whole grains, for example, wheat berries or oat groats.
- Rolled oats and oatmeal (including old-fashioned, quick-cooking and instant oatmeal).
- Other whole-grain products that do not use the word “whole” in their description, for example, brown rice, brown rice flour or wild rice.

Grain products (ingredients) that are not whole grains:

“Flour” has been designated by the FDA as the term for refined wheat flour. The following ingredients are **not** whole grains:

- flour
- white flour
- wheat flour
- all-purpose flour
- unbleached flour
- bromated flour
- enriched bromated flour
- enriched flour
- instantized flour
- phosphated flour
- self-rising flour
- self-rising wheat flour
- enriched self-rising flour
- bread flour
- cake flour
- durum flour
- couscous
- corn grits
- hominy grits
- hominy
- farina
- semolina
- degerminated corn meal

Through SY 2013-2014, sponsors and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements.

USDA Grains/Breads Instruction

Grains/Breads Requirement for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs

REFERENCE:	U.S. Department of Agriculture FCS Instruction Number 783-1, REV.2, 1-8-97
SOURCE CITATION:	7 CFR 210.10, 210.10a, 220.8, 220.8a, 225.16, and 226.20
APPLICABLE TO:	The food-based menu planning alternatives in the Child Nutrition Programs (i.e., the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP) contain a requirement that all meals offered include grains/breads or bread/bread alternate food item(s), hereafter termed "grains/breads." Program regulations set forth the minimum quantities of grains/breads required for breakfasts, lunches, suppers and supplements (snacks) to be reimbursable. This Instruction sets forth the criteria to be used to determine acceptable grains/breads, the criteria to be used to determine equivalent minimum serving sizes, and examples of foods that qualify as grains/breads for meals served under the food-based menu planning alternatives in all Child Nutrition Programs.
I. CRITERIA FOR DETERMINING ACCEPTABLE GRAINS/BREADS UNDER THE FOOD-BASED MENU PLANNING ALTERNATIVES	<p>A. All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.</p> <p>B. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identify (21 CFR Section 136, 137, 139) for enriched bread, macaroni and noodle products, rice, or cornmeal.</p> <p>C. The item must be provided in quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.</p>
II. CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES:	<ul style="list-style-type: none"> ● Exhibit A, attached, contains the equivalent minimum serving sizes for a wide variety of purchased food items. ● In lieu of using the minimum serving sizes listed in Exhibit A, the contribution of grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour. ● For the types of food items listed in Groups A-G of Exhibit A to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed therein must be used.
III. FOODS THAT QUALIFY AS GRAINS/BREADS	<p>Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:</p> <p>A. <i>Breads</i> that are enriched or whole-grain.</p> <p>B. <i>Biscuits, bagels, rolls, tortillas, muffins, or crackers</i> made with enriched or wholegrain meal or flour.</p> <p>C. <i>Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous</i> that are enriched or whole-grain.</p> <p>D. <i>Ready-to-eat breakfast cereals</i> that are enriched, whole-grain, or fortified.</p> <p>E. <i>Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry</i> when they are enriched, whole-grain, or fortified.</p> <p>F. <i>Macaroni or noodle products (cooked)</i> made with enriched or whole-grain flour. Program regulations for the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.</p> <p>G. <i>Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products (authorized under Appendix A of 7 CFR part 220)</i> when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A. When sweet foods are permitted, no more than one grains/breads serving per day may be a dessert and sweet snack foods should not be served as part of a snack more than twice a week.</p> <p>H. <i>Pie crust</i> when made with enriched or whole-grain meal or flour and served, as permitted under Exhibit A.</p> <p>I. <i>Non-sweet snack products such as hard pretzels, hard breadsticks, and chips</i> made from enriched or whole-grain meal or flour.</p>

GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS¹

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: Weights apply to bread in stuffing 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies² (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies², fruit turnovers³, and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Starting SY 2014-2015, all grains must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist sponsors and program operators with identifying whole grain-rich foods for availability by summer 2012.

**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
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers⁴ (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
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, 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.

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

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (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
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (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
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	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
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (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
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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

⁵ 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.

Food-Based Menu Points to Remember

Keep in mind the following points when you plan menus to meet meal pattern requirements and the Dietary Guidelines recommendations.

<p>Meat and Meat Alternates (M/MA)</p>	<ul style="list-style-type: none"> ● Meat and cheese can be served in combination in wraps, sub sandwiches, cheeseburgers, etc. List each contribution separately i.e., 1.22 oz. ham and 1 oz. cheese. ● Dried beans or peas can be served as a meat alternate for vegetarian-based menu items such as black beans and rice, bean burritos, etc., but cannot count for a vegetable and meat alternate in the same menu item. ● It is not recommended to use only peanut butter to meet the M/MA requirement for lunch meals since a sandwich made with 4 Tbsp. of peanut butter is usually too thick and difficult for children to consume. <ul style="list-style-type: none"> ○ Use 4 Tbsp. of peanut butter only when a third slice of bread is added to the sandwich. ○ Serve 2 Tbsp. of peanut butter with an additional M/MA item such as a 1 oz. cheese stick or 4 oz. (1/2 cup) yogurt to achieve the 2 ounce M/MA requirement. <p>Nuts and seeds – 1 ounce may fulfill the full requirement and 1 oz equivalent for breakfast and lunch meals.</p> <ul style="list-style-type: none"> ● Yogurt (dairy and soy-based) may be served as a meat/meat alternate component. <ul style="list-style-type: none"> ○ 1/2 cup (4 oz) of plain, sweetened or flavored yogurt to equal 1 ounce of the M/MA component;–1 cup (8 oz) to equal 2 ounces of the M/MA component. ○ Does not include homemade products as it may present food safety dangers. Frozen yogurt or other yogurt-flavored snack products (yogurt-covered fruit, etc.) are not considered yogurt and do not meet program requirements for an M/MA component. ● Bacon and cream cheese, due to the high-fat, low-protein content, are not creditable as M/MA. ● Cheese must be natural or processed to be creditable as an M/MA. Products labeled “imitation” cheese or cheese “product” are not creditable and should not be served as cheese. Cheese products labeled cheese “food,” cheese “spread,” or cheese substitute are creditable, but 2 ounces of product must be used to achieve 1 ounce of M/MA. ● Ham, turkey ham, and turkey deli meats are water-added products and do not yield ounce for ounce as M/MA. A 1.2 oz. portion of ham, 1.4 oz. portion of commercial turkey ham, 1.6 oz portion of turkey deli meat and 1.7 oz. portion of commodity turkey provide a 1 ounce M/MA equivalent. ● Hot dogs and/or bologna should not contain: 1) meat or poultry by-products; 2) cereals; 3) binders; or 4) extenders. One ounce of these items credits as 1 ounce M/MA. ● Cottage and ricotta cheeses require twice as much of these as natural cheeses in order to count as one serving (i.e., 1/4 cup equals 1 oz. M/MA). ● Tofu is now creditable as a meat alternate (1 oz. meat alternate is provided by 1/4 cup or 2.2 oz. by weight of commercial tofu containing 5 grams of protein from the tofu. (Look for CN labeled products)
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Food-Based Menu Points to Remember

Keep in mind the following points when you plan menus to meet meal pattern requirements and the Dietary Guidelines recommendations.

<p>Fruits</p> <p>100% Fruit Juice</p>	<ul style="list-style-type: none"> • Fruits must be offered daily at lunch and may be fresh, frozen without sugar (with sugar allowed through June 30, 2013), canned, or dried. <ul style="list-style-type: none"> ◦ May be packed in juice, water, or light syrup ◦ May include the juice that the item is packed in ◦ 1/8 cup (2 TBSP) fruit is the smallest creditable portion ◦ Dried fruits credit double the portion (1/4 cup dried fruit = 1/2 cup of a fruit component) ◦ Fried banana and snack type fruit chips are not creditable • May serve two forms of the same fruit in the same meal (i.e., fresh orange and orange juice, fresh apple and applesauce). However, plan and serve a variety of fruits to ensure nutritionally well-balanced meals. • Fruit Juices <ul style="list-style-type: none"> ◦ Only 100 percent (full-strength) juice is allowed (breakfast, lunch, and snacks). ◦ Maybe served chilled, frozen, or as a “slushy” with 1/2 cup portion = 1/2 cup fruit. ◦ Lunch – no more than half of the juice offerings planned maybe in the form of juice (i.e., weekly K-5 and 6-8 requirement is 2-½ cups of fruit; no more than 1-1/4 cups can be in the form of juice). • Juice or syrup poured from canned fruit cannot be used as fruit juice. • Juice cannot be counted as part of a snack when milk is the only other component. • Under Offer vs. Serve, students must select at least 1/2 cup of the fruits or the vegetables component as part of the reimbursable meal. May meet with 1/4 c fruits and 1/4 c vegetables.
<p>Vegetables</p> <p>100% Vegetable Juices</p> <p>Vegetable Subgroups</p>	<ul style="list-style-type: none"> • Vegetables must be offered daily at lunch and meet daily and weekly requirements. • Raw, leafy salad greens credit at half the volume served (e.g., 1/2 cup of Romaine lettuce contributes 1/4 cup of the “dark green” vegetable subgroup) • Cooked leafy greens are creditable equal to the volume served (e.g., 1/2 cup cooked spinach credits as 1/2 cup “dark green” vegetable subgroup) • USDA credits green peas, corn, and potatoes (including fries) as starchy vegetables (according to USDA Vegetable Subgroups) and not as a grains/breads (G/B). • 100% juices (full-strength), vegetable juices are creditable ounce-for-ounce but no more than half of the juice offerings planned maybe in the form of juice • Small amounts (less than 1/8 cup) of onions, relish, catsup, jams or jellies, or other condiments may be added for flavor or garnish as “other foods” and cannot be counted toward the vegetable requirement. • Pickles and snack-type vegetables such as potato chips, potato sticks, “vegetable” sticks etc., are not creditable towards meeting the vegetable requirements and should be planned and served as a condiment and be listed in the “Others/Extra” section on the production record. • Under Offer vs. Serve, students must select at least 1/2 cup of the fruits or the vegetables component as part of the reimbursable meal. May meet with smaller portions of fruits and vegetables to equal 1/2 cup (i.e., ½ c carrot-raisin salad, ¼ c green beans + ¼ c peaches).

Food-Based Menu Points to Remember

Keep in mind the following points when you plan menus to meet meal pattern requirements and the Dietary Guidelines recommendations.

<p>Grains and Breads (G/B)</p> <p>Whole Grains</p> <p>Whole Grain-Rich</p>	<ul style="list-style-type: none"> • Use grains/breads that are whole-grain or enriched or made from whole-grain or enriched flour or meal. Read product labels as a guide when determining if the product is made of whole-grain or enriched grain products. • At least 50 percent of all grains offered must be Whole Grain-Rich (WGR) for lunch 2012-2013 and breakfast 2013-2014. <p>WGR requirements:</p> <ul style="list-style-type: none"> A. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I and the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available. B. The product includes the following FDA-approved whole-grain health claim on its packaging: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” C. The product ingredient declaration lists whole grains first in non-mixed dishes such as breads, rolls, cereals and is the primary ingredient by weight for mixed-dishes such as cheese pizza where first ingredient in the list with an exception for water is whole grain. <p>Sponsors and program operators are allowed to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of the 2013-14 SY and will have the following requirements:</p> <ul style="list-style-type: none"> ◦ Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit. ◦ Cold cereals must be whole-grain, enriched, or fortified and may be sweetened or unsweetened. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast. ◦ For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice. ◦ For ready-to-eat (RTE) breakfast cereal, 28 grams <i>or</i> 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal. <ul style="list-style-type: none"> • Battered or breaded meat items offered in SY 2012-2013 will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.
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<p>Grains and Breads (G/B) (continued)</p>	<ul style="list-style-type: none"> • Piecrust used as part of the main dish (i.e., for meat turnovers or meat pies) is allowed as a bread item. • When made from whole-grain or enriched meal or flour, sweet foods can be used to meet the bread requirement as specified in the Grains and Breads Instruction sheet at lunch no more than two days per week. These foods include: <ul style="list-style-type: none"> ◦ Cookies, dessert pies, cakes, and brownies (can only be served as a lunch component) and ◦ Doughnuts, fruit turnovers, granola bars, sweet rolls, grain and fruit bars, sweet crackers and toaster pastries served as snack and breakfast items. • Grain-based sweet snack foods should not be served as part of a snack more than twice per week. • Non-sweet snack products such as hard pretzels, hard bread sticks, and chips (tortilla chips, nacho cheese, cheese curls, corn chips, etc.) made from enriched or whole-grain meal or flour can be used to meet the G/B requirement. • Potato chips cannot be counted towards the G/B requirement.
<p>Fluid Milk (Milk)</p>	<ul style="list-style-type: none"> • Fluid milk must be offered daily in breakfast and lunch meals. May be served as a snack component but not when juice is the only other snack component. • A minimum of two choices must be offered at breakfast and lunch meals from (Fat-Free, .5%, and 1%) such Fat-Free Chocolate and 1% White or Fat-Free Chocolate and Fat-Free White. • If milk is poured from gallon/bulk containers and not served in 8 ounce cartons, the cups used must be a minimum of 10 fluid ounces so that the full portion of milk can be served at one time. • At lunch, milk must be served as a beverage in accordance with the NSLP meal pattern requirements. • At breakfast or supplement, milk can be served as a beverage, on cereal, or as a beverage and on cereal but the full must be served. • Evaporated or nonfat dry milk is not creditable as a milk component. • Ice cream or pudding is not creditable as a milk component and should be planned and served as an extra and be listed in the “Others/Extra” section on the production record.

Combined K-8 New Lunch Pattern: 1/2 cup Fruit(s), 3/4 cup Vegetable(s), 8 fl oz Milk and 1 oz equivalent Grain per day (**8-9 oz eq per week**) and 1 oz equivalent Meat/Meat Alternates per day (**9-10 oz eq per week**).

PreK/Headstart Traditional Lunch Pattern: 6 fl oz. Milk, 1-1/2 oz eq Meat/Meat Alternates, 1/2 cup (total portion) of two Fruits and/or Vegetables, and 1 oz eq Grains/Bread s per day/8 per week.