Child Nutrition
Maine Department of Education

Maine Department of Education

Introduction to the School Lunch Program

Food Based Menu Planning

Food Components

Lunch Meal Pattern

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk (cups) Low-fat unflavored Fat-free unflavored Fat-free flavored	1	5	1	5	1	5
Fruit (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Grains (oz eq) All grains must be whole-grain rich	1	8	1	8	2	10
Meat/Meat Alternate (oz eq)	1	8	1	9	2	10

Milk

- Schools must offer a "**variety**" of milk Schools to offer at least 2 different types.
- Low-fat (1%) or fat free unflavored
- Fat free flavored (not currently available in Maine)
- Lactaid treated milk
- Juice or water CANNOT replace the milk component

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	*Weekly*	Daily	*Weekly*	Daily	*Weekly*
Fluid Milk (cups) *Must off at least two choices*	1	5	1	5	1	5

Fruit

- •No more than half of the weekly fruit offering may be in the form of 100% juice

- •A ¼ cup serving of dried fruit counts as ½ cup of fruit

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (cups)	½	2 ½	½	2 ½	1	5

Fruit

- Canned in 100% juice, light syrup, or water
- Fresh
- Frozen
- Dried
- 100% fruit juice

Vegetables

- •Must be offered daily (3/4 cup/1 cup) with all meal options
- •All subgroups must be offered over the week
- •1 cup of raw, leafy greens = ½ cup
- •Beans and legumes may be used as EITHER a vegetable OR a meat/meat alternate but not both in the same meal

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5

Vegetable Subgroups

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

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Vegetables (*cups*)	¾	3 ¾	¾	3 ¾	1	5
Dark Green		½		½		½
Red/Orange		¾		¾		1 ¼
Beans/Legumes		½		½		½
Starchy		½		½		½
Other		½		½		¾
Additional Vegetables to Reach Total		1		1		1 ½

Weekly Vegetable Subgroups

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	
arugula	fiddle heads	acorn squash	black beans	mung beans
beet greens	grape leaves	butternut squash	black-eyed peas (mature, dry)	navy beans
bok choy	kale	carrots	cowpeas	pink beans
broccoli	mesclun	cherry peppers	edamame	pinto beans
broccoli rabe (rapini)	mustard greens	Hubbard squash	fava beans	red beans
broccolini	parsley	orange peppers	garbanzo beans (chickpeas)	refried beans
butterhead lettuce (Boston, bibb)	spinach	pimientos	Great Northern beans	soy beans (mature, dry)
chicory	Swiss chard	pumpkin	kidney beans	split peas
cilantro	red leaf lettuce	red chili peppers	lentils	white beans
collard greens	romaine lettuce	red peppers	lima beans, (mature, dry)	* Does not include green peas, green lima beans and green (string) beans
endive	turnip greens	salsa (all vegetables)		
escarole	watercress	sweet potatoes/yams		
		tomatoes		
		tomato juice		
		winter squash		

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
black-eyed peas, fresh (not dry)	artichokes	cucumbers	purple peppers
corn	asparagus	daikon (oriental radish)	pickles (cucumber)
cassava	avocado	eggplant	radishes
cowpeas, fresh (not dry)	bamboo shoots	fennel	rhubarb
field peas, fresh (not dry)	bean sprouts, cooked only (for food safety), e.g., alfalfa, mung	garlic	rutabagas
green bananas	beans, green and yellow	green chili peppers	shallots
green peas	beets	green onions (scallions)	sauerkraut
jicama	breadfruit	green peppers	seaweed
lima beans, green (not dry)	Brussels sprouts	horseradish	snap peas
parsnips	cabbage (green, red, celery, Napa)	iceberg lettuce	snow peas
pigeon peas, fresh (not dry)	cactus (nopales)	kohlrabi	spaghetti squash
plantains	cauliflower	leeks	tomatillo
potatoes	celeriac	mushrooms	turnips
poi	celery	okra	wax beans
taro	chayote (mirliton)	olives	yellow peppers
water chestnuts	chives	onions (white, yellow, red)	yellow summer squash
yautia (tannier)		peas in pod, e.g., snap peas, snow peas	zucchini squash
		pepperoncini	

[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.

Which Subgroup Do I Belong To?

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Which Subgroup Do I Belong To?

Which Subgroup Do I Belong To?

Multiple Offerings

Vegetable subgroups must be offered with all meal options

Menu

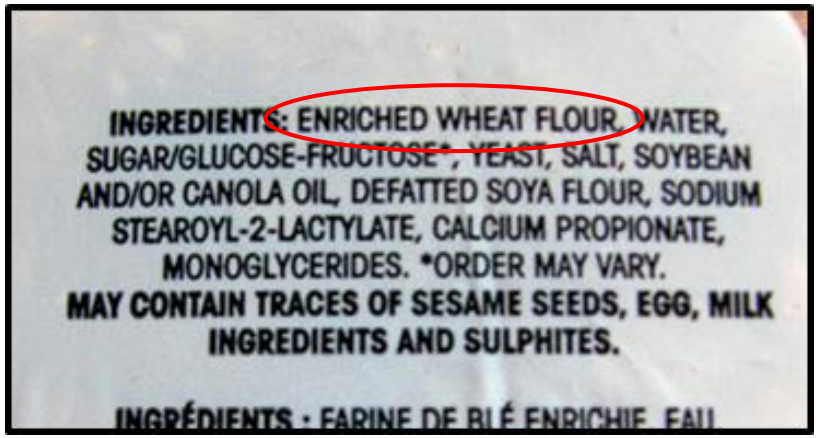
Baked beans with Hot Dogs

OR

PB&J

Grains

- All grains must be Whole Grain-Rich



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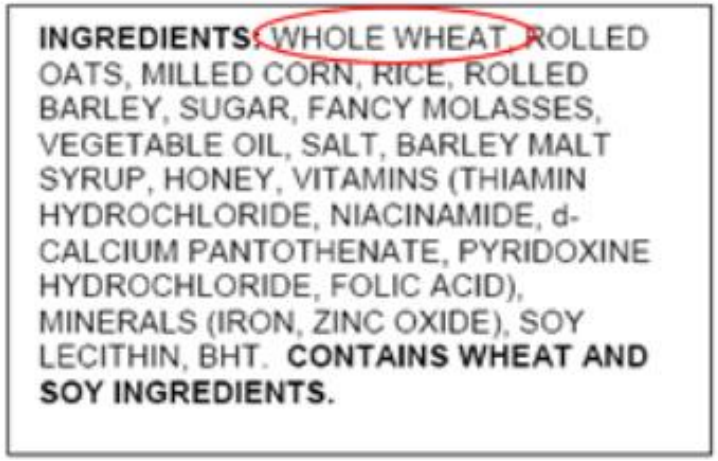


YES

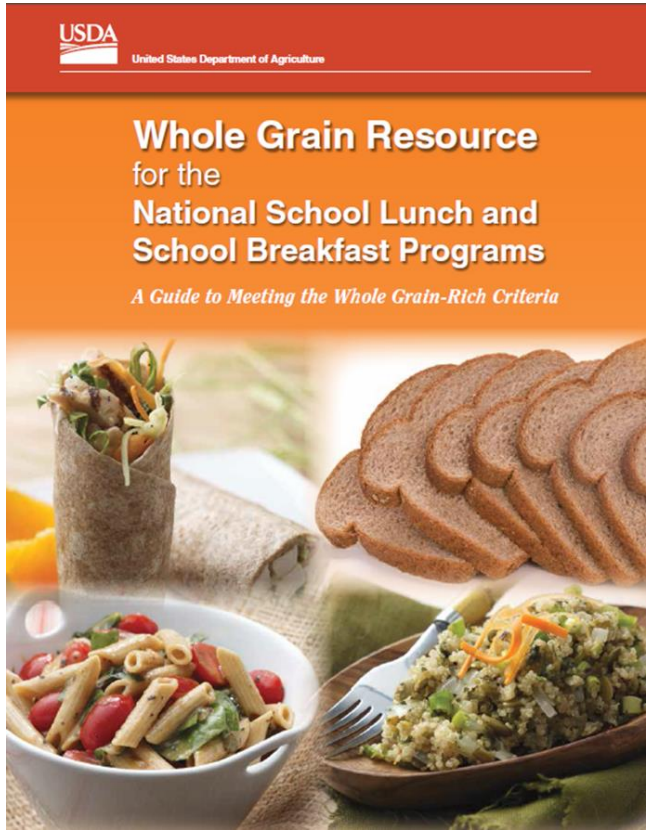
Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains (oz eq)	1	8	1	8	2	10

**K-8: Additional grains need to be offered to meet weekly requirements

Grain Labels

- Ingredients list:
  - First ingredient listed: whole grain ingredient, such as “whole grain” or “whole wheat” <u>OR</u>
  - First ingredient listed: “water”, then whole grain ingredient

Grain Component



http://www.fns.usda.gov/tn/whole-grain-resource

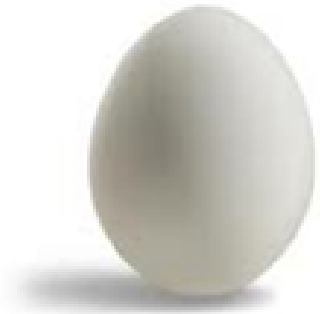
Grain – Ounce Equivalents

1 Ounce Equivalent
22 grams/0.8 ounce Croutons, Pretzels
28 grams/1 ounce Bread, Bagels, Biscuits, Tortilla Chips
34 grams/1.2 ounce pancakes, waffles, Cornbread
55 gram/2 ounce Muffin, Doughnut, Cereal Bar
½ Cup cooked Rice, Pasta
1 ounce/1 cup Dry Cereal

- 1 ounce equivalent is the amount of a food product that contains 16 grams of creditable grain

Meat/Meat Alternate

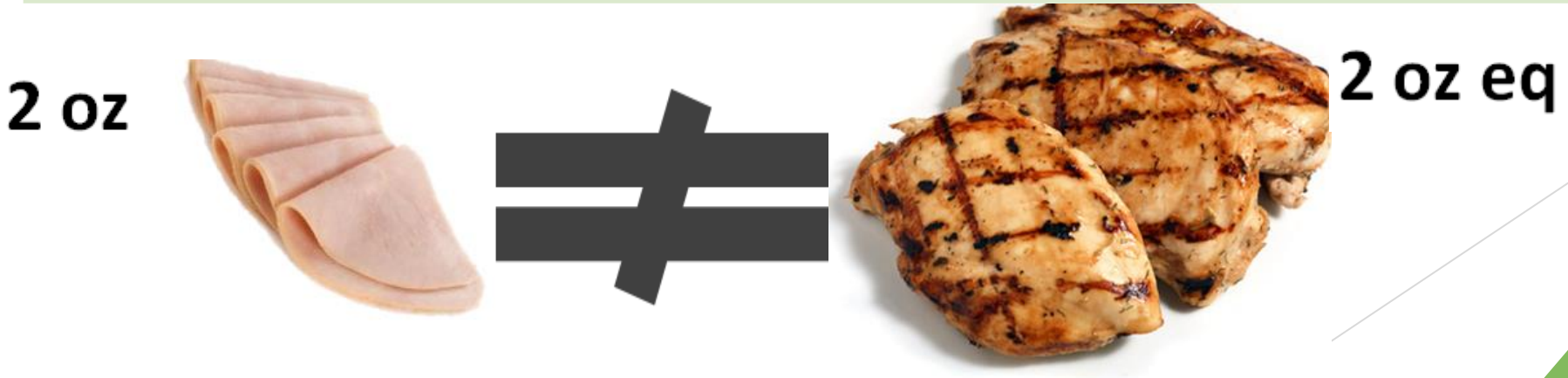
- Meat
- Fish
- Poultry
- Eggs
- Cheese
- Yogurt
- Nut Butters
- Beans (if not crediting them as a vegetable)



Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Meat/Meat Alternate (oz eq)	1	8	1	9	2	10

Meat/Meat Alternate – Ounce Equivalents

1 Ounce Equivalent
1 ounce Cheese
2 Tbsp Peanut/Nut butter
1.6 ounces Deli Turkey
1.2 ounces Deli Ham
4 ounces Yogurt



Non-Creditable “Extra” Foods

Cream Cheese

Bacon

Salami

Potato chips

Condiments

Offer vs Serve

- Offer vs Serve for NSLP is mandatory for High Schools
  - There is a waiver for SY22
- Food is served in full serving sizes and students are allowed to decline one or two food components.
- The full serving size for each component must be available to choose
- They must have 3 different components including at least a ½ **cup of fruit or vegetable** on their tray.
- Reduces food waste
- If a student does not take a ½ cup of fruit/vegetable with two other components, then the meal is NOT reimbursable

Meal Service Requirements

- Meals are offered as a unit
  - "Milk only" – not reimbursable, must charge the student
- Signage – how to make a reimbursable meal must be posted prior to the service line
- Free potable water must be available during meal service
  - ✓ Water fountain
  - ✓ Cambro with water & paper cups
  - x Bottled water
- Pre-packaged a la carte items, calories must be posted at point of decision
- Serving Time Requirements – Lunch must be served between 10am-2pm

Crediting in the NSLP

Cups vs. Ounce Equivalents

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk (cups) Low-fat unflavored Fat-free unflavored Fat-free flavored	1	5	1	5	1	5
Fruit (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Grains (oz eq) All grains must be whole-grain rich	1	8	1	8	2	10
Meat/Meat Alternate (oz eq)	1	8	1	9	2	10

What Is Crediting?

Crediting = determining the actual amount of a food component (grain) in a food product (muffin).

Ounce Equivalents - Grains

‘Ounce Equivalents’ is a standard measurement used to determine the amount of grain in similar food items

- Ex./ 1.25 cup puff cereal vs. ½ cup oatmeal

Crediting Grains

Pre-Made Item

- **Exhibit A Grain Chart**
- Manufacturer's product formulation statement
- Child Nutrition (CN) label
- USDA Foods Fact Sheet

Scratch-Made Item

- Recipe – calculate total amount of creditable grain

Ounce Equivalents – Grains
Exhibit A: Grain Oz. Eq.

Group A	Minimum Serving Size for Group A
• 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 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz

Step 1: find the product in a group on the left hand side of the chart.

Step 2: look on the right hand side to determine the minimum serving size required for that product.

Activity: Using Exhibit A

Which of these is a 1 ounce equivalent?

.8 oz of Pretzels

2 oz Blueberry Muffin

½ cup cooked Rice

Exhibit A Grains Tool

WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and acce
the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Exhibit A Grains Tool	Download Food Buying Guide
FBG Calculator	Recipe Analysis Workbook (RAW)	

Scratch-Made: Crediting Grains

Convert grams of grain in recipe to grain oz eq/serving

Total grams of grain (whole grain + enriched) ÷ Number of servings in recipe ÷ 16 grams of creditable grain/oz eq

- Want an easier way?

Use Your Scale!

For homemade grain items (breads, muffins) weigh the cooked item and check grain chart

Rounding Rule of Crediting

Always round down to the nearest quarter (0.25) ounce

ROUND DOWN

1.72 → 1.5

.24 → 0

Ounce Equivalents - M/MA

2 oz

2 oz

≠

2 oz eq

Crediting Meat/Meat Alternate

UNPROCESSED ITEMS

- Refer to the Food Buying Guide

PROCESSED ITEMS

CN label or a manufacturer's product formulation statement
USDA Food Fact Sheet
Refer to the Food Buying Guide

Ounce Equivalents – M/MA

<u>1 ounce equivalent</u>

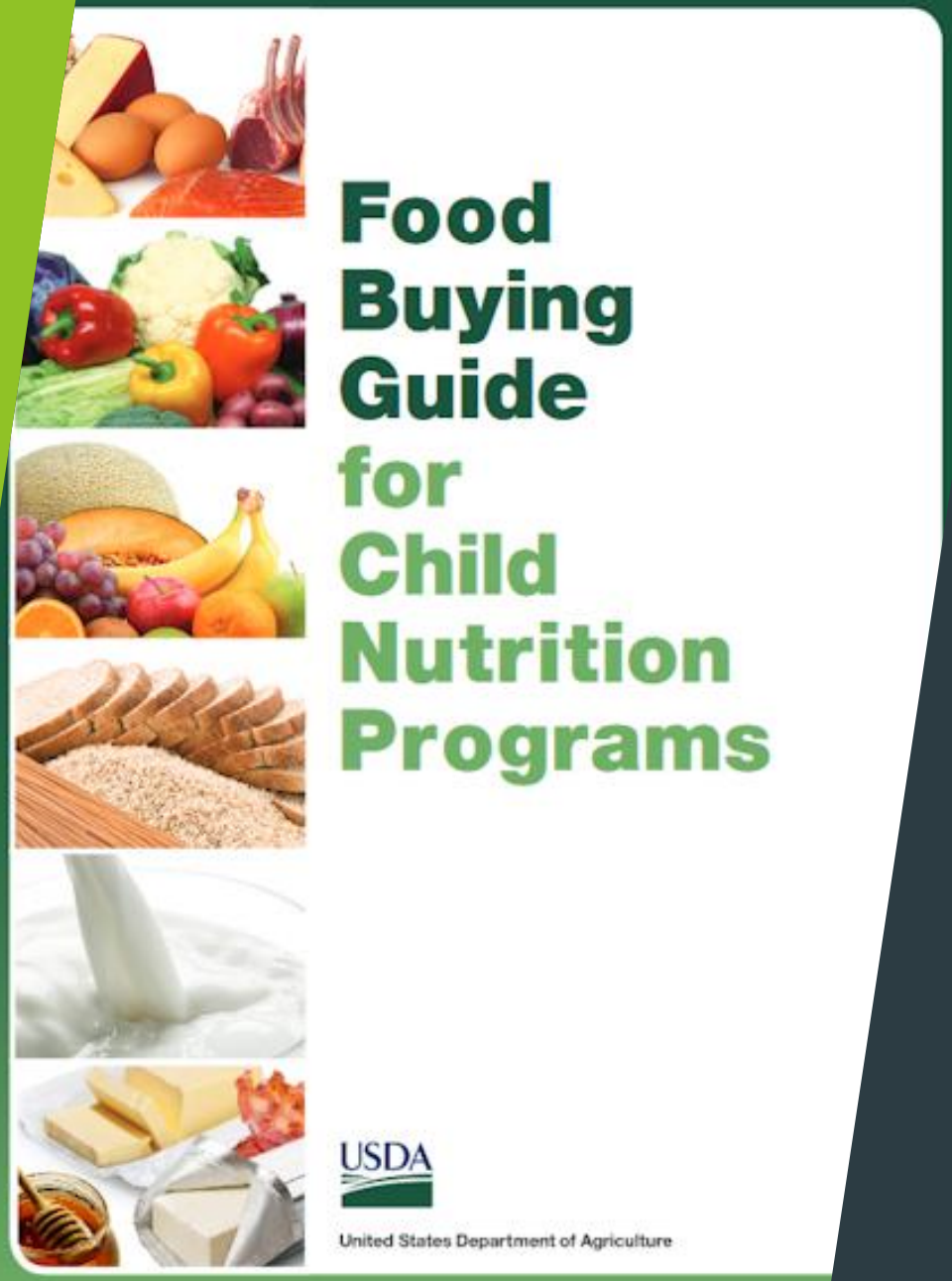
1 ounce cheese

2 Tbsp nut butter

1.6 oz deli turkey

1.2 oz deli ham

4 oz yogurt



Crediting Resources

- Exhibit A Grain Chart
- Food Buying Guide
- Child Nutrition Labels
- Product Formulation Statement

Food Buying Guide

- Meal pattern contribution/crediting
- Amount of food to purchase or prepare
- FBG calculator
- https://foodbuyingguide.fns.usda.gov
- eAuthentication account needed to access the tool

Raw vs. Cooked Weight

Section 1 - Meats/Meat Alternates					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen					
Beef, Ground, fresh or frozen[9,10] *no more than 15% fat, (Like IMPS #136)*	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat

How much M/MA does a 2.5 oz beef patty credit as?

1.75 oz M/MA

Child Nutrition (CN) Labels

- Product has been evaluated to determine its contribution toward the meal pattern
- For main dish M/MA and grain products
- Voluntary

Sample CN Logo:

CN

XXXXXX*

One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat meat alternate, ½ cup vegetable and 1 ½ servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN

CN

CN

* CN identification number

** Month and Year of original approval

CN Label Example

LABELED FOR
Child Nutrition
PROGRAMS

Feeding America's Children

AdvancePierre™
Foods

AdvancePierre Foods, Inc.
9990 Princeton Glendale RD
Cincinnati, OH 45246
www.advancepierre.com

MEI-1491-V7A

Chicken Nuggets

Breaded Nugget Shaped Chicken Patties

33-506-0

Made with White Breast and Rib Meat

INGREDIENTS: Chicken Breast with Rib Meat, Water, Isolated Soy, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Bread: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose, Yeast, Sugar, Salt), Soybean Oil (Processing Aid). Batter: Water, [Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Chicken Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set in Vegetable Oil.

CONTAINS: Wheat, Soy

SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS

CN

090071

CN Five 0.64 oz. Fully Cooked Breaded Nugget Shaped Chicken Patties Provides 2.00 oz. Equivalent Meat/Meat Alternate and 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use of This Logo and Statement Authorized By the Food and Nutrition Service, USDA 03-14.) CN

CN

50335060RS 073114

00880760802294

Keep Frozen **Fully Cooked** **Net Wt. 10 Lbs.**

Product Formulation Statement

- Request when purchasing a processed product without a CN label
- Demonstrates how a processed product contributes toward the meal pattern requirements
- From the manufacturer

weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs C

Description of Creditable Grain Ingredient*	**Grams of Creditable Grain Ingredient per Portion[1]** A	**Gram Standard of Creditable Grain per oz equivalent *(16g or 28g)*[2]** B	**Creditable Amount** A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
Total Creditable Amount[3]			**2.00**

* Creditable grains are whole-grain meal/flour and enriched meal/flour.

[1] (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

[2] Standard grams of creditable grains from the corresponding Group in Exhibit A.

[3] Total Creditable Amount must be rounded ***down*** to the nearest quarter (0.25) oz eq. Do ***not*** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for

Volume vs. Weight

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk (cups) Low-fat unflavored Fat-free unflavored Fat-free/low-fat flavored	1	5	1	5	1	5
Fruit (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Grains (oz eq) All grains should be whole-grain rich	1	8	1	8	2	10
Meat/Meat Alternate (oz eq)	1	8	1	9	2	10

Cups - Vegetables

Weight	≠	Measure
4 oz	=	> ¾ cup

Resources and Tips

- Menu planning tools on Child Nutrition website
- Plan 2 oz eq grain and M/MA each day
- Vegetable sub groups
  - 5 vegetable sub groups and 5 days of the week
  - Use salad bars to meet sub groups

Meal Pattern Activity

Maine Department of Education

Child Nutrition Programs

Harvest Elementary School Café
Lunch Menu
K-8

Daily Choice:
Sunbutter & Jelly Sandwich

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

Weekly Requirements for Lunch

- M/MA (9 oz)
  - YES NO
- Grain (8 oz)
  - YES NO
- Vegetables (3 ¾ cups)
  - YES NO

Weekly Requirements Cont.

- Vegetable Sub groups:
  - 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 grain
  - Is weekly M/MA and grain met?

Discussion-Lunch

What are some changes we could make to the lunch menu so that it meets the meal pattern?

What surprised you or was an “aha!” moment?