

A background image showing a group of children in a school cafeteria. They are standing at a food service counter, looking at various food items. The image is overlaid with a semi-transparent blue filter.

**MAINE DEPARTMENT
OF EDUCATION**
Child Nutrition Programs

Meal Pattern Requirements & Planning Reimbursable School Meals

Agenda

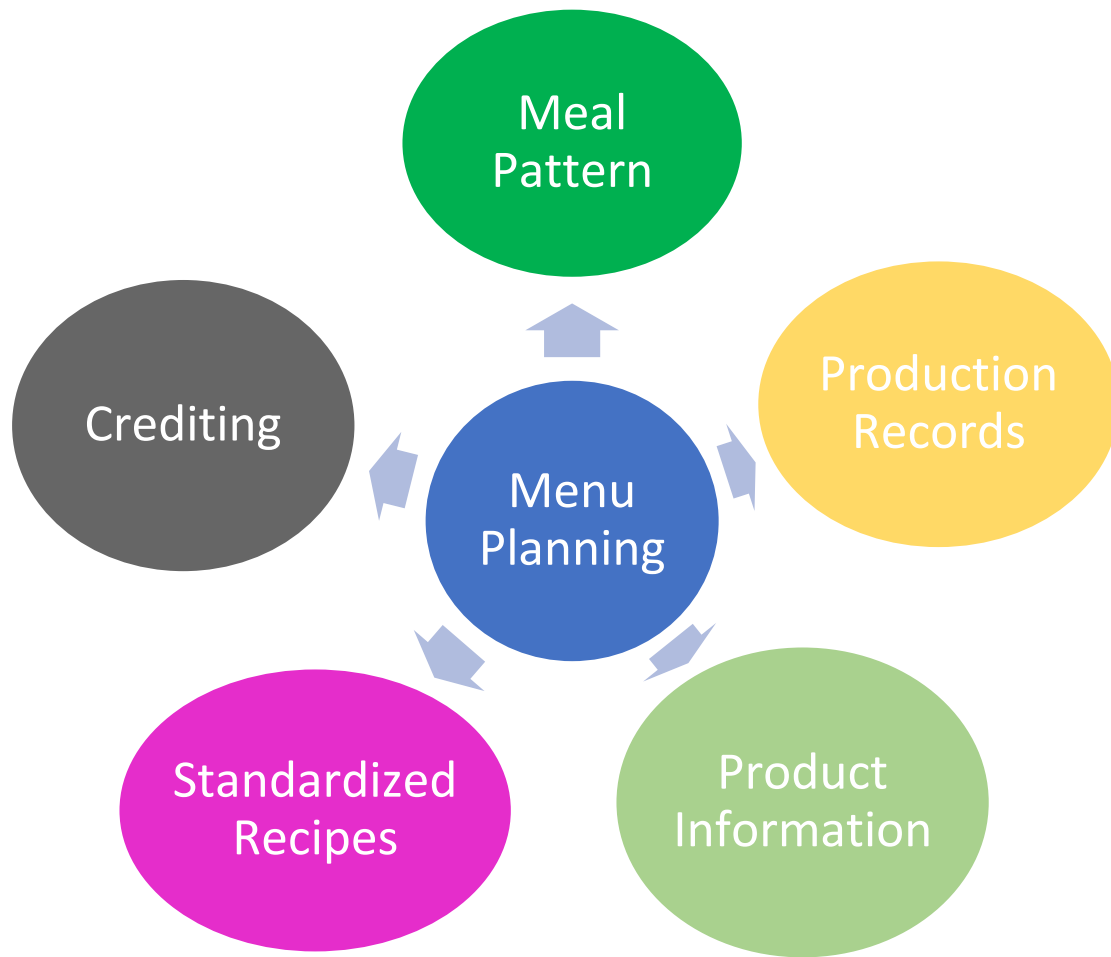
- Responsibilities of the menu planner
- Food Components
- NSLP Meal Pattern
- SBP Meal Pattern
- Offer Versus Serve (OvS)
- Meal Pattern Activity

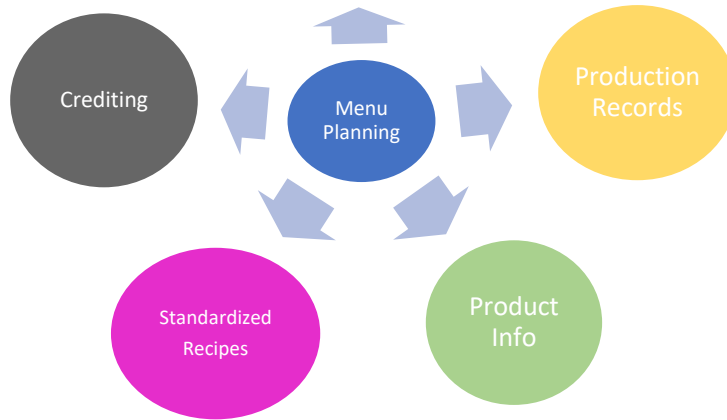
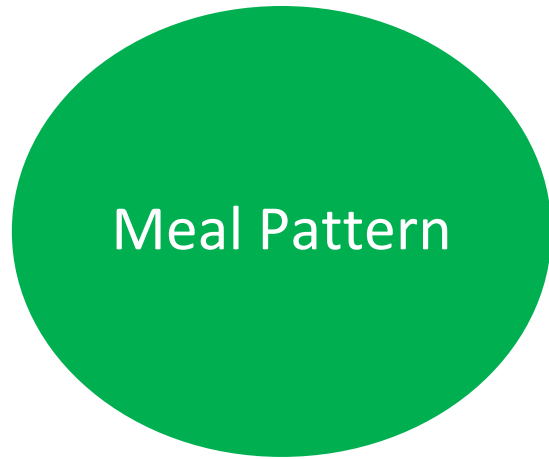
Handouts

- NSLP Meal Pattern
- NSLP Quick Guide
- SBP Meal Pattern
- SBP Quick Guide
- Vegetable Subgroups
- Lunch Menu Planning Form

The Job of the Menu Planner...

- Plan meals that:
 - Compliant with federal regulations
 - Pleasing to students (choices, cultural diversity,...)
 - Can be prepared within the limits of the operation
- Communicate menu information with:
 - Cooks, Servers, Cashiers
 - Ordering
 - Serving instructions
 - Recognizing a complete meal





Food Based Menu Planning

- 5 Food components
 - Fruits
 - Vegetables
 - Grains
 - Meat/meat alternates
 - Fluid Milk
- Minimum required amounts based on grade groups



Meal Pattern

National School Lunch Program (NSLP) Five-day Lunch Meal Patterns for Grades K-5, 6-8, and 9-12						
School Year 2024-25 (July 1, 2024, through June 30, 2025)						
Meal components ¹	Grades	Grades	Grades	Grades	Grades	Grades
	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Fruit juice: $\frac{1}{2}$ half of weekly fruits ⁴	$\frac{1}{2}$	2 $\frac{1}{2}$	$\frac{1}{2}$	2 $\frac{1}{2}$	1	5
Vegetables, cups ⁵ Vegetable juice: $\frac{1}{2}$ half of weekly vegetables ⁴	$\frac{1}{2}$	3 $\frac{1}{2}$	$\frac{1}{2}$	3 $\frac{1}{2}$	1	5
Dark green ⁶	0	$\frac{1}{2}$	0	$\frac{1}{2}$	0	0
Red/orange ⁶	0	$\frac{1}{2}$	0	$\frac{1}{2}$	0	0
Beans, peas, and lentils ⁶	0	$\frac{1}{2}$	0	$\frac{1}{2}$	0	0
Starchy ⁶	0	$\frac{1}{2}$	0	$\frac{1}{2}$	0	0
Other ⁶	0	$\frac{1}{2}$	0	$\frac{1}{2}$	0	0
Additional vegetables to reach total ¹¹	0	1	0	1	0	0
Grains, ounce equivalents (oz eq) ¹² Must be whole grain-rich (WGR) (≥ 80 percent) or enriched (≥ 20 percent) ¹³	1	8-9	1	8-10	2	2
Meats/meat alternates (MMA), oz eq ¹⁴	1	8-10	1	9-10	2	2

Dietary specifications (nutrition standards): Daily amount based on the average for a five-day week

Nutrition standards	Grades K-5	Grades 6-8	Grades 9-12
Calories ¹⁵	550-650	600-700	650-750
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1A through June 30, 2027	$\leq 1,110$	$\leq 1,225$	$\leq 1,340$

◀ Refer to pages 2-3 for important menu planning notes ▶

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School Breakfast Program (SBP) Five-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12						
School Year 2024-25 (July 1, 2024, through June 30, 2025)						
Meal components ¹	Grades	Grades	Grades	Grades	Grades	Grades
	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Vegetables may substitute for fruits ⁴ Fruit juice: $\frac{1}{2}$ half of weekly fruits/vegetable substitutions ⁵	1	5	1	5	1	5
Grains ⁶ , meats/meat alternates (MMA) ⁷ , or both, ounce equivalents (oz eq) ⁸ Grains must be whole grain- rich (WGR) (≥ 80 percent) or enriched (≥ 20 percent) ⁹	1	7-10	1	8-10	1	9-10

Dietary specifications (nutrition standards):
Daily amount based on the average for a five-day week

Nutrition standards	Grades K-5	Grades 6-8	Grades 9-12
Calories ¹⁰	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 640

◀ Refer to pages 2-3 for important menu planning notes ▶

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Identifies:

- Meal components
- Daily/weekly minimum serving sizes
- Grade groupings

Lunch Meal Pattern

Must offer the 5 Required Food Components

- Fluid Milk
- Fruit
- Vegetables
- Grain
- Meat/Meat Alternate



Lunch Meal Pattern

Meal components ¹	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Fruit juice: ≤ half of weekly fruits ⁴	½	2½	½	2½	1	5
Vegetables, cups ⁵ Vegetable juice: ≤ half of weekly vegetables ⁴	¾	3¾	¾	3¾	1	5
Dark green ⁶	0	½	0	½	0	½
Red/orange ⁷	0	¾	0	¾	0	1¼
Beans, peas, and lentils ⁸	0	½	0	½	0	½
Starchy ⁹	0	½	0	½	0	½
Other ¹⁰	0	½	0	½	0	¾
Additional vegetables to reach total ¹¹	0	1	0	1	0	1½
Grains, ounce equivalents (oz eq) ¹² Must be whole grain-rich (WGR) (≥ 80 percent) or enriched (≤ 20 percent) ¹³	1	8-9	1	8-10	2	10-12
Meats/meat alternates (MMA), oz eq ¹⁴	1	8-10	1	9-10	2	10-12

Breakfast Meal Pattern

Must offer the 3 Required Food Components

- Fluid Milk
- Fruit (Vegetable)
- Grain (Meat/Meat Alternate)



Breakfast Meal Pattern

Meal components ¹	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Vegetables may substitute for fruits ⁴ Juice: ≤ half of weekly fruits/vegetable substitutions ⁵	1	5	1	5	1	5
Grains ⁶, meats/meat alternates (MMA) ⁷, or both, ounce equivalents (oz eq) ⁸ Grains must be whole grain- rich (WGR) (≥ 80 percent) or enriched (≤ 20 percent) ⁹	1	7-10	1	8-10	1	9-10

Recognizable Meal Components

A food item visible in the breakfast or lunch offered that allows students to identify the food groups and amounts recommended for consumption at mealtime



Dietary Specifications: Calories

- Range of calories to be offered each day **when averaged over the 5-day week**
- No daily minimum or maximum, there is a **weekly** average minimum/maximum

	K-5	6-8	9-12
Breakfast Average Calories/week	350-500	400-550	450-600
Lunch Average Calories/week	550-650	600-700	750-850

Dietary Specifications: Saturated Fat

- Most come from animal products, like dairy, meat, and poultry
- meal patterns emphasize foods that are naturally low in or free of saturated fats
- Calories from saturated fat must **average less than 10%** of the total calories of the weekly menu.

Dietary Specifications: Sodium

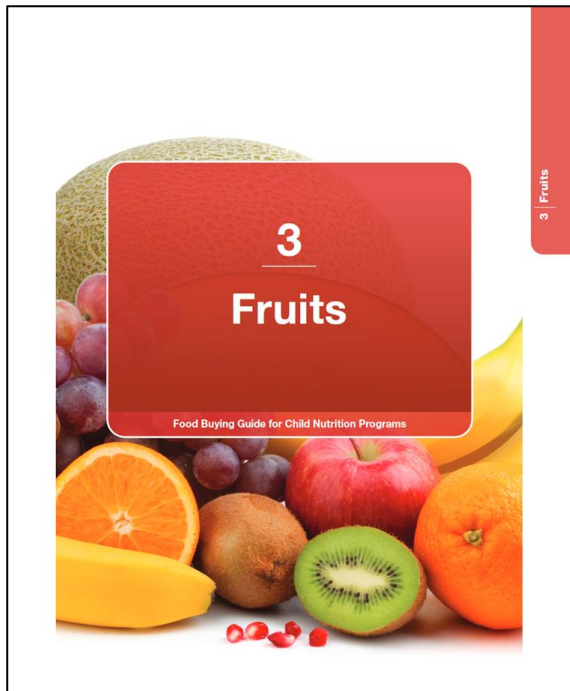
- Maximum amount **when meals are averaged over the 5-day week**

	K-5	6-8	9-12
Breakfast Average Calories/week	≤540 mg	≤600 mg	≤640 mg
Lunch Average Calories/week (through SY 2027)	≤1110 mg	≤1225 mg	≤1280 mg

“Creditable” Foods

- Not all foods and beverages count towards meal pattern requirements
- Creditable foods = Foods and beverages that count toward meal pattern requirements for a reimbursable meal
 - Nutrient content
 - FDA standard of identity

Fruit Component



- Daily & weekly minimum quantities that must be offered
- Measured in volume (cups) not weight (ounces)
- Students may select more than the minimum serving

Fruit Component: Lunch

Fruit (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	½ cup	2 ½ cups
Grades 6-8	½ cup	2 ½ cups
Grades 9-12	1 cup	5 cups

Fruit Component: Breakfast

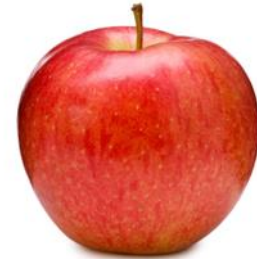
Fruit (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 cup	5 cups
Grades 6-8	1 cup	5 cups
Grades 9-12	1 cup	5 cups

Types of Fruit

- Fresh
- Frozen
- Canned
- Dried
- 100% Juice

Fresh Fruit

- Comes in a variety of sizes
- Understand how different types count toward the meal pattern



Canned Fruit

- Canned in 100% fruit juice, water, or light syrup (not heavy syrup)
- Canned fruit may include the juice or liquid in which the fruit is packed



Dried Fruit

- Credits as twice the volume
($\frac{1}{4}$ cup = credits as $\frac{1}{2}$ cup fruit)
- Choose options with no added sugar



Juice

- To be creditable, juices must be pasteurized, 100% fruit juice
- Fruit juice is limited to half or less of the fruits planned for the week



Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes	½ cup kiwi	½ cup orange slices	¼ cup raisins	½ cup apple slices
9-12	¼ cup applesauce ¼ cup fruit cocktail	½ cup peaches ½ cup orange wedges	½ cup strawberries ½ cup grapes	½ cup banana 4 oz Orange Juice	¼ cup raisins ½ cup apple slices

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?

Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes Yes	½ cup kiwi Yes	½ cup orange slices Yes	¼ cup raisins Yes	½ cup apple slices Yes
9-12	¼ cup applesauce ¼ cup fruit cocktail No	½ cup peaches ½ cup orange wedges Yes	½ cup strawberries ½ cup grapes Yes	½ cup banana 4 oz Orange Juice Yes	¼ cup raisins ½ cup apple slices Yes

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?

Fruit Component: School Breakfast Program

- In SY 2025, any vegetable may be offered in place of fruits



Fruit Component Activity: Breakfast

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	½ cup kiwi ½ cup 100% juice	¼ cup raisins ½ cup 100% juice	½ cup home fries ½ cup 100% juice	½ cup 100% juice ½ cup 100% juice	¼ cup blueberries ½ cup 100% juice

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?

Fruit Component Activity: Breakfast

	Yes	Yes	Yes	Yes	No
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	<p>½ cup kiwi</p> <p>½ cup 100% juice</p>	<p>¼ cup raisins</p> <p>½ cup 100% juice</p>	<p>½ cup home fries</p> <p>½ cup 100% juice</p>	<p>½ cup 100% juice</p> <p>½ cup 100% juice</p>	<p>¼ cup blueberries</p> <p>½ cup 100% juice</p>

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?

Activity: Fruits Component – Menu Planning Form

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____ oz eq _____	_____ oz eq _____	_____ oz eq _____	_____ oz eq _____	_____ oz eq _____

Fruits	Fruits	Fruits	Fruits	Fruits
<u>½ cup apple</u> <u>½ cup sliced peaches</u>	<u>½ cup applesauce</u> <u>½ cup grape juice</u>	<u>½ cup diced pears</u> <u>½ cup apple</u>	<u>½ cup banana</u> <u>½ cup applesauce</u>	<u>½ cup orange wedges</u> <u>½ cup watermelon</u>

vegetables	vegetables	vegetables	vegetables	vegetables
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
Subgroups: _____	Subgroups: _____	Subgroups: _____	Subgroups: _____	Subgroups: _____
_____	_____	_____	_____	_____
Fruits	Fruits	Fruits	Fruits	Fruits
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
Milk	Milk	Milk	Milk	Milk
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____

Vegetable Component



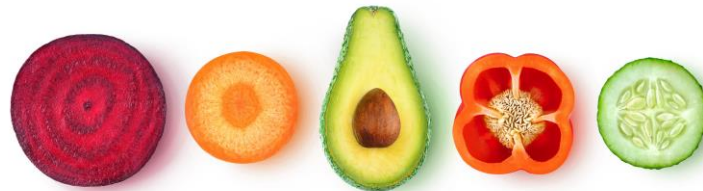
- Daily & weekly minimum quantities that must be offered
- Measured in volume (cups) not weight (ounces)
- Students may select more than the minimum serving

Vegetable Component: Lunch

Vegetables (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 6-8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 9-12	1 cup	5 cups

Vegetable Component

- Fresh, Frozen, Canned
- Leafy greens credit as half the amount (1 cup lettuce = ½ cup vegetable)
- Beans, peas, lentils may be offered as either a vegetable OR a meat/meat alternate component
- Weekly vegetable subgroup requirements
- Not required at breakfast



Vegetable Subgroups

Subgroup	Examples
<u>Dark Green</u>	Broccoli, romaine lettuce, baby spinach
<u>Red/Orange</u>	Tomatoes, red peppers, orange carrots, sweet potato, winter squash, pumpkin
<u>Beans, peas, lentils</u>	Kidney beans, lentils, chickpeas, refried beans, hummus, edamame
<u>Starchy</u>	White potato, corn, green peas
Other	Iceberg lettuce, <u>green beans</u> , beets, onions

Weekly Vegetable Subgroups Handout

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) meal pattern includes five vegetable subgroups that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*.² The chart below identifies some commonly eaten vegetables in each subgroup.

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES) [*] Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce ■ chichory ■ cilantro ■ collard greens ■ endive ■ escarole 	<ul style="list-style-type: none"> ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry) 	<ul style="list-style-type: none"> ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans
<p>[*] Does not include green peas, green lima beans and green (string) beans</p>				
STARCHY fresh, frozen and canned		OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage (green, red, celery, Napa) ■ cactus (nopales) ■ cauliflower ■ celery ■ celery ■ chayote (mirliton) ■ chives 	<ul style="list-style-type: none"> ■ cucumbers ■ daikon (oriental radish) ■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini 	<ul style="list-style-type: none"> ■ purple peppers ■ pickles (cucumber) ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomato ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash 	

¹ All vegetables credit based on volume except raw leafy greens count as half the volume served and tomato paste and puree credit based on the volume as if reconstituted (see the USDA's *Food Buying Guide for School Meal Programs*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

² For more information, see the *Dietary Guidelines*, and the vegetables group in Choose MyPlate.

Vegetable Component

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Vegetables (<i>cups</i>)</u>	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	3 $\frac{3}{4}$	1	5
<u>Dark Green</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Red/Orange</u>		$\frac{3}{4}$		$\frac{3}{4}$		1 $\frac{1}{4}$
<u>Beans/Legumes</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Starchy</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Other</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{3}{4}$
<u>Additional Vegetables to Reach Total</u>		1		1		1 $\frac{1}{2}$



Which Subgroup Do I Belong To?

Which Subgroup Do I Belong To?



Which Subgroup Do I Belong To?



Which Subgroup Do I Belong To?



**Which Subgroup
Do I Belong To?**



Which Subgroup Do I Belong To?



**Which Subgroup
Do I Belong To?**





**Which Subgroup
Do I Belong To?**

**Which Subgroup
Do I Belong To?
(edamame)**



Vegetable Component Activity: Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	½ cup Carrots	¼ cup tomatoes	½ cup corn	½ cup lettuce	¼ cup peas
	½ cup Celery	½ Cucumber		¼ cup broccoli	¼ cup carrots
9-12	½ cup Carrots	½ cup tomatoes	½ cup corn	½ cup lettuce	¼ cup peas
	½ cup Celery	½ Cucumber	½ cup beans	½ cup broccoli	½ cup Fries

Review the vegetable options offered for lunch.
Does the amount offered meet the vegetable component criteria for lunch?

Vegetable Component Activity: Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	½ cup Carrots Yes	¼ cup tomatoes Yes	½ cup corn No	½ cup lettuce No	¼ cup peas No
	½ cup Celery	½ Cucumber		¼ cup broccoli	¼ cup carrots
9-12	½ cup Carrots Yes	½ cup tomatoes Yes	½ cup corn Yes	½ cup lettuce No	¼ cup peas No
	½ cup Celery	½ Cucumber	½ cup beans	½ cup broccoli	½ cup Fries

Review the vegetable options offered for lunch.
Does the amount offered meet the vegetable component criteria for lunch?

Activity: Vegetables Component – Menu Planning Form

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA

Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
<u>½ cup broccoli</u> <u>½ cup baked acorn squash</u>	<u>½ cup baby carrots</u> <u>½ cup oven fries</u>	<u>¾ cup tossed salad</u> <u>(½ c iceberg lettuce,</u> <u>½ c red pepper & tomatoes)</u> <u>½ cup refried beans</u>	<u>½ cup cauliflower</u> <u>½ cup green beans</u>	<u>½ cup celery and jicama sticks</u> <u>½ cup green beans</u>

_____ cup _____ cup Subgroups: _____ _____	_____ cup _____ cup Subgroups: _____ _____	_____ cup _____ cup Subgroups: _____ _____	_____ cup _____ cup Subgroups: _____ _____	_____ cup _____ cup Subgroups: _____ _____
Fruits	Fruits	Fruits	Fruits	Fruits
_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup
Milk	Milk	Milk	Milk	Milk
_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup	_____ cup _____ cup

Grain Component



Grains Component: Lunch

- 80% of the grains offered over the week must be whole grain-rich
- Measured in 'ounce equivalents'

Grains (ounce equivalent)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	2 oz eq	8 oz eq

Grains Component: Breakfast

- 80% of the grains offered over the week must be whole grain-rich
- Measured in 'ounce equivalents'

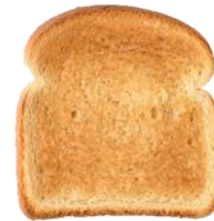
Grains (ounce equivalent)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	7 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	1 oz eq	9 oz eq

Creditable Grain Ingredients

- Whole grain flour or meal
- Enriched flour, meal, bran, germ
- Corn masa, hominy, masa harina

Grains: Food Examples

- Breads, biscuits, bagels, rolls, tortillas, crackers
- Ready-to-eat (RTE) breakfast cereals
- Cereals or bread products
- Pasta, rice
- Grain-based desserts
- Non-sweet snack food products



Grain Component

- 80% of grains offered over the week must be whole grain-rich
 - 100% whole grain
 - A blend of whole grain and enriched (at least 50% of the blend is whole grain)
- ‘ounce equivalents’ (oz eq) are used to determine the amount of creditable grain in a product

INGREDIENTS: WHOLE WHEAT, ROLLED OATS, MILLED CORN, RICE, ROLLED BARLEY, SUGAR, FANCY MOLASSES, VEGETABLE OIL, SALT, BARLEY MALT SYRUP, HONEY, VITAMINS (THIAMIN HYDROCHLORIDE, NIACINAMIDE, d-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID), MINERALS (IRON, ZINC OXIDE), SOY LECITHIN, BHT. **CONTAINS WHEAT AND SOY INGREDIENTS.**

Whole Grain Rich – Don't be fooled!

- Whole grain should be the primary grain ingredient by weight
 - First ingredient listed: whole grain ingredient, such as “whole grain” or “whole wheat” OR
 - First ingredient listed: “water”, then whole grain ingredient



Grain-based Desserts



- Lunch: weekly limit not to exceed 2-oz eq/week
- Breakfast: no limit but restricts the types that are allowed
- No specific definition, must consider how the product is used & consumed
- Identified on Exhibit A Grain Chart (handout) with a superscript of 3, 4, or 5

Grain Component: School Breakfast Program

- Meat/Meat Alternates may be offered in place of grain at breakfast
 - Previously, schools were required to always offer a grain at breakfast

Activity: Grains Component – Menu Planning Form 9-12

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA
_____	_____	_____	_____	_____
_____ oz eq _____	_____ oz eq _____	_____ oz eq _____	_____ oz eq _____	_____ oz eq _____

Grains	Grains	Grains	Grains	Grains
<u>2</u> oz eq <u>macaroni</u> <u>(WGR)</u>	<u>2</u> oz eq <u>bun (WGR)</u>	<u>1.5</u> oz eq <u>tortilla</u> <u>(WGR)</u> <u>0.5</u> oz eq <u>tortilla chips</u>	<u>1</u> oz eq <u>brown rice</u> <u>1</u> oz eq <u>white rice</u>	<u>2</u> oz eq <u>pizza crust</u> <u>(WGR)</u>

_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
Subgroups:	Subgroups:	Subgroups:	Subgroups:	Subgroups:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Fruits	Fruits	Fruits	Fruits	Fruits
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
Milk	Milk	Milk	Milk	Milk
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup

Meat/Meat Alternate



Meats/Meat Alternates Component

- Measured in oz eq.
 - Amount of the food that represents 1 ounce of edible portion of lean meat without the bone
- Includes:
 - Fresh and frozen meats
 - Processed meats
 - Canned meats
 - Meat alternates

Meat/Meat Alternate Component: Lunch

M/MA (ounce equivalent)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	9 oz eq
Grades 9-12	2 oz eq	10 oz eq

Meat/Meat Alternate Component: Breakfast

- Not a required component to be offered at breakfast
- If offered, counts toward the grain requirement *



*effective SY25

Meat/Meat Alternate (MMA) Component

- Meats, poultry & fish
- Nuts & seeds, eggs, yogurt, cheese, legumes, tofu, tempeh
- Beans/legumes may count as either M/MA or vegetable



Combination Foods

- Single serving that contains more than one food item from different food components that cannot be separated
 - Pizza, soup, casseroles, burritos, sandwiches
- Often featured as the entrée



Activity: Meats/Meat Alternates

Component – Menu Planning Form

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA
_____	_____	_____	_____	_____

Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA
<u>Macaroni & Cheese</u> (see recipe)	<u>Hamburger on Bun</u>	<u>Chicken Fajita (see recipe)</u>	<u>Pulled Pork</u>	<u>Cheese Pizza (see CN label)</u>
<u>2 oz eq meat alternate</u>	<u>2 oz eq meats</u>	<u>2 oz eq meats</u>	<u>2 oz eq meats</u>	<u>2 oz eq meat alternate</u>

_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
Subgroups:	Subgroups:	Subgroups:	Subgroups:	Subgroups:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Fruits	Fruits	Fruits	Fruits	Fruits
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
Milk	Milk	Milk	Milk	Milk
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup
_____ cup	_____ cup	_____ cup	_____ cup	_____ cup

Milk Component



Fluid Milk Component

Milk Component	Daily	Weekly
K-5, 6-8, 9-12	1 cup	5 cups

Fluid Milk Component

- Must be pasteurized
- Must have vitamin A and D at levels specified by the FDA
- 2 different types of milk must be offered at breakfast and lunch
 - Fat-free (non-fat, skim)
 - Low-fat (1%)
 - Flavored and/or unflavored
 - Unflavored must always be offered
- Lactose-reduced or lactose-free milk may be offered in cases of lactose intolerance

Non-dairy Milk Substitutes – Must Be Nutritionally Equivalent

- Optional to offer nondairy milk
 - Must meet USDA’s nutrition standards (same nutrient profile as cow’s milk)
 - Must have a written request from parent/guardian
 - Other plant-based beverages (oat, rice, almond “milk”) are not allowable
- In cases of a disability, may provide the alternative specified by the medical provider

Nondairy Milk Substitute Nutrition Standards

Nutrient	Requirement per Cup (8 fl oz)
Protein	8 gm
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg

ACTIVITY: Milk Component – Menu Planning Form

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA	Entrée - M/MA
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
oz eq _____	oz eq _____	oz eq _____	oz eq _____	oz eq _____
Grains	Grains	Grains	Grains	Grains
oz eq _____	oz eq _____	oz eq _____	oz eq _____	oz eq _____

Milk	Milk	Milk	Milk	Milk
<u>1</u> cup <u>1% Unflavored</u>	<u>1</u> cup <u>1% Unflavored</u>	<u>1</u> cup <u>1% Unflavored</u>	<u>1</u> cup <u>1% Unflavored</u>	<u>1</u> cup <u>1% Unflavored</u>
<u>1</u> cup <u>Fat-free</u>	<u>1</u> cup <u>Fat-free</u>	<u>1</u> cup <u>Fat-free</u>	<u>1</u> cup <u>Fat-free</u>	<u>1</u> cup <u>Fat-free</u>
<u>Chocolate</u>	<u>Chocolate</u>	<u>Chocolate</u>	<u>Chocolate</u>	<u>Chocolate</u>

_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
Subgroups:	Subgroups:	Subgroups:	Subgroups:	Subgroups:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Fruits	Fruits	Fruits	Fruits	Fruits
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____

Milk	Milk	Milk	Milk	Milk
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____
_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____	_____ cup _____

Non-Creditable “Extra” Foods

- Do not count as a food component
 - Contribute to the average calorie & sodium weekly requirements
-
- Cream Cheese, sour cream, ice cream
 - Pudding
 - Bacon, Salami
 - Potato chips
 - Condiments, cream cheese



Milk Component Summary

- Provide 1 cup (8 fl oz) serving size for all grade groups, at both lunch and breakfast
- Include at least two choices at each meal, at least one choice must be unflavored.
- Choose from unflavored or flavored fat-free and 1% milk.
- Follow the substitution instructions if milk alternates are offered for non-disability reasons.



Fruits Component Summary

- At lunch, provide at least $\frac{1}{2}$ cup daily for grades K-5 and 6-8, and 1 cup daily for grades 9-12.
- Credit dried fruits at twice the volume ($\frac{1}{8}$ cup credits as $\frac{1}{4}$ cup).
- Limit 100% fruit juice to half or less of fruits component weekly, including fruits credited in smoothies.



Vegetables Component Summary

- At lunch, provide $\frac{3}{4}$ cup daily for grades K–5, 6–8, and 1 cup daily for grades 9–12.
- Meet the weekly subgroup requirements.
- Credit raw leafy greens at half the volume.
- Credit beans and peas (legumes) as legumes subgroup or as meats/meat alternates, but not both for the same menu item.
- Limit 100% vegetable juice to half or less of vegetables component weekly, including vegetables credited in smoothies.



Grains Component Summary

- Meet daily minimums for each grade group.
- Determine that at least 80% of credited grains are whole grain-rich.
- Meet weekly minimums for each grade group.
- Limit grain-based desserts to 2 oz eq or less weekly for all grade groups (lunch).



Meats/Meat Alternates Component Summary

- Meet daily and weekly minimums for each grade group.
- Creditable servings are measured by weight using ounce equivalents.
- Combination foods may be credited for up to three (3) different meal components (meats/meat alternates, grains, vegetables, or fruits).



Offer Versus Serve Concept



Offer Versus Serve

- Offer: Menu planned & food is offered in full serving sizes
- Serve: Students must take a minimum amount of food including at least a ½ cup of fruit or vegetable
- If a student does not take at least a ½ cup of fruit/vegetable, the meal is NOT reimbursable

Offer Versus Serve

- Required at 9-12 for NSLP
- Optional at K-5, 6-8 grades for NSLP
- Optional at K-5, 6-8, 9-12 for SBP

Offer vs Serve: LUNCH

- Offer all 5 components in full serving sizes
- Reimbursable meal - ½ cup fruit/veg AND at least 2 other components in their full serving size



OvS: Breakfast

- Offer 4 items from all 3 components in full serving sizes
- Reimbursable meal - ½ cup fruit/veg AND at least 2 other items in their full serving size



Offer vs Serve With Fruits & Vegetables

- High School Student Selects (LUNCH):

½ cup
vegetable

½ cup
fruit

2 oz eq Grain

Not Reimbursable

✓ ½ cup veg or fruit

✗ Other veg/fruit not full serving

✓ Grain – full serving

Offer vs Serve With Fruits & Vegetables

- High School Student Selects (LUNCH):

2 oz eq MMA

2 oz eq Grain

1 cup Milk

Not Reimbursable

✓ 3 components in full serving size for HS

X ½ cup veg/fruit not selected

Offer vs Serve With Fruits & Vegetables (Lunch)

- High School Student Selects (LUNCH):

1 cup
fruit

2 oz eq Grain

½ cup
vegetable

Reimbursable!

- ✓ ½ cup veg or fruit
- ✓ 2 other components in full serving size

Field Trip Bag Lunch

- Must follow meal pattern requirements
- All 5 meal components must be offered
 - **Milk** (8 oz)
 - **Fruit** (1/2 cup/1 cup)
 - **Vegetables** (3/4 cup/1 cup)
 - **Grains** (1 oz eq / 2 oz eq)
 - **M/MA** (1 oz eq / 2 oz eq)



Meal Pattern Activity- Lunch

- Menu analysis of Harvest Elementary School
- K-8 School
- Evaluate for daily & weekly requirements

Daily Choice:
Sunbutter & Jelly Sandwich

Harvest Elementary School Café
Lunch Menu
K-8

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hamburger (2 oz eq M/MA)	Whole Grain Pasta (1 cup)	<i>Bag Lunch</i> Sun Butter & Jelly on WG Bread (2T = 1 M/MA & 2 oz eq G)	Grilled Cheese on Whole Grain Bread (1 oz M/MA & 2 oz eq Grain)	<i>Brunch for Lunch</i> WG French Toast Sticks (1.5 oz eq G)
Whole Grain Bun (2.5 oz eq G)	Tomato Sauce (1/2 cup)			Sausage Patty (2 oz = .75 M/MA)
Sweet Potato Over Fries (1/4 cup)	Caesar Salad (1 cup)	Carrot Sticks (½ cup)	Black Bean & Corn Salad (½ cup)	Potato Wedges (½ Cup)
Green Beans (1/4 cup)	Orange Wedges (1/2 cup)	Apple (½ cup)	Celery Sticks (½ cup)	Mandarin Oranges (½ cup)
Apple Slices (1/2 Cup)	Chilled Peaches (1/2 cup)	100% Juice (4 oz)	Chilled Pears (1/4 cup)	100% Juice (½ cup)
1% White Milk – 8 oz	1% White Milk – 8 oz	WG Cookie (1 oz eq Grain)	1% White Milk – 8 oz	1% White Milk – 8 oz
FF Choc. Milk – 8 oz	FF Choc. Milk – 8 oz		FF Choc. Milk – 8 oz	FF Choc. Milk – 8 oz
	? M/MA	? Milk choices		

Weekly Requirements for Lunch

M/MA (9 oz)

YES

NO

Grain (8 oz)

YES

NO

Vegetables (3 $\frac{3}{4}$ cups)

YES

NO

Weekly Requirements Cont.

- Vegetable Subgroups:
 - Dark Green (1/2 cup)- YES NO
 - Red/Orange (3/4 cup)- YES NO
 - Legumes (1/2 cup)- YES NO
 - Starchy (1/2 cup)- YES NO
 - Other (1/2 cup)- YES NO

Weekly Requirements Cont.

- Fruit (5 ½ cups)
YES NO
- Milk (5 cups)
YES NO
- Daily Choice: Sunbutter and Jelly
 - Sandwich contains 2 Tbsp sunbutter (1 M/MA) and 2 oz grains
 - Weekly M/MA and grain met?

Meal Pattern Activity- Breakfast

- Menu analysis of Harvest High School
- 9-12 School
- Evaluate for daily & weekly requirements

Harvest High School Café Breakfast Menu 9-12

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Were the Weekly Requirements met?</u>
Whole Grain Cereal (1 oz eq Grain)	Breakfast Sandwich (2 oz eq WG English muffin)	Hard Boiled Egg (1 egg= 2 oz eq M/MA)	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries)	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA)	Grain/M/MA (9 oz eq)? YES NO
Whole Grain Toast (1 oz eq Grain)	1 oz eq sausage patty 1 oz eq egg patty)	Cheese stick (1 oz eq M/MA)	1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)	Home Fries (1/2 Cup)	Fruit (5 cup)? YES NO
Banana (1/2 Cup)	Dried Cranberries (¼ Cup)	Fresh Maine Apple (½ Cup)	1% White Milk - 8 oz	Assorted 100% Juice (1/2 Cup)	Milk (5 cup)? YES NO
Assorted 100% Juice (1/2 Cup)	Baby Carrots (1/2 Cup)	Cranberry Juice Cocktail (27% juice) (1/2 Cup)		Whole Milk - 8 oz FF Choc. Milk - 8 oz	
1% White Milk - 8 oz FF Choc. Milk - 8 oz		1% White Milk - 8 oz FF Choc. Milk - 8 oz			



Questions



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