

What's for Lunch?

Meeting the Meal
Pattern Requirements
for the National School
Lunch Program




Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

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Objectives


1. Understand the meal pattern requirements for lunch
2. Identify noncreditable Foods
3. Understand the four dietary specifications and identify resources to implement them
4. Understand how to implement Offer versus Serve (OVS) and identify reimbursable meals
5. Gain confidence in ability to provide staff training/communicate information about NSLP meal pattern requirements



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Learning Expectations


- G**ive feedback
- R**emain positive
- O**n task
- U**nplug
- P**articipate



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School Meal Pattern Requirements

- Final Rule (January 2012): Nutrition Standards in the National School Lunch and School Breakfast Programs
- Required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010



Final Rule: www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf
HHFKA: www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act

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Focus on Childhood Obesity and Hunger


<p style="text-align: center; color: green; font-weight: bold;">HEALTHY</p> <ul style="list-style-type: none"> ■ Science based ■ Provide healthy nutrient-dense choices ■ Provide age-appropriate calorie ranges ■ Limit saturated fat, sodium and trans fat 	<p style="text-align: center; color: green; font-weight: bold;">HUNGER-FREE</p> <ul style="list-style-type: none"> ■ 14.5% of American households are food insecure ■ 1 in 6 Americans struggle with hunger <ul style="list-style-type: none"> ▶ 21.6% of all children
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1 in 3 children are overweight or obese

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Test Your School Lunch Meal Pattern IQ!

- Group 1: Milk and Noncreditable Foods
- Group 2: Meat/Meat Alternates
- Group 3: Grains
- Group 4: Fruits
- Group 5: Vegetables
- Group 6: Dietary Specifications (Nutrition Standards)



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OVERVIEW OF LUNCH MEAL PATTERN






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General Requirements

- **FOOD-BASED** menu planning approach
- **THREE GRADE GROUPS** (K-5, 6-8 and 9-12)
- **DAILY** and **WEEKLY** requirements for five components

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Minimum DAILY Requirements Grades K-5 and 6-8

Meat/Meat Alternates	Grains	Vegetables	Fruits	Milk *
1 oz eq	1 oz eq	¾ cup	½ cup	1 cup
				

* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored milk

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Minimum DAILY Requirements Grades 9-12

Meat/Meat Alternates	Grains	Vegetables	Fruits	Milk *
2 oz eq	2 oz eq	1 cup	1 cup	1 cup
				

* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored milk

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
Minimum WEEKLY Requirements

Food Components	Five-day Week		
	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternates (oz eq) * 	8-10	9-10	10-12
Grains (oz eq) * 	8-9	8-10	10-12
Vegetables (cups) ** 	3 ¾	3 ¾	5
Fruits (cups) 	2 ½	2 ½	5
Milk (cups) 	5	5	5

* No maximum weekly limit
** Includes five vegetable subgroups

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Minimum WEEKLY Requirements


Food Components	Seven-day Week		
	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternates (oz eq) * 	11-14	12.5-14	14-17
Grains (oz eq) * 	11-12.5	11-14	14-17
Vegetables (cups) ** 	5 ¾	5 ¾	7
Fruits (cups) 	3 ½	3 ½	7
Milk (cups) 	7	7	7

* No maximum weekly limit
** Includes five vegetable subgroups

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Calculating Minimum WEEKLY Requirements for Grains and Meat/Meat Alternates

- Weekly total calculated based on **SMALLEST SERVING** offered each day
- When menus offer a variety of daily grain or meat/meat alternate choices with **DIFFERENT SERVING SIZES** (ounce equivalents), must consider weekly minimums




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Example of Weekly Grain Calculation

Acceptable Lunch Menu for Grains
GRADES 6-8
DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 8 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		




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Example of Weekly Meat/Meat Alternate Calculation

Unacceptable Lunch Menu for Meat/Meat Alternates
GRADES 6-8
DAILY REQUIREMENT: 1 ounce equivalent
WEEKLY REQUIREMENT: 9 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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Dietary Specifications (Nutrition Standards) for Lunch

School Years 2014-15 through 2016-17
Daily Amount Based on **WEEKLY** Average

NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	550-650	600-700	750-850
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤ 1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

* First sodium target through June 30, 2017

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MILK COMPONENT



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Milk Component


- 1 CUP DAILY for all grades
- At least **TWO DIFFERENT** choices
 - FAT-FREE (unflavored or flavored)
 - LOW-FAT (unflavored only)
 - Lactose-reduced or lactose-free FAT-FREE (unflavored or flavored)
 - Lactose-reduced or lactose-free LOW-FAT (unflavored only)



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Milk Substitutions

- **REQUIRED** for children with disabilities (medical statement from recognized medical authority)
- **OPTIONAL** for children without disabilities (written parent request)
 - ▶ lactose-free or lactose-reduced milk (unflavored low-fat or unflavored/flavored fat-free)
 - ▶ nondairy milk substitutes that meet USDA nutrition standards for fluid milk substitutes



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milk_sub.pdf
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Milk Substitutions

- Juice and water **CANNOT** be offered as milk substitutes for nondisabled children



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MEAT/MEAT ALTERNATES (M/MA) COMPONENT



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Commercial M/MA

- If products are processed or contain added ingredients schools must have
 - ▶ an original **CHILD NUTRITION (CN) LABEL** from the product carton
 - OR
 - ▶ a **PRODUCT FORMULATION STATEMENT (PFS)** signed by an official of the manufacturer stating the amount of each meal pattern component contained in one serving of the product



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CN Labeling

Chicken Stir-Fry Bowl

Ingredient Statement:
Chicken, whole grain brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 serving of WGR Grains, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XXXXX).

CN

Net Wt.: 18 pounds

Chicken Wok Company
1234 Kluck Street Poultry, PA 12345

www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf
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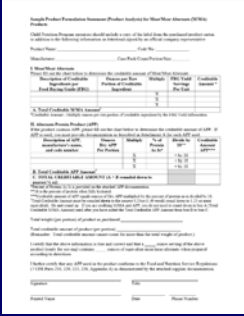
Product Formulation Statement (PFS)

- Developed by manufacturers
- No standards
- Not approved or monitored by USDA
- No warranty
- Schools are responsible for checking accuracy
- Must include information in USDA sample PFS
- Must be on manufacturer's letterhead with original signature of company official and date

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf
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Product Formulation Statement (PFS)

- Sample USDA product formulation statements
 - meat/meat alternates
 - grains
 - vegetables
 - fruits



www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

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M/MA Component

M/MA at Lunch (Oz Eq)


Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12.5-14
9-12	2	10-12	2	14-17

* Must meet weekly minimum but not maximum

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M/MA at Lunch


- Must be served in a **MAIN DISH**
- OR
- in a **MAIN DISH** and only **ONE OTHER** food item



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Serving Sizes for M/MA


- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of **¼ OUNCE EQUIVALENT** to count toward daily total



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Serving Sizes for M/MA

- Products **WITHOUT** binders and extenders credit based on **SERVING WEIGHT**
- Products **WITH** binders and extenders credit based only on **ACTUAL AMOUNT OF MEAT**
 - Require PFS from manufacturer



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Examples of Binders and Extenders *


<ul style="list-style-type: none"> Agar-agar Algin A mixture of sodium alginate, calcium carbonate and calcium gluconate/lactic acid Bread Calcium-reduced dried skim milk Carrageenan Carboxymethyl cellulose (cellulose gum) Cereal 	<ul style="list-style-type: none"> Dried milk Dry or dried whey Enzyme (rennet) treated calcium-reduced dried skim milk and calcium lactate Gums, vegetable Isolated soy protein (APP) ** Locust bean gum Methyl cellulose Modified food starch Reduced lactose whey 	<ul style="list-style-type: none"> Reduced minerals Sodium caseinate Soy flour (APP) ** Soy protein concentrate (APP) ** Starchy vegetable flour Tapioca dextrin Vegetable starch Wheat gluten Whey Whey protein concentrate (APP) ** Xanthan gum
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* Binders and extenders are defined by the USDA Food Safety and Inspection Service (FSIS) Regulations, 9 CFR 318.7
 ** Products can contain these ingredients if they meet the USDA requirements for Alternate Protein Products (APP)

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Sample Cold Cut Ingredients


PRODUCT 1 – Oven Roast Turkey Breast
Turkey breast meat, turkey broth, contains 2% or less salt, sugar, **CARRAGEENAN**, sodium phosphate, sodium acetate, sodium diacetate, flavoring



PRODUCT 2 – Oven Roast Turkey Breast
Turkey breast meat, turkey broth, contains 2% or less salt, sugar, **MODIFIED FOOD STARCH**, corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring

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Crediting Information for M/MA



www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

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Online Food Buying Guide Calculator




<http://fbg.nfsmi.org/>

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How much equals 1 ounce equivalent?

Ham with natural juices
1.2 ounces

Ham with added water
1.22 ounces




Food Buying Guide: www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

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1 Ounce Equivalent of M/MA

- 1 ounce of cooked lean meat, poultry or fish
- 1 ounce of natural or process cheese *
- 2 ounces of cottage or ricotta cheese, cheese food/spread and cheese substitute *
- ¼ cup of cooked beans and peas (legumes)
- ½ large egg
- 2 tablespoons of nut butters
- 1 ounce of nuts or seeds
- 2.2 ounces (¼ cup) of commercial tofu (containing at least 5 grams of protein)
- ½ cup of yogurt or soy yogurt *
- 1 ounce of alternate protein products (APP)




* Low-fat recommended

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M/MA Crediting Considerations


COOKED LEGUMES

- Liquid does not count, e.g., sauce in baked beans



NUTS AND SEEDS

- Cannot meet more than **HALF** of the M/MA requirement
- Must be combined with another M/MA




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M/MA Crediting Considerations

NUT AND SEED BUTTERS

- FBG indicates 4 tablespoons or ¼ cup (about 2.2 ounces **WEIGHT**) equals 2 oz eq

- Almond butter
- Cashew nut butter
- Peanut butter
- Reduced-fat peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter




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M/MA Crediting Considerations

ALTERNATE PROTEIN PRODUCTS (APP)

- All APP except tofu and soy yogurt must meet USDA criteria
 - ▶ Examples include veggie burgers, meatless chicken nuggets or patties, soy hotdogs
- Must obtain documentation
 - ▶ CN label
 - ▶ PFS
 - ▶ Signed letter from company official attesting requirements are met



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/APPReq.pdf

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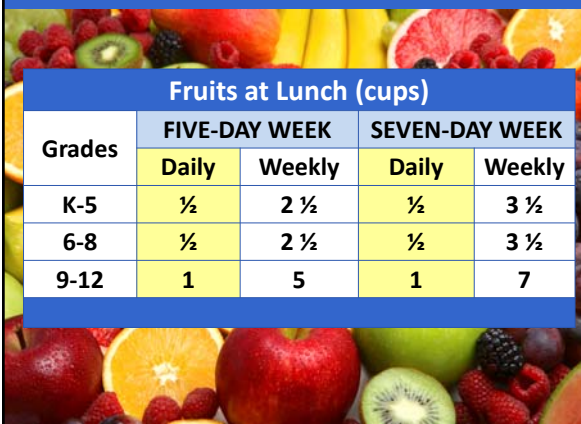
FRUITS COMPONENT



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Fruits at Lunch (cups)


Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly	Daily	Weekly
K-5	½	2 ½	½	3 ½
6-8	½	2 ½	½	3 ½
9-12	1	5	1	7



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Allowable Fruits


- Fresh
- Frozen (with or without added sugar)
- Canned in juice/light syrup
- Dried



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Serving Sizes of Fruits

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of ½ **CUP** to count toward daily total



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Serving Sizes of Fruits

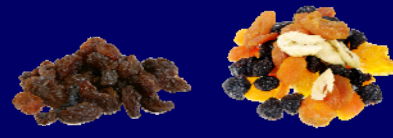
- Can offer **COMBINATION** of various fruits to meet daily total
- All servings based on **ACTUAL VOLUME SERVED**, except dried fruit



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Dried Fruit

- Credits at **TWICE** the volume served
 - ▶ $\frac{1}{4}$ cup of dried fruit equals $\frac{1}{2}$ cup of the fruits component
 - ▶ $\frac{1}{2}$ cup of dried fruit equals **1 cup** of the fruits component



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Serving Sizes of Fruits


- Larger amounts may be served if meals meet weekly **DIETARY SPECIFICATIONS** (limits for calories, saturated fat and sodium)



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Crediting Considerations for Fruits



- Pureed Fruits
- Fruit Juice
- Fruit Smoothies



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Pureed Fruits

- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** fruit such as applesauce
- Do **NOT** credit when used to improve the **NUTRIENT PROFILE** of a food, e.g., applesauce used to replace oil in muffins



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Fruit Juice


- Must be pasteurized **100% FULL-STRENGTH** fruit juice without added sugar
 - ▶ 100% juice (not from concentrate)
 - ▶ 100% juice from concentrate
- Juice concentrates cannot credit when used as an **INGREDIENT** in foods or beverages



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Weekly Limit for Fruit Juice at Lunch

- No more than **HALF** of weekly fruit offerings




Allowable Frequency for Fruit Juice (Number of ½-cup Servings per Week)

Grade Group	Five-Day Week	Seven-Day Week
K-5	2	3
6-8	2	3
9-12	5	7

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Juice Limit Includes

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100 percent juice
- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100 percent juice, unless the canned fruit is drained



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Crediting Juice




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit_juice.pdf

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School-made Fruit Smoothies


- Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored
 - Credits as fluid **MILK** if 1 cup
 - Must still offer **MILK VARIETY** on serving line
- Pureed fruits/vegetables credit only as **JUICE**, based on volume of pureed fruits/vegetables
 - Counts toward weekly juice limit



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School-made Fruit Smoothies

- Yogurt and soy yogurt credit as **MEAT ALTERNATE**
- Other ingredients **CANNOT** credit but must count toward weekly dietary specifications
 - Grains such as oatmeal
 - Other M/MA, e.g., peanut butter



Operational Memorandum 13-15: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/OPmemos/15/OM_13-15.pdf
 Questions and Answers Regarding Crediting of Smoothies in Child Nutrition Programs
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf

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Smoothie Recipe Booklet




www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf

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School-made Fruit Smoothies

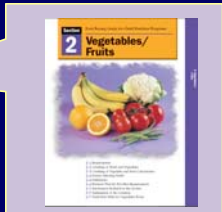
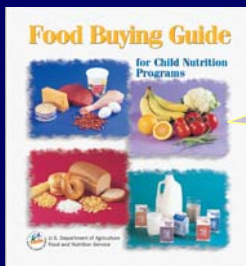
- Must **INFORM** students about the components included by listing the type of smoothie on the menu and serving line signage

TODAY'S MENU
Strawberry and yogurt smoothie



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Crediting Information for Fruits



Revised online sections to separate fruits and vegetables


www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

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Menu Planning Quiz for Fruits

Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 1 Worksheet 1



$\frac{1}{2}$ cup of fresh fruit


YES

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Menu Planning Quiz for Fruits

Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 2 Worksheet 1



$\frac{1}{2}$ cup of canned fruit in juice


YES

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Menu Planning Quiz for Fruits

Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 3 Worksheet 1



$\frac{1}{2}$ cup of canned fruit in light syrup


YES

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Menu Planning Quiz for Fruits

Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 4 Worksheet 1



$\frac{1}{2}$ cup of canned fruit in heavy syrup


No

Canned fruit must be in juice or light syrup

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 5 Worksheet 1



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


No

Dried fruit counts as TWICE the volume served ($\frac{1}{2}$ cup equals 1 cup)

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 6 Worksheet 1




$\frac{1}{2}$ cup of frozen fruit without added sugar

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 7 Worksheet 1




$\frac{1}{2}$ cup of frozen fruit with added sugar

YES

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Menu Planning Quiz for Fruits
Does each planned serving count as $\frac{1}{2}$ cup of the **FRUITS** component?

Product 8 Worksheet 1



$\frac{1}{2}$ cup of fruit juice

YES

However, the combined total of all fruit juice cannot be more than **HALF** of the weekly fruits component

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VEGETABLES COMPONENT



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Vegetables at Lunch (cups)

Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly *	Daily	Weekly *
K-5	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	5 $\frac{1}{4}$
6-8	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	5 $\frac{1}{4}$
9-12	1	5	1	7

* Weekly amounts include five vegetable subgroups

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Vegetable Subgroups at Lunch (cups)

Weekly Amounts for FIVE-DAY Week		
Subgroups	Grades K-5 and 6-8	Grades 9-12
■ Dark Green	½	½
■ Red/Orange	¾	1 ¼
■ Beans/Peas (Legumes)	½	½
■ Starchy	½	½
■ Other	½	¾
Subtotal	2 ¾	3 ½
Additional vegetables to reach WEEKLY total	1	1 ½
TOTAL	3 ¾	5

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Vegetable Subgroups at Lunch (cups)

Weekly Amounts for SEVEN-DAY Week		
Subgroups	Grades K-5 and 6-8	Grades 9-12
■ Dark Green	½	½
■ Red/Orange	¾	1 ¼
■ Beans/Peas (Legumes)	½	½
■ Starchy	½	½
■ Other	½	¾
Subtotal	2 ¾	3 ½
Additional vegetables to reach WEEKLY total	2 ½	3 ½
TOTAL	5 ¼	7

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Allowable Vegetables


- Fresh
- Frozen
- Canned (consider sodium content)



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Serving Sizes of Vegetables

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of ¼ CUP to count toward daily total
- Can offer **COMBINATION** of various vegetables to meet daily total



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Serving Sizes of Vegetables

- All servings are based on **ACTUAL VOLUME SERVED**, except
 - ▶ raw leafy greens
 - ▶ tomato paste and puree



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Leafy Greens



RAW

- Credit at **HALF** the volume served
- 1 cup raw equals ½ cup vegetable
- Need minimum of ¼ CUP to count as ¼ cup




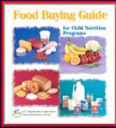
COOKED

- Credit at **FULL** volume served
- ½ CUP cooked equals ½ cup vegetable

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Tomato Paste and Puree

- Credit based on Food Buying Guide
 - ▶ 1 tablespoon of tomato paste equals ¼ cup vegetable
 - ▶ 2 tablespoons of tomato puree equal ¼ cup vegetable

Food Buying Guide: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

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Five Vegetable Subgroups

- Based on 2010 Dietary Guidelines
- Vegetables grouped by **NUTRIENT** content
- **COLOR IS A GUIDE** but does not always identify the subgroup



OTHER SUBGROUP **DARK GREEN SUBGROUP**

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DARK GREEN Vegetable Subgroup

■ arugula	■ escarole
■ beet greens	■ fiddle heads
■ bok choy	■ grape leaves
■ broccoli	■ kale
■ broccoli rabe (rapini)	■ mesclun
■ broccolini	■ mustard greens
■ butterhead lettuce (Boston, bibb)	■ parsley
■ chicory	■ spinach
■ Chinese cabbage	■ Swiss chard
■ celery cabbage	■ red leaf lettuce
■ cilantro	■ romaine lettuce
■ collard greens	■ turnip greens
■ endive	■ watercress

This list is not all-inclusive




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RED/ORANGE Vegetable Subgroup

■ acorn squash	■ red peppers
■ butternut squash	■ salsa (all vegetables)
■ carrots	■ sweet potatoes/yams
■ cherry peppers	■ tomatoes
■ chili peppers (red)	■ tomato juice
■ Hubbard squash	■ winter squash
■ orange peppers	
■ pimientos	
■ pumpkin	

This list is not all-inclusive



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BEANS AND PEAS (LEGUMES) Vegetable Subgroup*

Canned, frozen or cooked from dry

■ black beans	■ mung beans
■ black-eyed peas (mature, dry)	■ navy beans
■ cowpeas	■ pink beans
■ edamame	■ pinto beans
■ fava beans	■ red beans
■ garbanzo beans (chickpeas)	■ refried beans
■ Great Northern beans	■ soy beans
■ kidney beans	■ (mature, dry)
■ lentils	■ split peas
■ lima beans (mature, dry)	■ white beans

* Does not include immature (fresh) beans or peas such as green beans, green lima beans and green (string) beans

This list is not all-inclusive



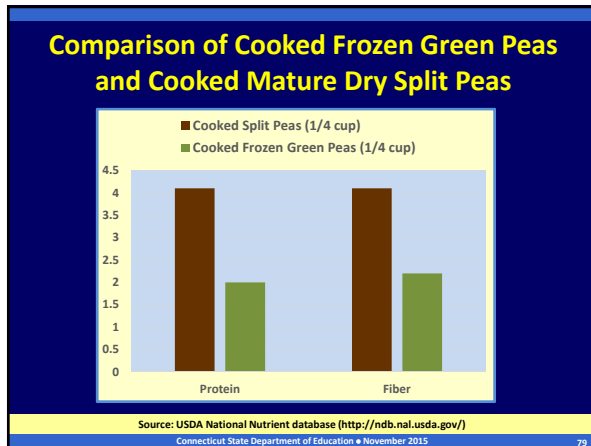
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The beans and peas (legumes) subgroup does NOT include

- Green peas **STARCHY Subgroup**
- Green lima beans **STARCHY Subgroup**
- Green beans **OTHER Subgroup**



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Crediting Beans and Peas (Legumes)

- May credit as vegetable **OR** meat alternate
- CANNOT** credit one serving as **BOTH** components in same meal
- May offer two **DISTINCT** servings of legumes in one meal as vegetable and meat alternate
 - salad with garbanzo beans (vegetable) and chili made with kidney beans (meat alternate)

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STARCHY Vegetable Subgroup

<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 	<ul style="list-style-type: none"> lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) plantains potatoes poi taro water chestnuts yautia (tannier)
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This list is not all-inclusive

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OTHER Vegetable Subgroup

<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 Brussels sprouts cabbage, green and red cactus (nopales) cauliflower celeriac celery chayote (mirliton) chives cucumbers 	<ul style="list-style-type: none"> daikon (oriental radish) eggplant fennel garlic green chili peppers green onions (scallions) green peppers horseradish iceberg lettuce kohlrabi leeks mushrooms okra olives onions peas in pod, e.g., snap peas, snow peas 	<ul style="list-style-type: none"> pepperoncini purple peppers pickles (cucumber) radishes rhubarb rutabagas shallots sauerkraut seaweed snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow peppers yellow summer squash zucchini squash
--	---	---

This list is not all-inclusive

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Vegetables at Lunch

- Subgroups can be offered in **ANY ORDER AND AMOUNT** throughout the week as long as menu meets weekly totals
- Larger amounts may be served if meals meet weekly **DIETARY SPECIFICATIONS** (limits for calories, saturated fat and sodium)

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"Additional" Vegetables


- A catch-all category for additional vegetables that can come from **ANY SUBGROUP** to meet the weekly total

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Worksheet 2: Vegetable Subgroup Substitutions


- Group 1: Vegetables 1 and 2
- Group 2: Vegetables 3 and 4
- Group 3: Vegetables 5 and 6
- Group 4: Vegetables 7 and 8
- Group 5: Vegetables 9 and 10
- Group 6: Vegetables 11 and 12

Identify the vegetable subgroup and list two vegetables from the same subgroup that you can substitute



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Vegetable Subgroups



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegetable_groups.pdf

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Vegetable Subgroups Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	DARK GREEN ■ Broccoli ■ Red leaf lettuce	RED/ORANGE ■ Carrots ■ Sweet potato	LEGUMES ■ Chick peas ■ Edamame	STARCHY ■ Corn ■ Peas	OTHER ■ Cucumbers ■ Green beans
Week 2	RED/ORANGE ■ Orange peppers ■ Butternut squash	LEGUMES ■ Lentils ■ Kidney beans	STARCHY ■ Water chestnuts ■ Potatoes	OTHER ■ Cauliflower ■ Cabbage	DARK GREEN ■ Spinach ■ Romaine lettuce
Week 3	LEGUMES ■ Split peas ■ Black beans	STARCHY ■ Corn ■ Potatoes	OTHER ■ Celery ■ Green peppers	DARK GREEN ■ Boston lettuce ■ Kale	RED/ORANGE ■ Acorn squash ■ Tomatoes
Week 4	STARCHY ■ Peas ■ Lima beans, green	OTHER ■ Beets ■ Zucchini	DARK GREEN ■ Broccoli ■ Mesclun	RED/ORANGE ■ Carrots ■ Tomatoes	LEGUMES ■ Split peas ■ Navy beans

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Vegetable Subgroups Cycle Menu

Vegetable Subgroup	Monday	Tuesday	Wednesday	Thursday	Friday
DARK GREEN	■ Broccoli ■ Red leaf lettuce	■ Spinach ■ Romaine lettuce	■ Boston lettuce ■ Kale	■ Broccoli ■ Mesclun	■ Bok choy ■ Green leaf lettuce
RED/ORANGE	■ Carrots ■ Sweet potato	■ Orange peppers ■ Butternut squash	■ Acorn squash ■ Tomatoes	■ Carrots ■ Tomatoes	■ Red peppers ■ Sweet potato
LEGUMES	■ Chick peas ■ Edamame	■ Lentils ■ Kidney beans	■ Split peas ■ Navy beans	■ Split peas ■ Black beans	■ Soy beans ■ Kidney beans
STARCHY	■ Corn ■ Peas	■ Water chestnuts ■ Potatoes	■ Corn ■ Potatoes	■ Peas ■ Lima beans, green	■ Plantains ■ Cassava
OTHER	■ Cucumbers ■ Green beans	■ Cauliflower ■ Cabbage	■ Celery ■ Green peppers	■ Beets ■ Zucchini	■ Snow peas ■ Summer squash

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Other Crediting Considerations for Vegetables


- Mixed vegetables
- Soups
- Pureed vegetables
- Vegetable juice




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Mixed Vegetables

- Vegetable combinations from the **SAME** subgroup credit toward that vegetable subgroup



RED/ORANGE




STARCHY

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Mixed Vegetables

- Vegetable combinations that contain **AT LEAST 1/4 cup** each of **DIFFERENT** vegetable subgroups credit toward the appropriate subgroup for each vegetable


1/4 cup



= 1/4 cup RED/ORANGE

+

1/4 cup




AND 1/4 cup STARCHY

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Mixed Vegetables

- If quantities of different vegetables are **NOT** known, mixture credits as **ADDITIONAL** vegetables
 - Blend of peas, corn and carrots
 - California mix (broccoli, cauliflower and carrots)



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Soups

SCHOOL-MADE

- Credit based on **ACTUAL VOLUME** of vegetables per serving based on standardized recipe




COMMERCIAL

- Only **CERTAIN TYPES** of commercial vegetable soups credit toward the vegetables component


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Allowable Commercial Soups

"ADDITIONAL" VEGETABLES	LEGUMES
1 cup credits as 1/4 CUP ADDITIONAL vegetables *	1 cup credits as 1/2 CUP LEGUMES subgroup
<ul style="list-style-type: none"> ■ Minestrone ■ Tomato ■ Tomato with other basic components such as rice ■ Vegetable (contains only vegetables) ■ Vegetable with other basic components such as meat or poultry 	<ul style="list-style-type: none"> ■ Lentil ■ Pea, e.g., split pea ■ Bean, e.g., black bean, mixed bean
	
* May use product formulation statement (PFS) or CN label to determine creditable amount	

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Crediting Soup



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credit_soup.pdf

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Pureed Vegetables


- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** vegetable
 - tomato sauce
 - split pea soup
 - mashed potatoes
 - pureed butternut squash
- Combination foods with pureed **UNRECOGNIZABLE** vegetables credit only if they also provide an adequate amount of recognizable creditable vegetables



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Weekly Limit for Vegetable Juice at Lunch

- No more than **HALF** of weekly vegetable offerings




Allowable Frequency for Vegetable Juice (Number of ½-cup Servings per Week)

Grade Group	Five-Day Week	Seven-Day Week
K-5	3	5
6-8	3	5
9-12	5	7

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Vegetable Juice Blends

- If contain vegetables from the **SAME** subgroup, may contribute toward that vegetable subgroup




Example
Full-strength carrot and tomato vegetable juice blend counts toward the **RED/ORANGE** vegetable subgroup

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Vegetable Juice Blends

- If contain vegetables from **MORE THAN ONE** subgroup may contribute to the **"OTHER"** vegetable subgroup



Example
Full-strength vegetable juice blend containing carrots, spinach, tomato and watercress counts toward the **OTHER** vegetable subgroup

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Fruit and Vegetable Juice Blends

- If first ingredient is **FRUIT** juice, contributes to **FRUITS** component
- If first ingredient is **VEGETABLE** juice, contributes to either **"OTHER"** subgroup or **"ADDITIONAL"** vegetables




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Menu Planning Quiz for Vegetables

Does each planned serving count as ½ cup of the **VEGETABLES** component?

Product 1 Worksheet 1



½ cup of fresh vegetables


YES

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Menu Planning Quiz for Vegetables

Does each planned serving count as ½ cup of the **VEGETABLES** component?

Product 2 Worksheet 1




½ cup of canned vegetables

YES

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 3 Worksheet 1



$\frac{1}{2}$ cup of vegetable juice


YES

However, the combined total of all vegetable juice cannot be more than **HALF** of the weekly vegetables component

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 4 Worksheet 1




$\frac{1}{2}$ cup of cooked spinach

YES

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 5 Worksheet 1



$\frac{1}{2}$ cup of spinach salad


NO

Raw leafy greens count as **HALF** the volume served

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 6 Worksheet 1



$\frac{1}{2}$ cup of legumes


YES

However, cannot be counted as both vegetable and meat alternate in the same meal

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 7 Worksheet 1



2 tablespoons of tomato paste


YES

1 tablespoon equals $\frac{1}{4}$ cup (FBG)
2 tablespoons equal $\frac{1}{2}$ cup

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Menu Planning Quiz for Vegetables
Does each planned serving count as $\frac{1}{2}$ cup of the **VEGETABLES** component?

Product 7 Worksheet 1



2 tablespoons of tomato puree

NO

2 tablespoons equal $\frac{1}{4}$ cup (FBG)

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Crediting Information for Vegetables



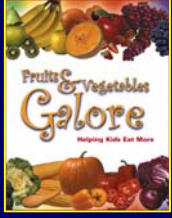
Revised online sections to separate vegetables and fruits

www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

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Fruits and Vegetables Galore USDA, 2004

- Tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables



www.fns.usda.gov/tn/Resources/fv_galore.html

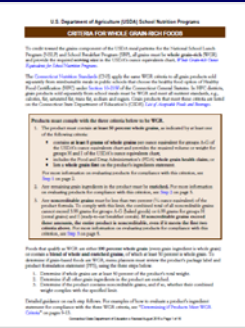
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GRAINS COMPONENT



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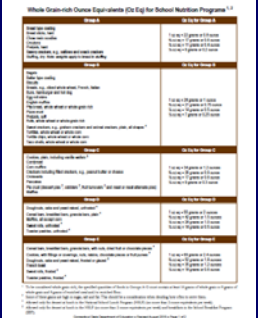
Criteria for Whole Grain-rich Foods



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/wgcriteria.pdf

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Whole Grain-rich Ounce Equivalents



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/grainsizeq.pdf

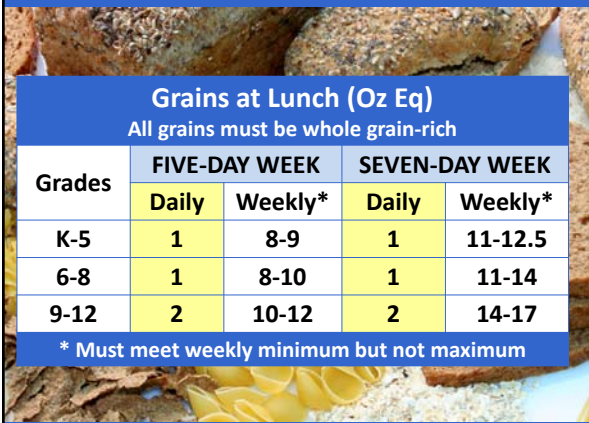
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Grains at Lunch (Oz Eq)

All grains must be whole grain-rich

Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	8-9	1	11-12.5
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17


* Must meet weekly minimum but not maximum



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Two Requirements for Grain Products

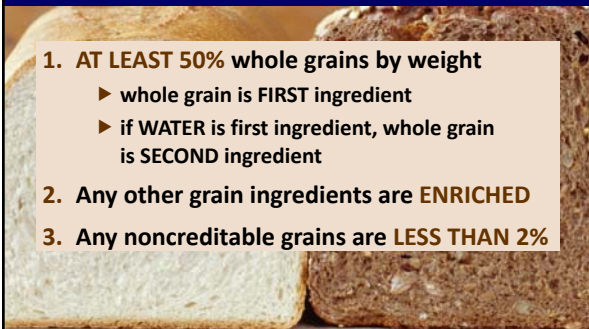
1. Must be **WHOLE GRAIN-RICH (WGR)**
 - ▶ 100% whole grain
 - ▶ At least 50% whole grain
2. Must meet **MINIMUM** serving size



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WGR Definition


1. **AT LEAST 50% whole grains by weight**
 - ▶ whole grain is **FIRST** ingredient
 - ▶ if **WATER** is first ingredient, whole grain is **SECOND** ingredient
2. Any other grain ingredients are **ENRICHED**
3. Any noncreditable grains are **LESS THAN 2%**



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WGR Definition Criterion 1 At least 50% **WHOLE GRAINS**


- **GRAIN-BASED PRODUCTS**, e.g., breads, cereals, waffles, muffins
 - ▶ Whole grain is **FIRST** ingredient listed
- **COMBINATION FOODS**, e.g., pizza, lasagna, chicken nuggets
 - ▶ Whole grain is **FIRST GRAIN** ingredient listed



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Is it a Whole Grain?


- Look for the word **"WHOLE"** e.g., whole corn, whole rye, whole-wheat flour
- Grains without "whole" are usually not whole grains, e.g., corn, rye flour, wheat flour
 - ▶ Require manufacturer documentation (PFS)
 - ▶ **EXCEPTIONS:** Some grains do not state "whole" but are whole grains



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Examples of Exceptions*

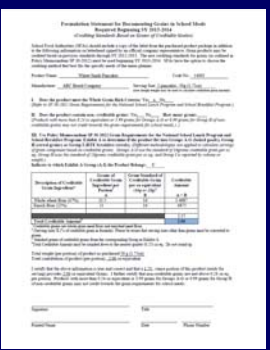
- **BERRIES or GROATS** (e.g., wheat berries or oat groats)
- **OATS or OATMEAL** (old-fashioned, quick-cooking, instant)
- Amaranth
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Quinoa
- Triticale
- Teff
- Sorghum



* These grains do not state "whole" in their description but they are whole grains

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USDA Product Formulation Statement (PFS) for Grains



www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

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Examples of Whole-Grain Products and Ingredients *

BARLEY <ul style="list-style-type: none"> dehulled barley dehulled-barley flour whole barley whole-barley flakes whole-barley flour whole-grain barley whole-grain barley flour 	CORN <ul style="list-style-type: none"> masa (whole corn treated with lime) whole corn whole-corn flour whole cornmeal whole-grain corn flour whole-grain grits whole-ground corn 	RYE <ul style="list-style-type: none"> whole rye rye berries whole-rye flour whole-rye flakes
BROWN RICE <ul style="list-style-type: none"> brown rice brown rice flour 	OATS <ul style="list-style-type: none"> oat groats oatmeal, including old-fashioned, quick-cooking and instant rolled oats whole oats whole-oat flour 	

* This list is not all-inclusive

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Examples of Whole-Grain Products and Ingredients *

WHEAT (RED) <ul style="list-style-type: none"> bulgur (cracked wheat) bromated whole-wheat flour cracked wheat crushed wheat entire-wheat flour graham flour sprouted wheat sprouted wheat berries stone ground whole-wheat flour toasted crushed whole wheat wheat berries whole bulgur whole durum flour whole durum wheat flour 	WHEAT (RED), continued <ul style="list-style-type: none"> whole-grain bulgur whole-grain wheat whole wheat whole-wheat flour whole-wheat pastry flour whole-wheat flakes 	LESS COMMON GRAINS <ul style="list-style-type: none"> amaranth buckwheat, buckwheat groats einkorn emmer (farro) Kamut® millet quinoa sorghum (milo) spelt teff triticale
	WHEAT (WHITE) <ul style="list-style-type: none"> whole white wheat flour whole white wheat flour 	
	WILD RICE <ul style="list-style-type: none"> wild rice wild rice flour 	

* This list is not all-inclusive

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Identifying Whole Grains

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/identifyingwg.pdf

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Products with Flour Blends

PFS must indicate that

- whole grain content is **AT LEAST 8 GRAMS** per ounce equivalent (groups A-G) **OR**
- weight of whole grain is **MORE THAN FIRST INGREDIENT** listed after flour blend

Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

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Products with Flour Blends

SAMPLE PRODUCT		
Ingredient	Percentage of Total Product Weight	
Flour Blend	40%	Whole wheat flour = 25% Enriched Flour = 15%
Brown sugar	30%	

Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

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WGR Definition Criterion 2


Any Other Grains are ENRICHED

Enriched grains contain **FIVE NUTRIENTS** added within limits specified by FDA

- THIAMIN** (vitamin B1, thiamine mononitrate, thiamine hydrochloride)
- RIBOFLAVIN** (vitamin B2)
- NIACIN** (vitamin B3, niacinamide)
- FOLIC ACID** (folate)
- IRON** (reduced iron, ferrous sulfate)

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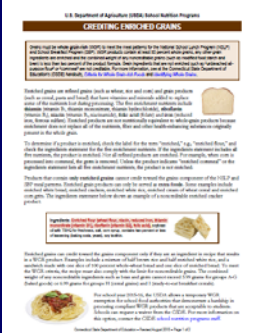
Sample Label with Enriched Flour



Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

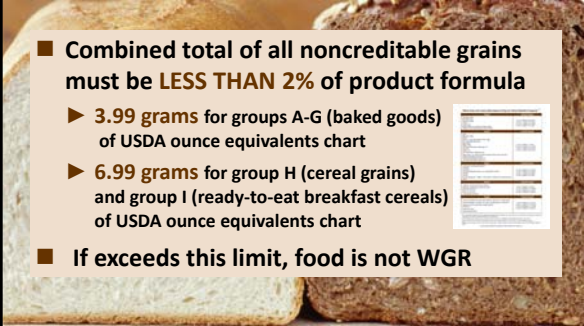
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Crediting Enriched Grains



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf
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WGR Definition Criterion 3 Limit for NONCREDITABLE GRAINS



- Combined total of all noncreditable grains must be **LESS THAN 2%** of product formula
 - ▶ 3.99 grams for groups A-G (baked goods) of USDA ounce equivalents chart
 - ▶ 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals) of USDA ounce equivalents chart
- If exceeds this limit, food is not WGR

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Examples of Noncreditable Grain Ingredients *


<ul style="list-style-type: none"> ■ barley grits ■ bran ■ corn bran ■ corn fiber ■ corn flour (not enriched) ■ corn grits ■ corn starch ■ cultured wheat starch ■ durum grits ■ fava bean flour ■ fermented wheat ■ germ ■ hydrolyzed starch 	<ul style="list-style-type: none"> ■ malted barley flour (not enriched) ■ modified food starch (including potato, legume and other vegetable flours) ■ modified corn starch ■ modified rice starch ■ modified tapioca starch ■ modified wheat starch ■ oat fiber ■ potato flour ■ potato starch ■ rice flour (not enriched) 	<ul style="list-style-type: none"> ■ rice starch ■ soluble corn fiber ■ soy fiber ■ soy grits ■ soy flour ■ tapioca starch ■ wheat bran ■ wheat germ ■ wheat flour (not enriched) ■ wheat starch
--	---	--

* This list is not all-inclusive

Criteria for Whole Grain-rich Foods: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/WGRCriteria.pdf
Connecticut State Department of Education • November 2015 130

Nongrain Ingredients in Combination Foods

- If noncreditable grain ingredients are **NOT** part of combination food's **GRAIN COMPONENT**, they do **NOT** count toward the noncreditable grains limit
- If a product contains an ingredient that contains two or more ingredients itself, these ingredients will be **LISTED IN PARENTHESES** after the name of the ingredient




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Combination Food Example: Apple Breakfast Bun

Ingredients: 100% WHOLE-GRAIN WHITE WHEAT FLOUR, APPLE FILLING (corn syrup, MODIFIED FOOD STARCH, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of: dough conditioner (RYE FLOUR, MALTED BARLEY FLOUR, ascorbic acid, enzymes, guar and/or arabic gums, WHEAT FLOUR), nonfat dry milk (nonfat dry milk, whey [milk]), natural orange emulsion (natural flavor, propylene glycol, gum), salt, eggs, egg replacer (WHOLE SOY FLOUR, wheat gluten, corn syrup solids, algin), yeast (leavening), mold inhibitor (cultured organic spelt flour, lactic acid).


- This product contains **APPLE FILLING** (nongrain ingredient) and **BUN** (grain component)
- The modified food starch in the apple filling does **NOT** count toward noncreditable grains limit
- The **FOUR NONCREDITABLE GRAINS** in the bun (rye flour, malted barley flour, wheat flour, whole soy flour) count toward noncreditable grains limit



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Crediting Considerations for Grains


- Grain-based desserts
- Battered or breaded products
- Enriched grains (WGR Waiver)



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Grain-based Desserts


- At lunch, up to **2 OUNCE EQUIVALENTS** of grains per week may be grain-based desserts
 - ▶ Examples include cakes, pies, cookies, brownies, sweet rolls, cereal bars and granola bars
- No definition – based on how product is used



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Battered or Breaded Products

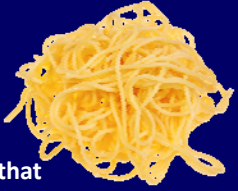
- WGR batter or breading credits toward daily and weekly grains
- Must have **DOCUMENTATION** (CN label or PFS)
- If **NOT WGR**
 - ▶ cannot credit as grains
 - ▶ could credit as M/MA with CN label or PFS
 - ▶ must count toward dietary specifications



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WGR Waiver


- Allowed only through school year 2015-16
- SFAs must demonstrate hardship in procuring compliant WGR products that are acceptable to students
- Submit CSDE WGR waiver form
- Contact school nutrition staff



Operational Memorandum 20-15: www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM_20-15.pdf
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Worksheet 3: Is it WGR?

- Group 1: Products 1 and 2
- Group 2: Products 3 and 4
- Group 3: Products 5 and 6
- Group 4: Products 7 and 8
- Group 5: Products 9 and 10



Indicate if each food item meets the WGR requirements for school meals **OR** if you need to obtain a PFS from the manufacturer to provide more information

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Product 1 – WGR?

All Natural Whole Wheat Pasta
Ingredients: Whole grain wheat flour, wheat flour, oat fiber.




- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

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Product 1 – WGR? Need PFS*

All Natural Whole Wheat Pasta
Ingredients: **WHOLE GRAIN WHEAT FLOUR, WHEAT FLOUR, OAT FIBER.**




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of wheat flour and oat fiber is less than 6.99 grams

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Product 2 – WGR?

Whole-Grain Chicken Corn Dog
Batter Ingredients: Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.
Chicken Frank Ingredients: Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains wheat.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 2 – WGR? YES

Whole-Grain Chicken Corn Dog
Batter Ingredients: Water, **WHOLE WHEAT FLOUR, WHOLE GRAIN CORN**, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.
Chicken Frank Ingredients: Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains wheat.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 3 – WGR?

Whole Wheat Bagel
Ingredients: Whole wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 3 – WGR? YES

Whole Wheat Bagel
Ingredients: **WHOLE WHEAT FLOUR**, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, **YELLOW CORN FLOUR**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 4 – WGR?

BRAND A White Whole-Wheat Bread Sticks
Ingredients: Water, whole wheat flour, unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), honey, yeast, salt, dough conditioners (mono & diglycerides, datem, l-cysteine, ascorbic acid, enzymes), modified food starch, fava bean flour, flavor (natural flavor, modified vegetable gum, hydrolyzed starch, maltodextrin), malted barley flour, dextrose, rye flour.



Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 4 – WGR?

Need PFS *

BRAND A White Whole-Wheat Bread Sticks
 Ingredients: Water, **WHOLE WHEAT FLOUR, UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID)**, honey, yeast, salt, dough conditioners (mono & diglycerides, datem, l-cysteine, ascorbic acid, enzymes), **MODIFIED FOOD STARCH, FAVA BEAN FLOUR**, flavor (natural flavor, modified vegetable gum, hydrolyzed starch, maltodextrin), **MALTED BARLEY FLOUR**, dextrose, **RYE FLOUR**.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of modified food starch, fava bean flour, malted barley flour and rye flour is less than 3.99 grams

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Product 5 – WGR?

BRAND B White Whole-Wheat Bread Sticks
 Ingredients: whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. **Contains less than 2%** of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 5 – WGR? YES

BRAND B White Whole-Wheat Bread Sticks
 Ingredients: **WHOLE WHEAT FLOUR**, water, **ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID)**, yeast, sugar, wheat gluten. **Contains less than 2%** of the following: soybean oil, salt, **OAT FIBER**, honey, sodium stearoyl lactylate, datem, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 6 – WGR?

Whole-Grain Cereal Bar
 Ingredients: whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.



Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 6 – WGR? YES

Whole-Grain Cereal Bar
 Ingredients: **WHOLE GRAIN ROLLED OATS**, brown sugar, **CRISP BROWN RICE, WHOLE GRAIN ROLLED WHEAT**, soybean oil, **WHOLE WHEAT FLOUR**, almonds, water, freeze dried bananas, **WHOLE CORN FLOUR**, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 7 – WGR?

Reduced Carb Wheat Tortilla
 Ingredients: Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, **contains 1% or less of** salt, cellulose gum, cornstarch, distilled monoglycerides.




Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

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Product 7 – WGR? NO

Reduced Carb Wheat Tortilla
Ingredients: Water, **MODIFIED FOOD STARCH**, **WHOLE-WHEAT FLOUR**, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, **contains 1% or less of salt**, cellulose gum, **CORNSTARCH**, distilled monoglycerides.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 8 – WGR?

Whole-Grain Cheese Pizza
Ingredients: **Crust** (Flour blend [whole wheat flour, enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]], water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese (milk, culture, rennet, salt), milk solids, disodium phosphate], disodium phosphate, sorbic acid. **Sauce** (Water, tomato paste [not less than 28% NTSS], **pizza seasoning** [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch).
 Contains: wheat, milk, and soy.



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 8 – WGR? Need PFS *

Whole-Grain Cheese Pizza
Ingredients: **Crust** (Flour blend [WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)] , water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [WHEAT FLOUR, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese (milk, culture, rennet, salt), milk solids, disodium phosphate], disodium phosphate, sorbic acid. **Sauce** (Water, tomato paste [not less than 28% NTSS], **pizza seasoning** [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], **MODIFIED FOOD STARCH**). Contains: wheat, milk, and soy.




* PFS must document that whole wheat flour in flour blend weighs more than soybean oil AND weight of wheat flour is less than 3.99 grams

- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 9 – WGR?

Whole-Grain Ready-to-Eat Cereal
Ingredients: whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.
Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 9 – WGR? YES

Whole-Grain Ready-to-Eat Cereal
Ingredients: **WHOLE GRAIN WHEAT**, sugar, **BROWN RICE FLOUR**, **WHOLE GRAIN OATS**, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.
Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.




- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 10 – WGR?

Whole-Grain Blueberry Muffin
Ingredients: **WHOLE WHEAT FLOUR**, sugar, eggs, water, blueberries, **ENRICHED FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)**, invert sugar, soybean oil, **contains 2% or less of:** palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **OAT FIBER**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, **MODIFIED FOOD STARCH**, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, **WHEAT STARCH**, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes. Contains: wheat, egg, soy.



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

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Product 10 – WGR?

Need PFS*

Whole-Grain Blueberry Muffin
 Ingredients: **WHOLE WHEAT FLOUR**, sugar, eggs, water, blueberries, **ENRICHED FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)**, invert sugar, soybean oil, **contains 2% or less of:** palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **OAT FIBER**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, **MODIFIED FOOD STARCH**, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, **WHEAT STARCH**, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes. Contains: wheat, egg, soy.

Criterion 1 **WHOLE GRAIN**
 Criterion 2 **ENRICHED**
 Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of oat fiber, modified food starch and wheat flour is less than 3.99 grams



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Purchasing specifications are critical to ensure compliance with WGR requirements



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Serving Sizes for Grains

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of **¼ OUNCE EQUIVALENT** to count toward daily total
 - Amounts less than ¼ ounce equivalent **NOT** included in daily and weekly grains
- Can offer **COMBINATION** of various grains to meet daily total



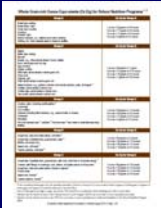
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Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

METHOD 1
 Use **WEIGHT OR VOLUME** in USDA ounce equivalents chart

To use this method

- all grains must be **CREDITABLE** (whole grain or enriched)
- combined total of any noncreditable grains must be **no more than 3.99 grams**




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Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

METHOD 2
 Determine **WEIGHT** of **CREDITABLE** grains


- Requires **MANUFACTURER DOCUMENTATION (PFS)** for commercial products
- Requires **STANDARDIZED RECIPE** for school-made products



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For both methods, round DOWN all calculations to nearest ¼ ounce equivalent

Whole-wheat Roll, 1.49 ounces

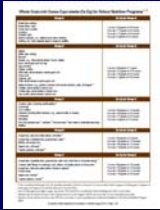



**Group B: 1 ounce equivalent = 28 grams (1 ounce)
 Credits as 1.25 ounce equivalents of grains**

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Method 1 – Ounce Equivalents Chart

- Use serving sizes (WEIGHTS) in USDA ounce equivalents chart
- Nine groups based on amount that provides 1 OUNCE EQUIVALENT of grains

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Weight Required for 1 Ounce Equivalent

 Cereal 1 ounce (1 cup for flakes and rounds, 1 ¼ cups for puffed cereal and ¼ cup for granola)	 Toast 1 ounce	 Graham Crackers 1 ounce	 Corn muffin 1.2 ounces
 Waffles 1.2 ounces	 Blueberry Muffin 2 ounces	 French Toast 2.4 ounces	 Frosted Sweet Roll 2.4 ounces

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How much equals 1 ounce equivalent?

Whole-wheat Bagel




GROUP B
1 ounce equivalent equals **28 grams (1 ounce)**

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How much equals 1 ounce equivalent?

Hard Pretzels




GROUP A
1 ounce equivalent = **22 grams (0.8 ounce)**

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How much equals 1 ounce equivalent?

Granola Bars, Plain




GROUP D
1 ounce equivalent = **55 grams (2 ounces)**

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How much equals 1 ounce equivalent?

Cooked Pasta




GROUP H
1 ounce equivalent = **½ cup cooked or 1 ounce (28 grams) dry**

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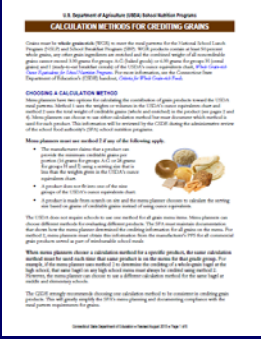
Method 2 – Creditable Grains

- Calculate **GRAMS OF CREDITABLE GRAINS** per serving
- Requires documentation from
 1. an original **CN LABEL** from the product carton if the grains are part of a M/MA product
OR
 2. a **PFS** signed by an official of the manufacturer



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Calculation Methods for Crediting Grains



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

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NONCREDITABLE FOODS



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncreditsnp.pdf

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Noncreditable Foods


- **CANNOT CREDIT** toward meal pattern
- **LIMIT** frequency and amount
 - ▶ Often contain little nutritional value
- Must count toward weekly **DIETARY SPECIFICATIONS** (nutrition standards)



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Noncreditable Fruits *

- Snack-type foods made from fruits
 - ▶ dried banana chips
 - ▶ fruit snacks, e.g., fruit drops, roll-ups, wrinkles, twists and yogurt-covered fruit snacks
 - ▶ 100% fruit strips
- Jam or jelly
- Home-canned products (for food safety reasons)
- Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, lemonade



* This list is not all-inclusive

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Noncreditable Vegetables*

- Snack-type foods made from vegetables, such as potato chips or popcorn
- Pickle relish
- Tomato catsup and chili sauce
- Home-canned products (for food safety reasons)
- Dehydrated vegetables used for seasoning



* This list is not all-inclusive

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Noncreditable M/MA *

- Shelf-stable, **DRY OR SEMI-DRY** meat snacks
 - ▶ Smoked snack sticks made with beef and chicken
 - ▶ Summer sausage
 - ▶ Pepperoni sticks
 - ▶ Meat, poultry or seafood jerky
 - ▶ Meat or poultry nuggets (similar to jerky)
- Bacon
- Cream Cheese




* This list is not all-inclusive

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Noncreditable Grains *

- Products that are not WGR
- Products that are only enriched
- Products that contain more than 3.99 grams of noncreditable grains for groups A-G or 6.99 grams for groups H and I




* This list is not all-inclusive

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Worksheet 4: Menu Planning


- For each menu, indicate whether the planned lunch meets the **DAILY** meal pattern requirements for the specified grade group
- If not, indicate what **MODIFICATIONS** to make for a reimbursable meal



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MENU 1 – Planned Meal for Grades K-5

Food and Amount	Component
Lasagna (1.5 ounces cheese, ½ cup of WGR noodles, ¼ cup of sauce)	M/MA, 1.5 oz eq
Romaine salad, 1 cup	Grains, 1 oz eq
Cantaloupe slices, ½ cup	Vegetables, ¼ cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Vegetables, ½ cup
	Fruits, ½ cup
	Milk, 1 cup

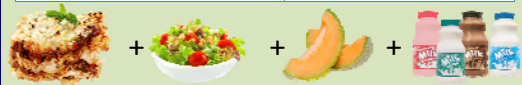


Meets meal pattern for K-5?

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MENU 1 – Planned Meal for Grades K-5

Food and Amount	Component
Lasagna (1.5 ounces cheese, ½ cup of WGR noodles, ¼ cup of sauce)	M/MA, 1.5 oz eq
Romaine salad, 1 cup	Grains, 1 oz eq
Cantaloupe slices, ½ cup	Vegetables, ¼ cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Vegetables, ½ cup
	Fruits, ½ cup
	Milk, 1 cup




Meets meal pattern for K-5? YES

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MENU 2 – Planned Meal for Grades 9-12

Food and Amount	Component
Lasagna (2 ounces cheese, 1 cup of WGR noodles, ¼ cup of sauce)	M/MA, 1.5 oz eq
Romaine salad, 1 cup	Grains, 1 oz eq
Cantaloupe slices, 1 cup	Vegetables, ¼ cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Vegetables, ½ cup
	Fruits, ½ cup
	Milk, 1 cup



Meets meal pattern for 9-12?

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MENU 2 – Planned Meal for Grades 9-12

Food and Amount	Component
Lasagna (2 ounces cheese, 1 cup of WGR noodles, ¼ cup of sauce)	M/MA, 2 oz eq Grains, 1 oz eq Vegetables, ¼ cup
Romaine salad, 1 cup	Vegetables, ¼ cup
Cantaloupe slices, 1 cup	Fruits, 1 cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Milk, 1 cup

Meets meal pattern for 9-12? **NO**

- Need ¼ cup more vegetables (raw leafy greens count as **HALF** volume served)

MENU 3 – Planned Meal for Grades 9-12

Food and Amount	Component
Chicken fajita wrap (1.5 ounces cooked chicken, 1 ounce cheese, ¼ cup lettuce, ¼ cup tomato), 2-ounce whole-grain tortilla	M/MA, 2 oz eq Grains, 2 oz eq Vegetables, 3/8 cup
Sweet potato fries, ¼ cup	Vegetables, ¼ cup
Raisins, ¼ cup	Fruits, 1 cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Milk, 1 cup

Meets meal pattern for 9-12?

MENU 3 – Planned Meal for Grades 9-12

Food and Amount	Component
Chicken fajita wrap (1.5 ounces cooked chicken, 1 ounce cheese, ¼ cup lettuce, ¼ cup tomato), 2-ounce whole-grain tortilla	M/MA, 2 oz eq Grains, 2 oz eq Vegetables, 3/8 cup
Sweet potato fries, ¼ cup	Vegetables, ¼ cup
Raisins, ¼ cup	Fruits, 1 cup
Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup	Milk, 1 cup

Meets meal pattern for 9-12? **YES**

1 1/8 cups vegetables

Dietary Specifications (Nutrition Standards)

Dietary Specifications (Nutrition Standards) for Lunch

School Years 2014-15 through 2016-17

NUTRIENTS	Daily Amount Based on Weekly Average		
	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	550-650	600-700	750-850
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		


* First sodium target through June 30, 2017

Four Dietary Specifications (Nutrition Standards)

- WEEKLY average requirements for calories, saturated fat and sodium
- DAILY requirement for trans fat (all foods)

Calorie Ranges


- **MINIMUM** and **MAXIMUM** calorie levels averaged over the week
- **NUTRIENT-DENSE** menus (more fruits, vegetables and whole grains)
 - ▶ Avoiding foods high in fats and added sugars



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Saturated Fat

- Limit saturated fat to **LESS THAN 10 PERCENT** of total calories




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Sodium

Sodium Reduction Timeline for Lunch

Grade Group	Target 1 (mg)	Target 2 (mg)	Final Target (mg)
	Meet by July 1, 2014 (SY 2014-15)	Meet by July 1, 2017 (SY 2017-18)	Meet by July 1, 2022 (SY 2022-23)
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740




http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/sodium_timeline.pdf

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Sodium Intake

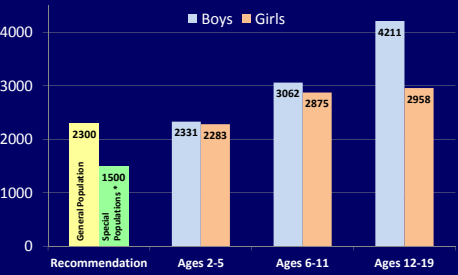
- 75% from processed and prepared foods
- 12% naturally occurring in foods
- 13% added during cooking and at the table



Get the Facts: Sources of Sodium in Your Diet (CDC, 2012). www.cdc.gov/salt/pdfs/sources_of_sodium.pdf

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Children's Average Daily Sodium Intake



Age Group	Boys (mg)	Girls (mg)
Recommendation	1,500	1,500
Ages 2-5	2,331	2,283
Ages 6-11	3,062	2,875
Ages 12-19	4,211	2,958

* Special populations include children who are African American and children who have hypertension, diabetes or chronic kidney disease


Source: U.S. Department of Agriculture, Agricultural Research Service and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. What We Eat in America, NHANES 2009-2010. http://seprlars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table_1_NIN_GEN_09.pdf

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Sodium Content of Typical Lunch Menus

SODIUM LIMITS (through June 30, 2017)

K-5 1,230
6-8 1,360
9-12 1,420



Food	Portion Size	Sodium (milligrams) *
Lasagna with meat sauce (commercial)	5 ounces	522
Garlic bread	2 ounces	305
Garden salad with reduced-fat Italian dressing	2 cups, 2 tablespoons	289
Orange slices	½ cup	0
Fresh banana	1 medium	1
Low-fat milk	8 fluid ounces	130
TOTAL		1,247

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared


Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)

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Sodium Content of Typical Lunch Menus

SODIUM LIMITS
(effective July 1, 2017)

K-5 935
6-8 1,035
9-12 1,080



Food	Portion Size	Sodium (milligrams) *
Lasagna with meat sauce (commercial)	5 ounces	522
Garlic bread	2 ounces	305
Garden salad with reduced-fat Italian dressing	2 cups, 2 tablespoons	289
Orange slices	½ cup	0
Fresh banana	1 medium	1
Low-fat milk	8 fluid ounces	130
TOTAL		1,247

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared


Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)

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Sodium Content of Typical Lunch Menus

SODIUM LIMITS
(through June 30, 2017)

K-5 1,230
6-8 1,360
9-12 1,420



Food	Portion Size	Sodium (milligrams) *
Cheese pizza (commercial)	5 ounces	635
Sweet potato fries	½ cup	182
Broccoli florets	½ cup	15
Red grapes	1 cup	3
Low-fat milk	8 fluid ounces	130
TOTAL		965

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared


Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)

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Sodium Content of Typical Lunch Menus

SODIUM LIMITS
(effective July 1, 2017)

K-5 935
6-8 1,035
9-12 1,080



Food	Portion Size	Sodium (milligrams) *
Cheese pizza (commercial)	5 ounces	635
Sweet potato fries	½ cup	182
Broccoli florets	½ cup	15
Red grapes	1 cup	3
Low-fat milk	8 fluid ounces	130
TOTAL		965

* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands
* When evaluating school menus, use sodium content of actual foods purchased and prepared

Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)

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Creative Ways to Boost Flavor with Less Sodium

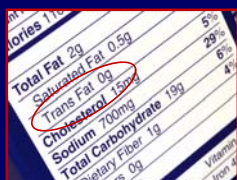


<http://healthymeals.nal.usda.gov/whatsshaking>

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Trans Fat

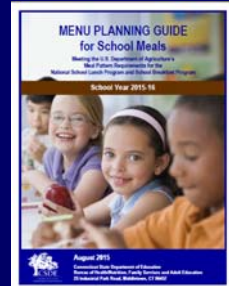
- Restriction for **ARTIFICIAL** trans fat only
 - ▶ Excludes naturally occurring trans fat, e.g., beef, lamb, dairy products
- Nutrition label or manufacturer's specifications must indicate **ZERO GRAMS** of trans fat per serving (less than 0.5 gram)



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Guidance on Dietary Specifications

Menu Planning Guide for School Meals (Section 5)




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf

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Guidance on Dietary Specifications

Menu Planning Resources for School Meals



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/MPResources.pdf

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Offer versus Serve (OVS) at Lunch



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/OVS_NSLP.pdf

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Overview of OVS at Lunch


- Required for senior high schools
- Optional for lower grade schools
- Schools must offer all 5 required food components in the full required amounts



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Overview of OVS at Lunch


- Students may decline 1 or 2 of the five components
- Must take **AT LEAST** ½ CUP of fruits or vegetables
- Same meal price if student declines any components



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Components versus Items

FOOD COMPONENT	FOOD ITEM
One of the FIVE FOOD GROUPS that make up the reimbursable meal	A SPECIFIC FOOD offered within the five food components
<ol style="list-style-type: none"> Meat/Meat Alternates Grains Fruits Vegetables Milk 	



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Components versus Items



1 Food Item

How many food components?

3

- Grains
- Meat/meat alternate
- Vegetable

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Components versus Items



1 Food Item


How many food components?

3

- Grains
- Meat/meat alternate
- Vegetable

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Components versus Items



1 Food Item

How many food components?

2

- Grains
- Meat/meat alternate

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Reimbursable Lunch with OVS




Schools must **OFFER**

- all 5 components in **MINIMUM** daily serving size

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Reimbursable Lunch with OVS



Students must **SELECT**

- **AT LEAST ½ CUP** of fruits or vegetables **AND**
- minimum portion of **AT LEAST 2** other food components

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Communicate Options for Fruit and Vegetable Selections



Take up to 2 fruits and 2 vegetables!

Unlimited fruits and vegetables with your meal!


Select 1 or 2 fruits or vegetables to complete your meal!

Choose at least 1 FRUIT OR VEGETABLE with every meal!

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Planned Menu

5 COMPONENTS



Student Selections of Reimbursable Meals

3 COMPONENTS including at least ½ cup of fruits or vegetables

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MENU

Menu Planning Decisions

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MENU

Menu planner determines **HOW TO OFFER** food items

- Consider serving sizes
- Be consistent

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Splitting Fruits, Vegetables and Grains

	+		OR	
1 oz eq		1 oz eq		2 oz eq
	+		OR	
1/2 cup		1/2 cup		1 cup
	+		OR	
1/2 cup		1/2 cup		2 cups

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Student Selections for OVS

Students must select at least the **MINIMUM DAILY PORTION** to count as a food component for OVS (except for fruits and vegetables)



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Grains Component

GRADES 9-12


Planned Daily Grains Component (3 oz eq)

1 cup WGR pasta (2 oz eq)

AND

1 ounce whole-wheat dinner roll (1 oz eq)

Student Selects



Counts as grains component? **NO**

- Less than minimum daily serving of 2 oz eq

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M/MA Component

GRADES 9-12


Planned Daily M/MA Component (2 oz eq)

1/2 cup low-fat yogurt (1 oz eq)

AND

1 ounce low-fat cheese stick (1 oz eq)

Student Selects




Counts as M/MA component? **NO**

- Less than minimum daily serving of 2 oz eq

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Student Selections for OVS

A selection of **MORE** than the **MINIMUM DAILY PORTION** counts as only **ONE** food component for OVS



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Grains Component

GRADES 9-12

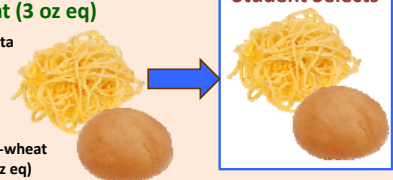
Planned Daily Grains Component (3 oz eq)

1 cup WGR pasta (2 oz eq)

AND

1 ounce whole-wheat dinner roll (1 oz eq)

Student Selects



Counts as grains component? **YES**

More than minimum daily serving of 2 oz eq

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Identifying Reimbursable Meals



Schools must **IDENTIFY CONTENT** of reimbursable meals **NEAR OR AT THE BEGINNING** of serving lines so students know what to select

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Sample Lunch Menu for Grades K-5 and 6-8

Each lunch includes 5 components: meat/meat alternates, grains, vegetables, fruits and milk.

Choose **AT LEAST 1 fruit or vegetable and 2 other components.**

For best nutrition, take all choices!

Choose at least 1 serving (1/2 cup)			
ENTREES*	VEGETABLES	FRUITS	MILK
CHOOSE 1	CHOOSE UP TO 2	CHOOSE 1	CHOOSE 1
<ul style="list-style-type: none"> Hamburger on a whole-grain bun Cheese pizza Grilled chicken and whole-wheat roll 	<ul style="list-style-type: none"> Garden salad with choice of dressing Steamed broccoli Golden corn Oven-baked potatoes 	<ul style="list-style-type: none"> Orange smiles Fresh strawberries Sliced peaches Banana 	<ul style="list-style-type: none"> Low-fat (1%) Fat-free plain Fat-free chocolate Fat-free strawberry

* All entrees include two components (meat/meat alternates and grains)

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Sample Lunch Menu for Grades 9-12

Each lunch includes 5 components: meat/meat alternates, grains, vegetables, fruits and milk.

Choose **AT LEAST 1 fruit or vegetable and 2 other components.**

For best nutrition, take all choices!

Choose at least 1 serving (1/2 cup)			
ENTREES*	VEGETABLES	FRUITS	MILK
CHOOSE 1	CHOOSE UP TO 2	CHOOSE UP TO 2	CHOOSE 1
<ul style="list-style-type: none"> Hamburger on a whole-grain bun Cheese pizza Grilled chicken and whole-wheat roll 	<ul style="list-style-type: none"> Garden salad with choice of dressing Steamed broccoli Golden corn Oven-baked potatoes 	<ul style="list-style-type: none"> Orange smiles Fresh strawberries Sliced peaches Banana 	<ul style="list-style-type: none"> Low-fat (1%) Fat-free plain Fat-free chocolate Fat-free strawberry

* All entrees include two components (meat/meat alternates and grains)

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IT'S LUNCH... TAKE 5!



A FULL TRAY FUELS YOUR DAY!



CHOOSE AT LEAST 3, INCLUDING:
1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS

5 FOR BEST NUTRITION, CHOOSE ALL 5!

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter_components.pdf

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter_OVS.pdf

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Identifying Reimbursable Meals

Cashiers must be **PROPERLY TRAINED** on how to identify a reimbursable meal under OVS

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Worksheet 5

Let's play

MEAL or NO MEAL

Lunch Edition

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Elementary School (Grades K-5)

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The Planned Meal (Grades K-5)

SAMPLE LUNCH MENU 1 – Elementary School Lunch Menu

Food and Amount	Component
Turkey (1 ounce) and cheese (1 ounce) sandwich	Meat/meat alternates (M/MA), 2 oz eq
whole-wheat bread (2 slices) with lettuce (1/4 cup) and tomato (1/4 cup)	Grains (G), 2 oz eq Vegetables (V), 1/4 cup
Carrot sticks (1/2 cup)	Vegetables (V), 1/2 cup
Fresh red apple (1/2 cup)	Fruits (F), 1/2 cup
Milk choice (1 cup)	Milk (M), 1 cup

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Student Selects

Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (M/MA, G and V)

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Student Selects

Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (M/MA, G and F)

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **2 full components** (F and M) and includes **½ cup of V**

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Student Selects



Reimbursable Meal? NO

Contains minimum required serving of **3 full components** (M/MA, G and M) but **missing at least ½ cup of F or V** (lettuce and tomato is ¼ cup)


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The Planned Meal (Grades 6-8)


SAMPLE LUNCH MENU 2 – Middle School Lunch Menu

Food and Amount	Component
WGR pasta (½ cup) with meat sauce (with 1 ¼ ounces cooked meat) and ¼ cup tomato sauce	G, 1 oz eq M/MA, 1 ½ oz eq V ¼ cup
Whole-grain roll, 1 ounce	G, 1 oz eq
Romaine garden salad (1 ¼ cups) *	V, ¼ cup *Leafy greens credit as half of volume served
Fresh fruit cup (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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Student Selects




Reimbursable Meal? NO

Contains minimum required serving of **3 full components** (G, M/MA and M) but **missing at least ½ cup of F or V** (tomato sauce is ¼ cup)

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **3 full components** (G, M/MA and V)

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Student Selects




Reimbursable Meal? NO

Contains minimum required serving of **2 full components** (G and M/MA) but **missing at least ½ cup of F or V** (tomato sauce is ¼ cup)

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **3 full components** (V, F and M)

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Student Selects



Reimbursable Meal? YES


Contains minimum required serving of **3 full components** (G, F and M)

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The Planned Meal (Grades 9-12)

SAMPLE LUNCH MENU 3 – High School Lunch Menu	
Food and Amount	Component
Cheese pizza	M/MA, 2 oz eq, G, 2 oz eq
Broccoli florets (½ cup) with low-fat dip	V, 1 cup
Corn (½ cup)	V, 1 cup
Cantaloupe wedges (½ cup)	F, 1 cup
Red grapes (½ cup)	F, 1 cup
Milk choice (1 cup)	M, 1 cup



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Student Selects




Reimbursable Meal? NO

Contains minimum required serving of **3 full components** (M/MA, G and M) but **missing at least ½ cup of F or V**

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Student Selects

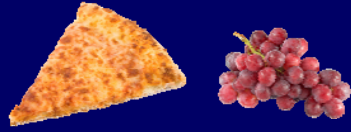


Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (M/MA, G and M) and includes **½ cup of V**

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Student Selects

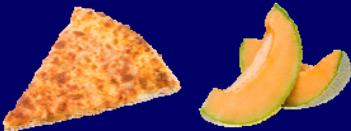


Reimbursable Meal? **YES**

Contains minimum required serving of **2 full components** (M/MA and G) and includes **½ cup of F**

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Student Selects

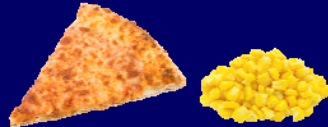


Reimbursable Meal? **YES**

Contains minimum required serving of **2 full components** (M/MA and G) and includes **½ cup of F**

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Student Selects




Reimbursable Meal? **YES**

Contains minimum required serving of **2 full components** (M/MA and G) and includes **½ cup of V**

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Student Selects




Reimbursable Meal? **NO**

Contains **½ cup of V** but contains only **1 full component** (F)

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Student Selects

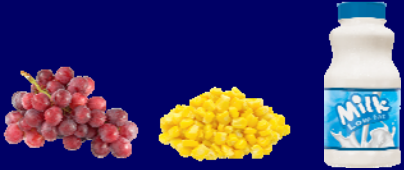


Reimbursable Meal? **NO**

Contains minimum required serving of only **2 full components** (F and M)

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Student Selects




Reimbursable Meal? NO

Contains ½ cup of F and ½ cup of V but contains only **1 full component** (M)

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The Planned Meal (Grades 9-12)

SAMPLE MENU 4 – High School Lunch Menu	
Menu Item	Component
Fruit yogurt (½ cup) and low-fat cheese stick (1 ounce)	M/MA, 2 oz eq
Whole-grain crackers (2 ounces)	G, 2 oz eq
Spinach Salad (2 cups)	V, 1 cup
Blueberries (½ cup)	F, ½ cup
Orange wedges (one 138-count orange)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **3 full components** (M/MA, G and M) and includes ½ cup of F

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Student Selects




Reimbursable Meal? NO

Contains ½ cup of F but contains only **1 full component** (G)

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Student Selects




Reimbursable Meal? NO

Contains only **2 full components** (M/MA and F)

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **2 full components** (G and M) and includes ½ cup of F

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **2 full components** (G and M) and includes **½ cup of F**

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Student Selects




Reimbursable Meal? YES

Contains minimum required serving of **2 full components** (V and M) and includes **½ cup of F**

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Student Selects

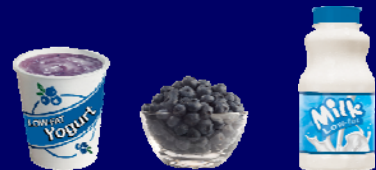


Reimbursable Meal? NO

Contains **only 2 full components** (V and F)

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Student Selects




Reimbursable Meal? NO

Contains ½ cup of F but contains **only 1 full component (M)**

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Student Selects



Reimbursable Meal? YES


Contains minimum required serving of **2 full components** (V and G) and includes **½ cup of F**

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The Planned Meal (Grades 9-12)


SAMPLE LUNCH MENU 4 – High School Lunch Menu

Food and Amount	Component
Cheeseburger (2 ounces cooked meat and ½ ounce cheese) on whole-grain rich bun (2 ounces)	M/MA, 2 ½ oz eq G, 2 oz eq
Lettuce (½ cup)* and tomato (¼ cup)	V, ½ cup *Leafy greens credit as half volume served
Sweet potato fries (½ cup)	V, ½ cup
Purple plums (½ cup)	F, ½ cup
Kiwi (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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Student Selects




Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (G, M/MA and M) and includes **½ cup of V**

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Student Selects




Reimbursable Meal? **YES**

Contains minimum required serving of **2 full components** (G and M/MA) and includes **½ cup of V**

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Student Selects




Reimbursable Meal? **NO**

Contains minimum required serving of **3 full components** (G, M/MA and M) but **missing ½ cup of F or V**

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Student Selects




Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (G, M/MA and M) and includes **½ cup of F**

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Student Selects




Reimbursable Meal? **YES**

Contains minimum required serving of **3 full components** (G, M/MA and M) and includes **½ cup of V**

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Student Selects



Reimbursable Meal? **YES**

Contains minimum required serving of **2 full components** (F and M) and includes **½ cup of V**


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Wrap-Up: Menu Planning Strategies for the NSLP



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Menu Planning Guide for School Meals



www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

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THANK YOU!

Please return
evaluations

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