

A background image of a school cafeteria with students in line at a food service counter. The image is overlaid with a dark blue gradient.

MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

Meal Pattern Requirements & Planning Reimbursable School Meals

Agenda

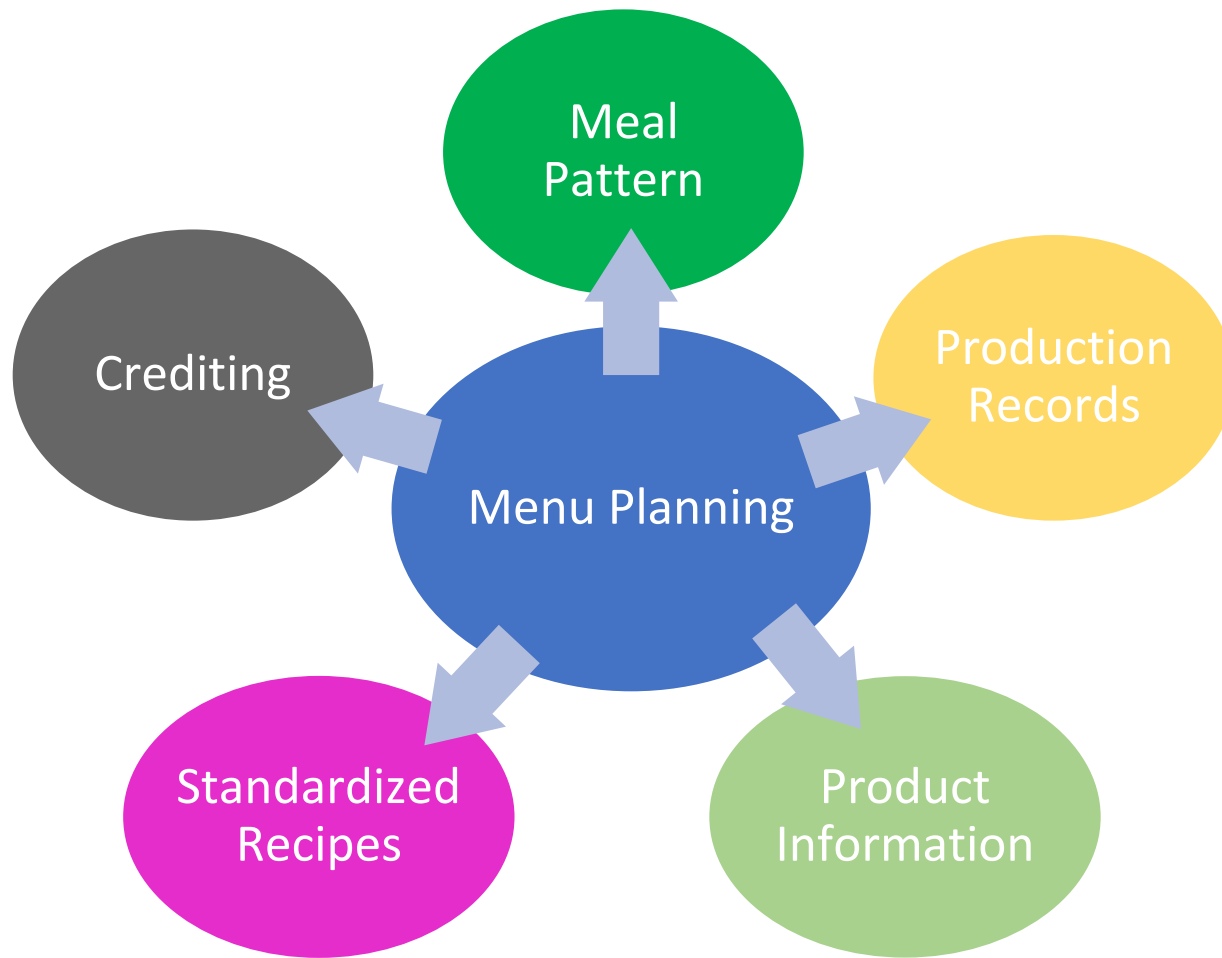
- Responsibilities of the menu planner
- Food Components
- NSLP Meal Pattern
- SBP Meal Pattern
- Offer Versus Serve (OvS)
- Meal Pattern Activity

Handouts

- NSLP Meal Pattern
- NSLP Quick Guide
- SBP Meal Pattern
- SBP Quick Guide
- Vegetable Subgroups

The Job of the Menu Planner...

- Plan meals that are:
 - Follow meal pattern requirements
 - Pleasing to students (choices, cultural diversity,...)
 - Can be prepared within the limits of the operation
- Communicate menu information with:
 - Cooks – product/item specific information
 - Servers – serving sizes and instructions for serving
 - Cashiers – recognizing a complete meal



Food Based Meal Pattern

5 Food components

- Fruits
- Vegetables
 - subgroups
- Grain
- Meat/Meat Alternate
- Fluid Milk

Creditable vs. Non-creditable Foods

- Creditable foods are those that may be counted toward meal pattern requirements for a reimbursable meal
 - Nutrient content
 - FDA standard of identity
 - Function of the food in a meal
 - Meal pattern requirements
- Non-creditable foods do not count toward meal pattern

Food Based Meal Pattern

5 Food components

- Fruits
- Vegetables
 - subgroups
- Grain
- Meat/Meat Alternate
- Fluid Milk



Lunch Meal Pattern

- 5 Food Components
- Grade groupings
- Different daily & weekly minimums across grade groups



United States Department of Agriculture

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3 4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁸			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

Breakfast Meal Pattern

- 3 Food Components
 - Fruit (Vegetable)
 - Grain and Meat/Meat Alternate
 - Fluid Milk
- Grade groupings
- Different daily & weekly minimums across grade groups



United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week (minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) ³	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁵			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

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



CALORIC
RANGES



SODIUM
LIMITS



SATURATED
FAT LIMITS



ADDED
SUGAR LIMITS

Dietary Specifications: Caloric Ranges

- Based on a 5-Day Average

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

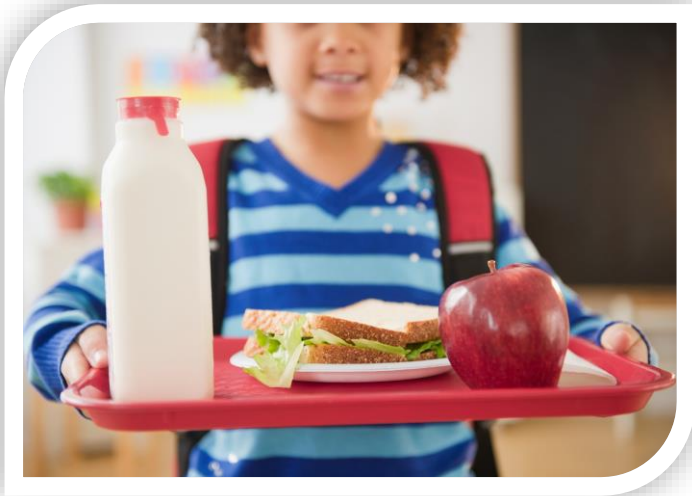
Dietary Specifications: Sodium

- Maximum allowable amount **when averaged for a 5-day week**
- Current limits are in place through SY 2027

	K-5	6-8	9-12
Breakfast	≤540 mg	≤600 mg	≤640 mg
Lunch	≤1110 mg	≤1225 mg	≤1280 mg

Dietary Specifications: Saturated Fat

Calories from saturated fat must not exceed **10%** of calories based on a 5-day average



Dietary Specifications: Added Sugars

- Limits added sugar, not naturally occurring
- Phased in approach:
 - Phase 1: July 1, 2025 – product specific limits on added sugar found in cereal, yogurt and flavored milk
 - Phase 2: July 1, 2027 – overall weekly limits on added sugars
 - <10% of weekly calories form added sugars



Dietary Specifications: Added Sugars

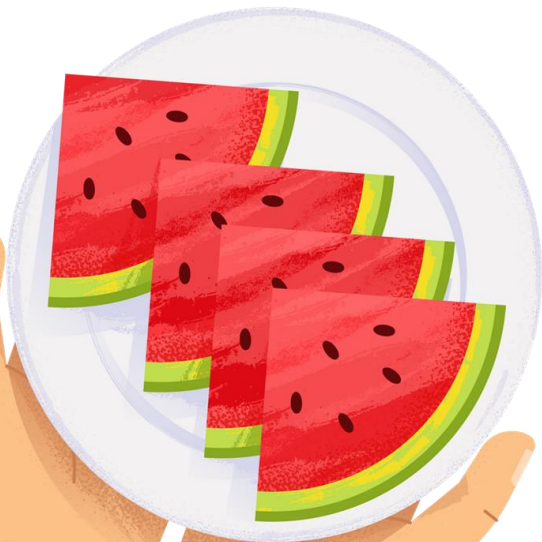
SY 26 product specific limits

Breakfast cereals may have no more than 6 grams of added sugar per dry ounce

Yogurt may have no more than 12 grams of added sugar per 6 ounces (2 grams of added sugars per ounce)

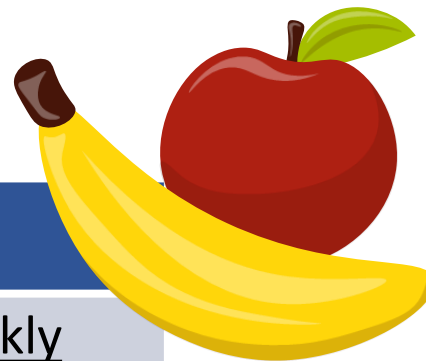
Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces

Fruit Component



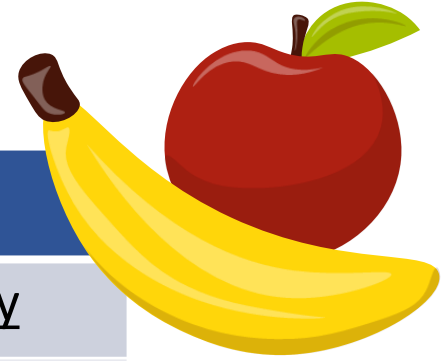
- Daily & weekly minimum quantities that must be offered
- Measured in volume (cups) not weight (ounces)
- Students may select more than the minimum serving

Fruit Component: Lunch



Fruit (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ cups
Grades 6-8	$\frac{1}{2}$ cup	2 $\frac{1}{2}$ 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

Fruit Component

- Fresh, Frozen, Canned, Dried, or 100% Juice
- Canned - 100% fruit, packed in light syrup, 100% juice, or water
- Credit as volume, not weight



Dried Fruit

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



Juice

- 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	½ 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 (and Vegetable)Component: School Breakfast Program

- NEW! SY 2025, any vegetable may be offered in place of fruit
- If offering vegetables at breakfast 2 or more days/week, must offer from two different vegetable subgroups



Fruit Component Activity: Breakfast

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	$\frac{1}{2}$ cup kiwi $\frac{1}{2}$ cup 100% juice	$\frac{1}{4}$ cup raisins $\frac{1}{2}$ cup 100% juice	$\frac{1}{2}$ cup home fries $\frac{1}{2}$ cup 100% juice	$\frac{1}{2}$ cup 100% juice $\frac{1}{2}$ cup 100% juice	$\frac{1}{4}$ cup blueberries $\frac{1}{2}$ 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	½ cup kiwi	¼ cup raisins	½ cup home fries	½ cup 100% juice	¼ cup blueberries
	½ cup 100% juice	½ cup 100% juice	½ cup 100% juice	½ cup 100% juice	½ cup 100% juice

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



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

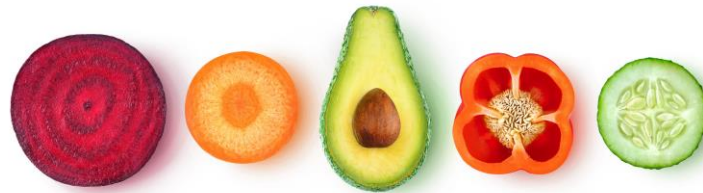
Vegetable Component: Lunch

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 = $\frac{1}{2}$ 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, green beans, beets, onions

Vegetable Component

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

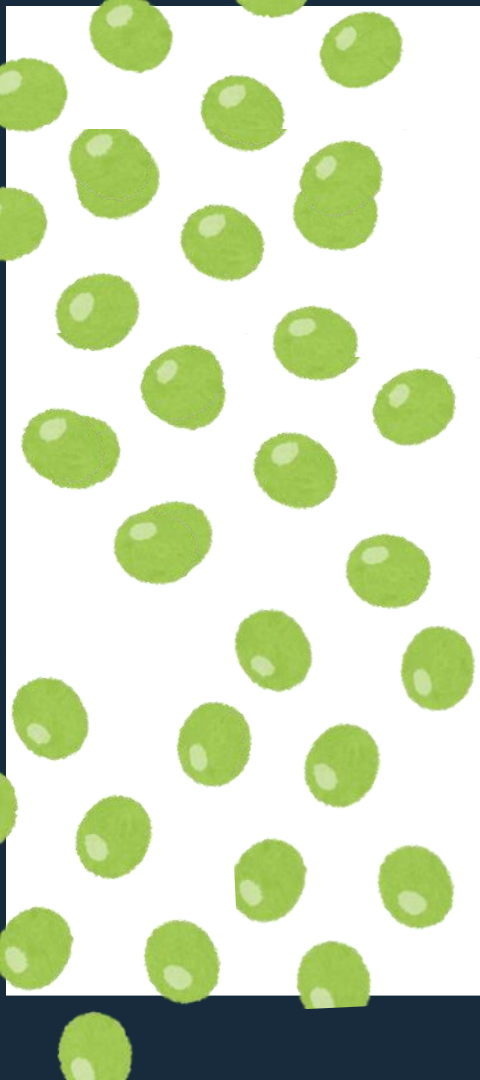
- Different minimum daily amounts by grade groups
- Different weekly subgroup amounts




**Which Subgroup Do
I Belong To?**



Dark green



Which Subgroup Do I Belong To?



Starchy

Which Subgroup Do I Belong To?



Red/orange





**Which Subgroup Do
I Belong To?**

~~~~~

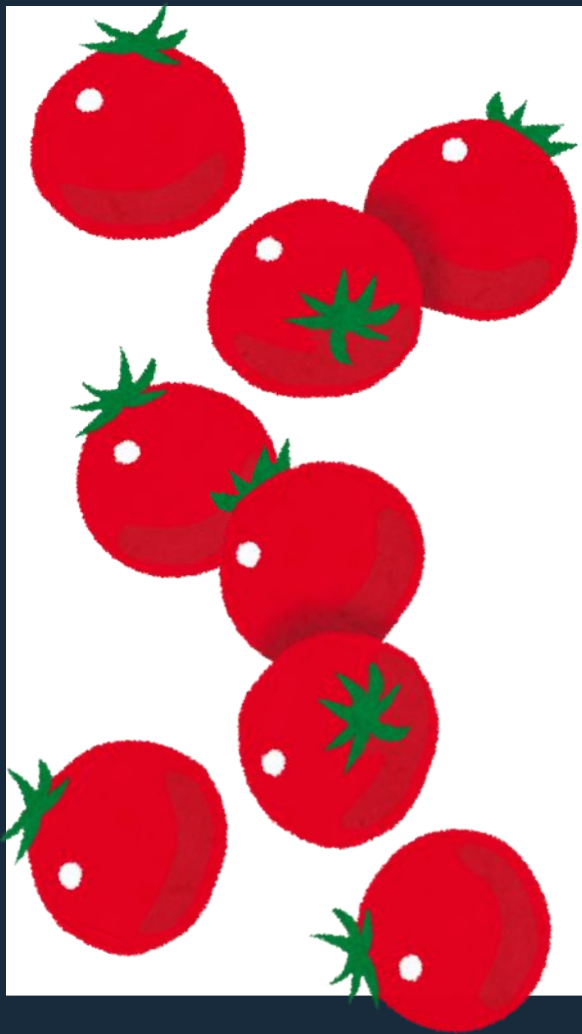
***Dark Green***

# Which Subgroup Do I Belong To?



***Beans, peas, lentils***

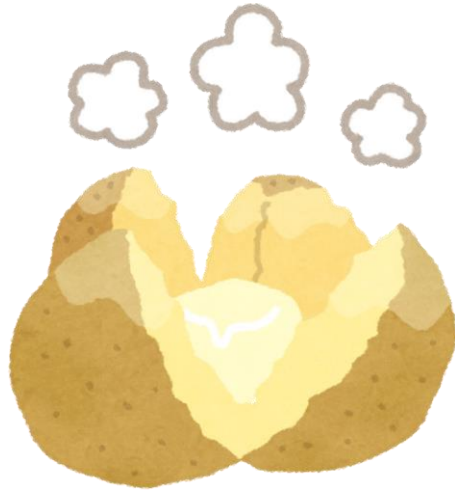




**Which Subgroup Do  
I Belong To?**

~~~~~

Red/orange



Which Subgroup Do I Belong To?

~~~~~

***Starchy***





**Which Subgroup Do  
I Belong To?**

~~~~~

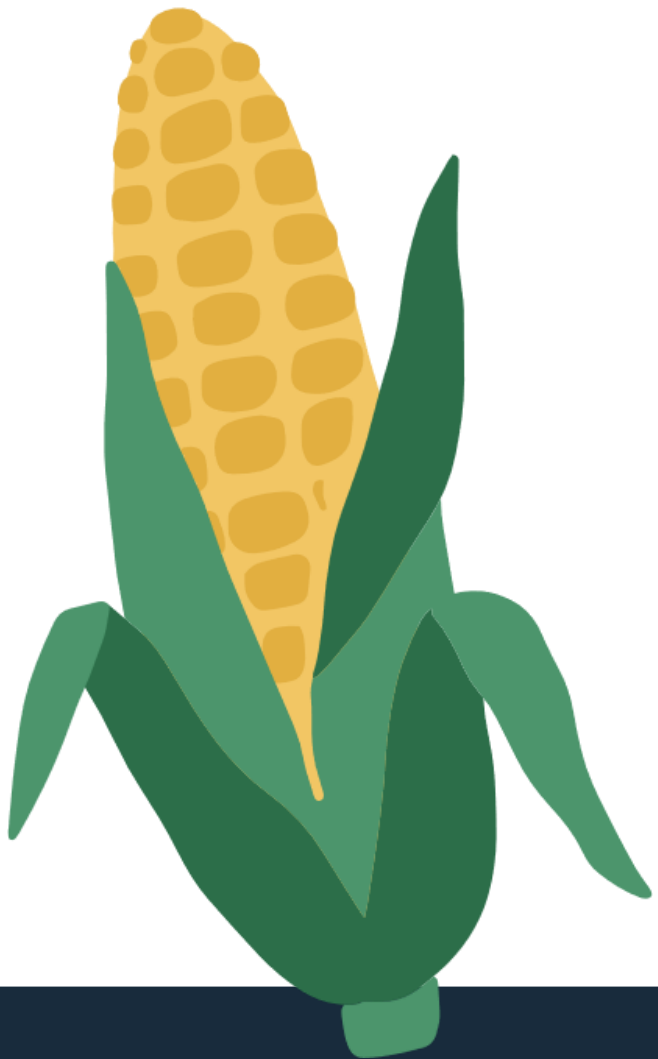
Beans, peas, lentils



**Which Subgroup Do
I Belong To?**



Dark green

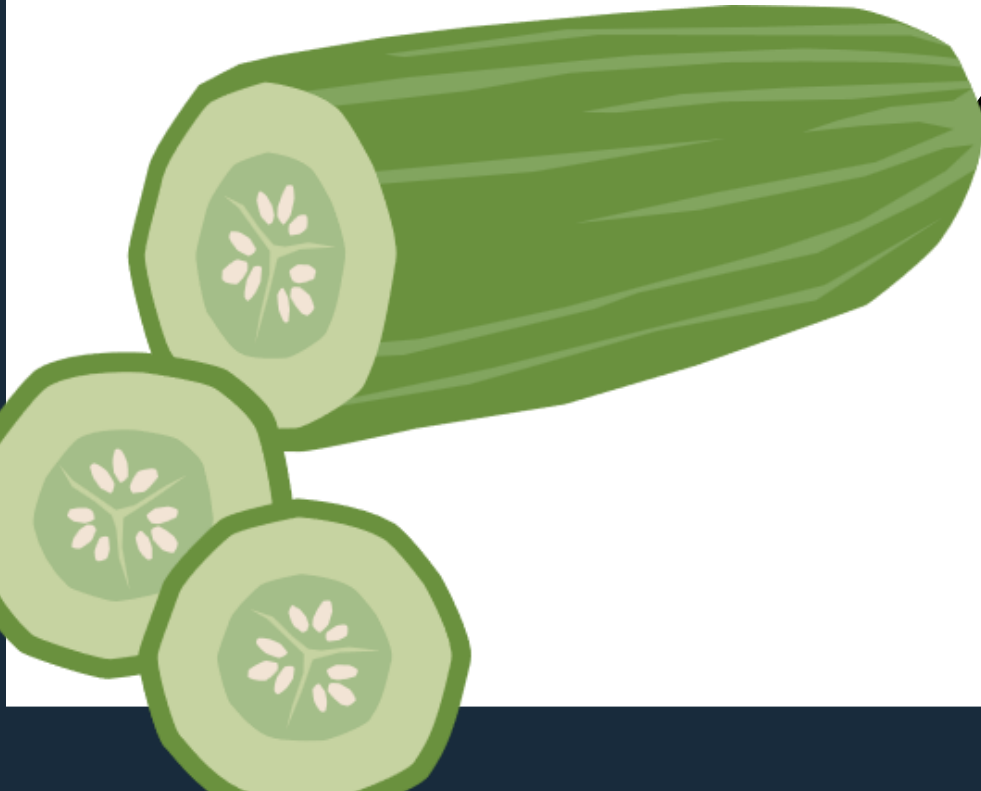


**Which Subgroup Do
I Belong To?**

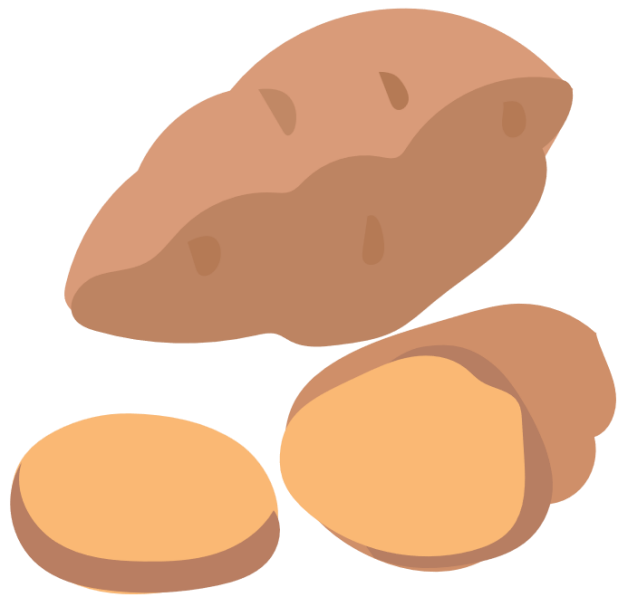
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***Starchy***

# Which Subgroup Do I Belong To?



*Other*



# Which Subgroup Do I Belong To?



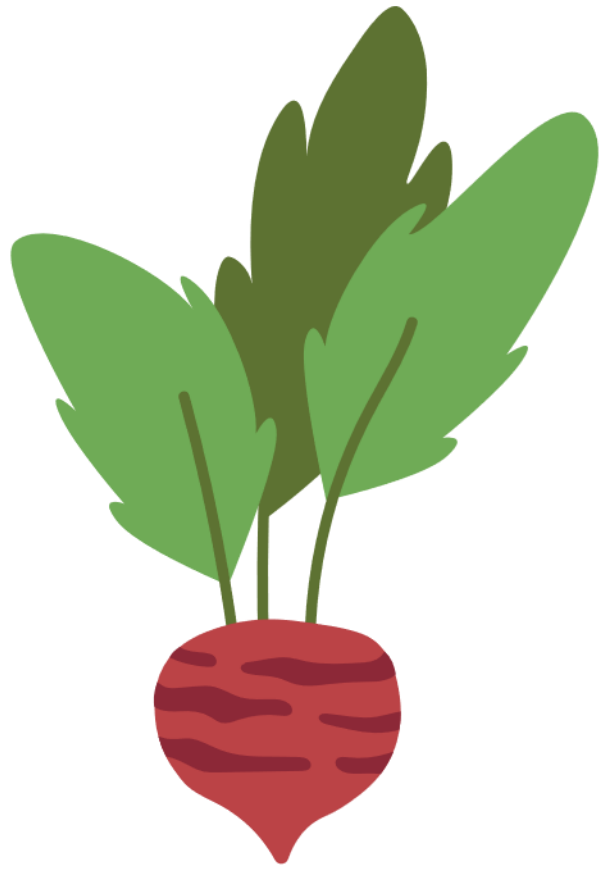
***Red/orange***



# Which Subgroup Do I Belong To?

~~~~~

Other



**Which Subgroup Do
I Belong To?**

~~~~~

***Other***



# Which Subgroup Do I Belong To?

~~~~~

Beans, peas, lentils

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 ½ cup Celery	¼ cup tomatoes Yes ½ Cucumber	½ cup corn No	½ cup lettuce No ¼ cup broccoli	¼ cup peas No ¼ cup carrots
9-12	½ cup Carrots Yes ½ cup Celery	½ cup tomatoes Yes ½ Cucumber	½ cup corn Yes ½ cup beans	½ cup lettuce No ½ cup broccoli	¼ cup peas No ½ cup Fries

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

Grain Component



Grains Component: Lunch

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	10 oz eq

- Measured in ounce equivalents (oz eq)
- Only offering daily minimum will not meet the weekly requirement
- 80% of the grains offered over the week must be whole grain-rich

Grains Component: Breakfast

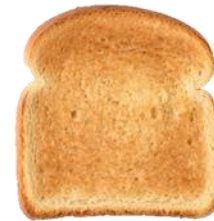
Grains (ounce equivalent)

	<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

- Measured in ounce equivalents (oz eq)
- Only offering daily minimum will not meet the weekly requirement
- 80% of the grains offered over the week must be whole grain-rich

Grains: Food Examples

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



Whole Grain Rich Requirement

- Whole grain rich means the item is made from:
 - 100% whole grain ingredients (ex. Whole wheat flour); or
 - A blend of whole grain and enriched (ex. Half whole wheat flour & half enriched white flour)
- 80% of all grains offered over the week must be whole grain-rich

Monday	Tuesday	Wednesday	Thursday	Friday
WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	Enriched 2 oz. eq.

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



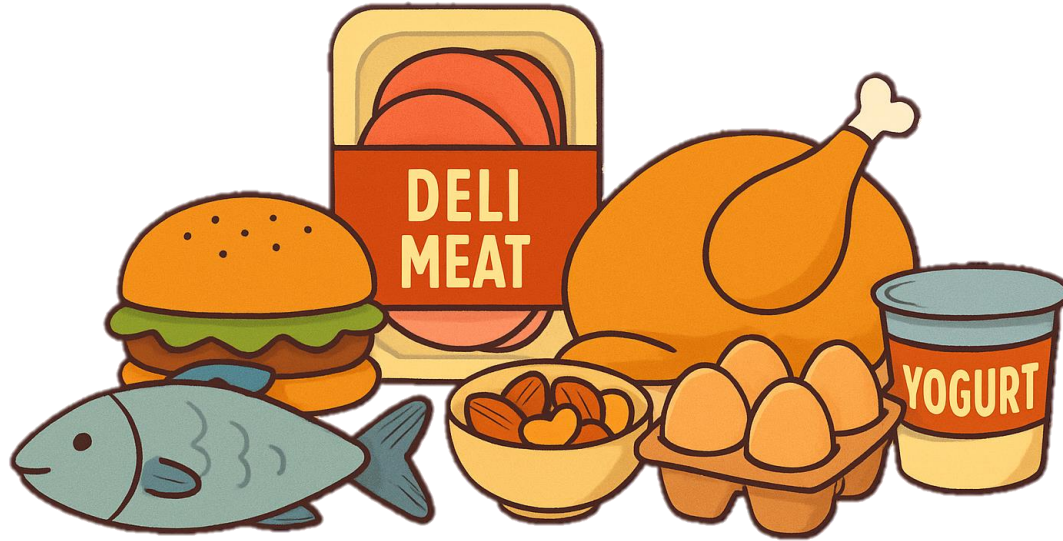
- Typical desserts & other items
- NSLP - Limited to 2 oz eq/week for NSLP
- SBP - Restricts the types of Grain-based Desserts that may be offered.
 - May not offer cookies, pies, cobbler, brownies, cake (except coffee cake)
- Identified on Exhibit A Grain Chart (handout) with a superscript of 3, 4, or 5

Grain and Meat/Meat Alternate Component: School Breakfast Program

- NEW! Grains and Meat/Meat Alternates are now combined
 - Previously, schools were required to always offer a grain at breakfast
- May offer grains, meat/meat alternate, or a combination of both



Meat/Meat Alternate Component



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

- Measured in ounce equivalents (oz eq)
- Only offering daily minimum will not meet the weekly requirement

Meats/Meat Alternates Component

- Measured in ounce equivalents (oz eq)
 - Amount of the food that represents 1 ounce of edible portion of lean meat without the bone



Meat/Meat Alternate Component: Breakfast

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

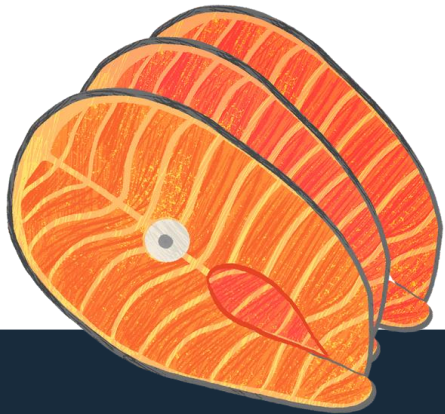


*effective SY25

Meat/Meat Alternate (MMA) Component



- Meats, poultry & fish
- Nuts & seeds, eggs, yogurt, cheese, legumes, tofu, tempeh
 - Nuts may be used to satisfy 100% of the MMA*
 - Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces**
- Beans/legumes may count as either M/MA or vegetable

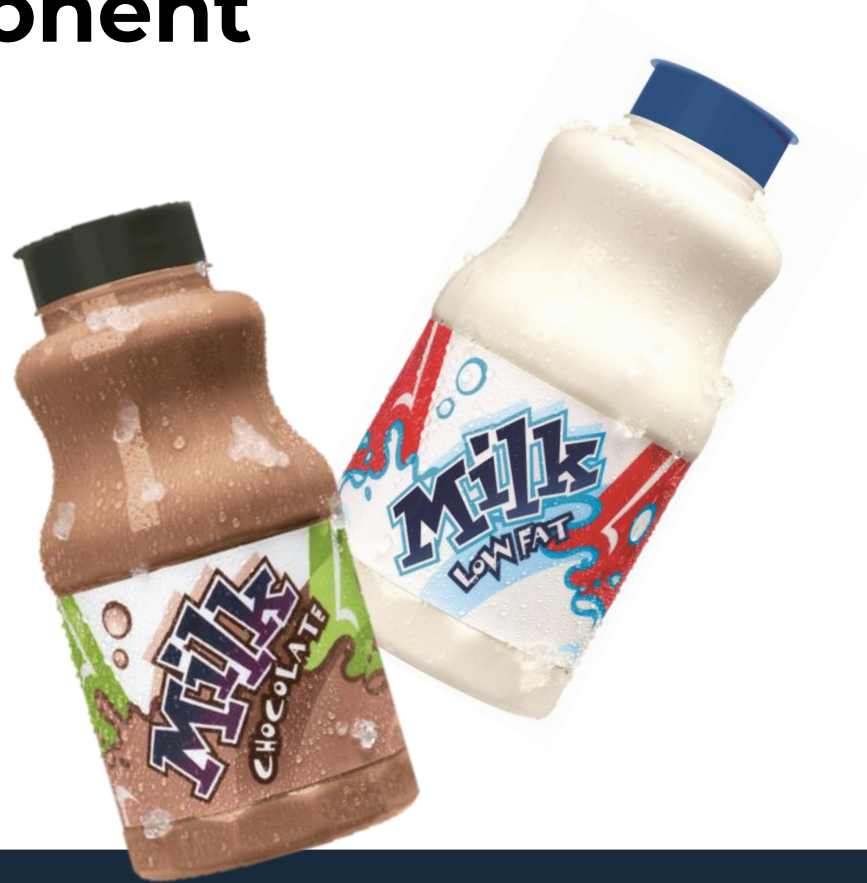


Combination Foods

- A food that contains more than one food components
- Usually a grain & MMA combination
 - Pizza, soup, casseroles, burritos, sandwiches



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 & have vitamin A and D at levels specified by the FDA
- Offer two choices both at breakfast and lunch
 - Fat-free (non-fat, skim) and/or Low-fat (1%)
 - Flavored and/or unflavored
 - Unflavored must always be offered
- Lactose-reduced or lactose-free milk may also be offered



Flavored Milk and Added Sugar

- Flavored milk can contain no more than 10 grams of added sugar per 8 fluid ounces

8 fl oz / 236 ml

Nutrition Facts	
1 servings per container	
Serving size	1 Carton (236ml)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 190mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 9g	
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Non-dairy Milk Substitutes – Must Be Nutritionally Equivalent

- Optional to offer a fortified 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

Non-Creditable “Extra” Foods

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



Offer Versus Serve



- Allows students to decline some components or items
- Reduces food waste & food costs

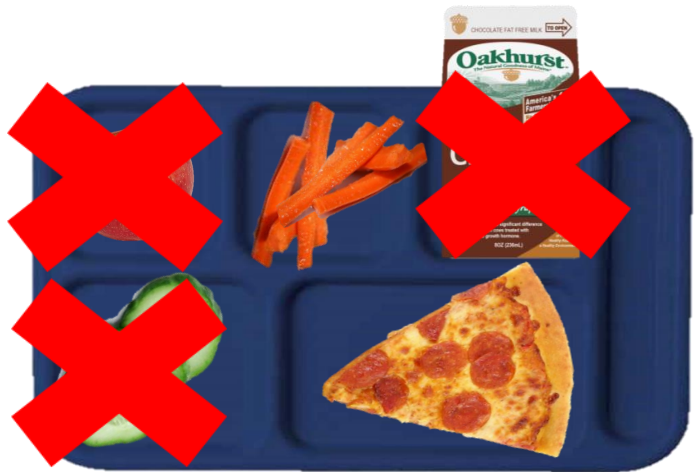
Offer Versus Serve

- Offer food components in full serving sizes as specified in the meal pattern
- Students may decline a certain amount of components/items
- Students must ALWAYS take at least a ½ cup of fruit/vegetable
- Required at 9-12
- Optional at K-5, 6-8 grades
- Not allowed for PreK unless co-mingled



OVS: LUNCH

- Offer all 5 components in full serving sizes
- Student must select at least:
 - ½ cup fruit or vegetable
 - 2 other components in their full serving size



OVS With Fruits & Vegetables at Lunch

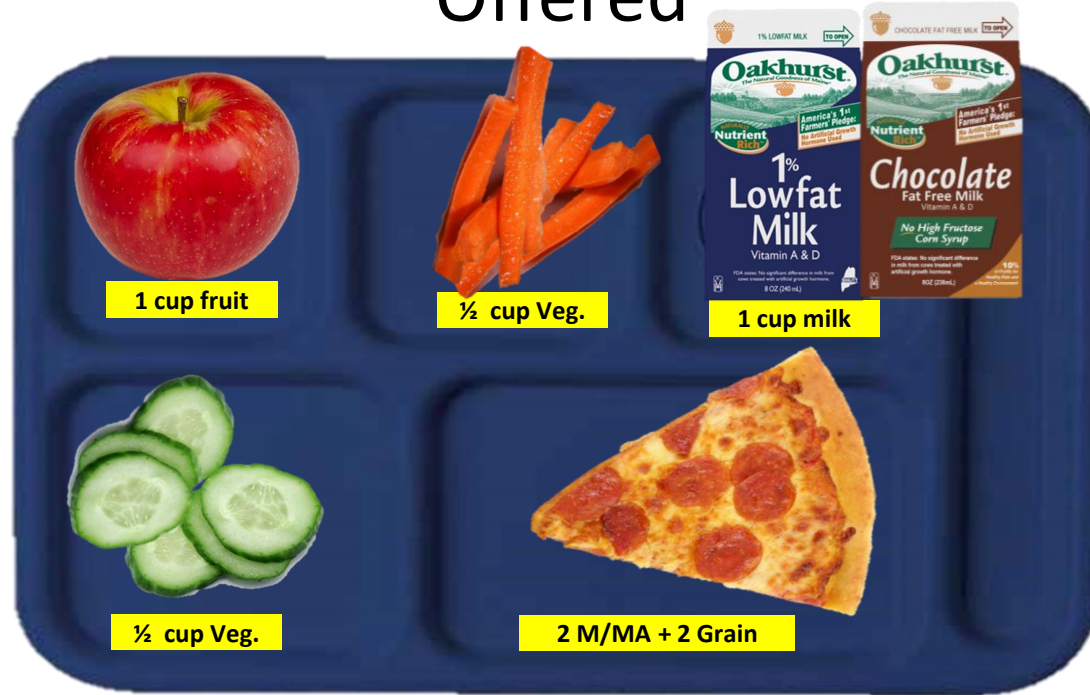
- Reminder – Student must select a $\frac{1}{2}$ cup fruit/vegetable & two other components in the full serving size
- Grades 9-12, a meal with $\frac{1}{2}$ cup of fruit, $\frac{1}{2}$ cup of vegetable, and a full serving of a third components is not reimbursable

Daily Amounts Offered		
	<u>Vegetable</u>	<u>Fruit</u>
Grades K-8	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Grades 9-12	1 cup	1 cup

Let's Practice!

OVS at Lunch

Offered



Student Selects...



Student Selects...

YES



½ cup Veg.



2 M/MA + 2 Grain

Student Selects...



Field Trip Bag Lunch

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)



OVS: Breakfast

- Offer 4 items from 3 components
- Student must select:
 - ½ cup fruit (veg)
 - 2 other items in full serving sizes



Component Versus Item

- A food component is one of the food groups that comprise a reimbursable meal
 - Grains/MMA
 - Fruit/Vegetable
 - Milk
- A food item is a specific food offered within the three food components in a full serving size.

Summary of OvS at Breakfast

Must offer 4 food items
from 3 food components

Option A

1 oz Grain

1 oz Grain

1 cup Fruit

1 cup Milk

Option B

1 oz Grain

1 oz (M/MA)

1 cup Fruit

1 cup Milk

Option C

1 oz Grain

½ cup Fruit

½ cup Fruit

1 cup Milk

OvS at Breakfast

Student may decline 1 item

Option A

1 oz Grain

1 oz Grain

1 cup Fruit

~~1 cup Milk~~

Option B

~~1 oz Grain~~

1 oz (M/MA)

1 cup Fruit

1 cup Milk

Option C

1 oz Grain

~~½ cup Fruit~~

½ cup Fruit

1 cup Milk

OVS: Fruit at Breakfast

- 1 cup of fruit must be offered daily
- If using OVS, the minimum quantity of fruit a student must select is $\frac{1}{2}$ cup
- OVS - May offer two $\frac{1}{2}$ cup servings of fruit to count as two items at breakfast plus two additional items



OVS: Breakfast

- This breakfast offers 4 items from 3 components
 - 8 ounces milk
 - 1-ounce eq grain
 - 1-ounce eq grain
 - 1 cup fruit
- Student may decline 1 item but can't decline the fruit

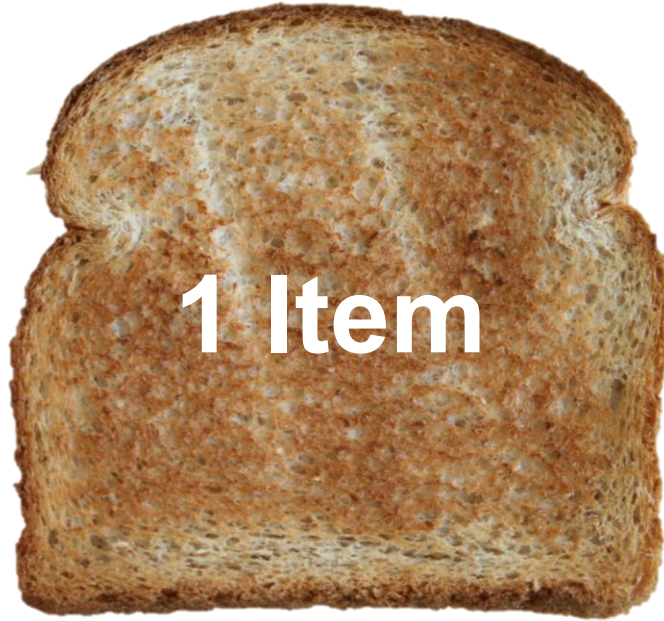


OVS: Breakfast

- This breakfast offers 4 items from 3 components
 - 8 ounces milk
 - 1-ounce eq grain
 - ½ cup fruit
 - ½ cup fruit
- Student may decline 1 item



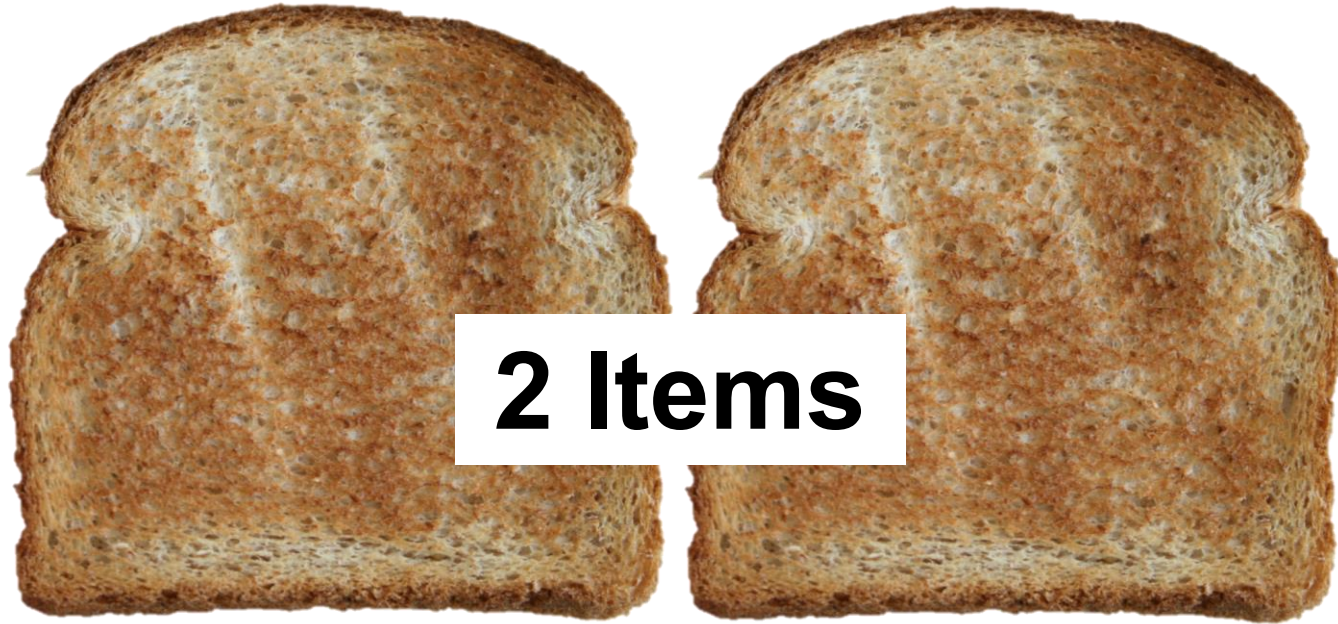
Offer Versus Serve - Items



1 Item

1 oz/28 grams = 1 oz grain eq

Offer Versus Serve - Items



1 oz grain eq

+

1 oz grain eq

Foods With More Than 1 Oz Eq

Some foods can count as more than 1 item



**2 oz eq bagel =
2 food items
(grains)**



**3 oz eq bagel =
3 food items
(grains)**

Combination Foods

Combination foods can count as more than 1 item.



2 oz eq Grain +
2 oz eq M/MA =
4 food items



1 oz eq Grain +
1 oz eq M/MA =
2 food items

Let's Practice!

OVS at Breakfast

Offered



Student Selects...



Student Selects...



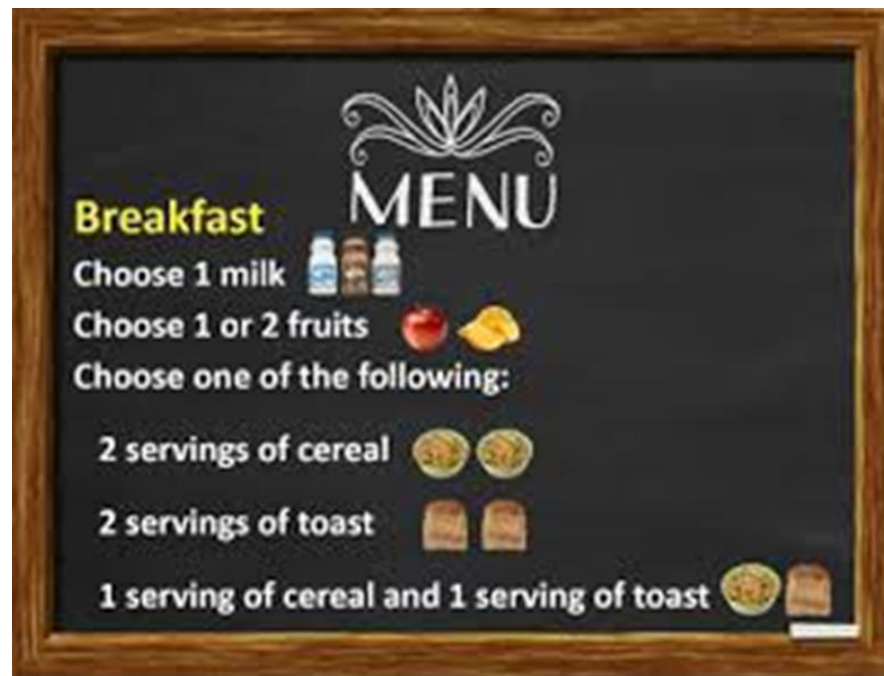
Student Selects...



Identifying Reimbursable Meals Under OVS

- Students, servers and cashiers must be able to identify what constitutes a reimbursable meal
- Training for servers and cashiers is required
- Identify near or at the beginning of serving lines, what foods constitute reimbursable meals.

Item	Item Count
Breakfast Pizza	2
Breakfast Burrito	2
Breakfast Sandwich	2
Pancake	1
Mini Bagel	1
Cereal	1
Yogurt	1
Fruit (1/2 cup)	1
Juice (1/2 cup)	1
Milk	1



Meal Pattern Activity- Lunch

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

Tip: Exhibit A
grain chart

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) Sausage Patty (2 oz = .75 M/MA)
Whole Grain Bun (1.5 oz eq G)	Tomato Sauce (1/2 cup)			
Sweet Potato Oven 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 FF Choc. Milk – 8 oz	1% White Milk – 8 oz FF Choc. Milk – 8 oz	WG Cookie (1 oz eq Grain)	1% White Milk – 8 oz FF Choc. Milk – 8 oz	1% White Milk – 8 oz FF Choc. Milk – 8 oz

Tip: cooked
weight

Reduced sugar
choc milk!

Sausage info
from CN label

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

Egg info from Food
Buying Guide

Pizza info from
CN label

<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 1 oz eq sausage patty 1 oz eq egg patty)	Hard Boiled Egg (1 egg= 2 oz eq M/MA)	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)	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)	Dried Cranberries (¼ Cup)	Cheese stick (1 oz eq M/MA)		Home Fries (1/2 Cup)	Fruit (5 cup)? YES NO
Banana (1/2 Cup)	Baby Carrots (1/2 Cup)	Fresh Maine Apple (½ Cup)		Assorted 100% Juice (1/2 Cup)	Milk (5 cup)? YES NO
Assorted 100% Juice (1/2 Cup)		Cranberry Juice Cocktail (27% juice) (1/2 Cup)	1% White Milk - 8 oz	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			

Reduced sugar choc milk and yogurt!

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 1 oz eq sausage patty 1 oz eq egg patty)	Hard Boiled Egg (1 egg= 2 oz eq M/MA)	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)	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)	Dried Cranberries (¼ Cup)	Cheese stick (1 oz eq M/MA)	1% White Milk - 8 oz	Home Fries (1/2 Cup)	Fruit (5 cup)? YES NO
Banana (1/2 Cup)	Baby Carrots (1/2 Cup)	Fresh Maine Apple (½ Cup)		Assorted 100% Juice (1/2 Cup)	Milk (5 cup)? YES NO
Assorted 100% Juice (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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