

# Back-to-School Tools for Meal Patterns and Smart Snacks

School Year 2014-2015



Go back to school this year with all of the supplies you need to succeed! New meal pattern requirements and the Smarts Snacks standards became effective on July 1, 2014, and we want you to start the year right. Enclosed with this newsletter, you will find three “In a Nutshell” handouts relating to the School Breakfast Program (SBP), National School Lunch Program (NSLP), and Smart Snacks interim final rule. Each one summarizes main points to be aware of, but don’t stop there! Make sure to check out the School Nutrition Team’s (SNT) website for more information. Links are provided in the paragraphs below.

**SBP Fruit Requirement:** Starting with school year (SY) 2014-2015, schools must offer students a minimum of one cup of fruit at breakfast. Under Offer versus Serve (OVS), all students are required to take at least ½ cup of fruit at breakfast to create a reimbursable meal. Are you interested in substituting vegetables for fruit at breakfast? Make sure to read your SBP “In a Nutshell” for more details. Additional information on menu planning for the SBP can be found at [http://fns.dpi.wi.gov/fns\\_menupln2](http://fns.dpi.wi.gov/fns_menupln2).

**SBP and NSLP Whole Grain-Rich Requirement:** New to the SBP and the NSLP this SY is the requirement that all grains crediting toward the meal pattern must be whole grain-rich. Whole grain-rich does not mean that your grain products have to be 100% whole grain. Instead, a product is considered whole grain-rich if 50% or more of its creditable grains are whole grains. The United States Department of Agriculture (USDA) has released a guide to help you meet the whole grain-rich requirement that is available at [http://fns.dpi.wi.gov/files/fns/pdf/wgr\\_nslp\\_sbp.pdf](http://fns.dpi.wi.gov/files/fns/pdf/wgr_nslp_sbp.pdf).

- **Whole Grain-Rich Pasta Waiver:** Whole grain-rich pasta has presented challenges in many school food services. If this applies to your School Food Authority (SFA), you may be eligible to apply for a waiver. For more information, see the SNT mailing at [http://fns.dpi.wi.gov/files/fns/doc/snt\\_mail\\_081814.docx](http://fns.dpi.wi.gov/files/fns/doc/snt_mail_081814.docx). All waiver requests must be submitted by October 1, 2014.

**SBP and NSLP Sodium Targets:** Also new to both programs this SY is the first sodium target. Each grade group now has an average weekly maximum for sodium, which is listed on the “In a Nutshell” handouts. For tips on preparing lower sodium meals, check out the resources available at [http://fns.dpi.wi.gov/fns\\_menupln#sodium](http://fns.dpi.wi.gov/fns_menupln#sodium).

**On, Wisconsin! Cycle Menus:** Are you interested in trying a new cycle menu or want to find new recipes to include in your existing cycle menu? The fall-themed breakfast and lunch *On, Wisconsin!* cycle menus meet the new meal pattern requirements and are available on our website at [http://fns.dpi.wi.gov/fns\\_wicyclmenu](http://fns.dpi.wi.gov/fns_wicyclmenu). Be sure to read the user guide first at [http://fns.dpi.wi.gov/files/fns/pdf/wicycle\\_gs.pdf](http://fns.dpi.wi.gov/files/fns/pdf/wicycle_gs.pdf).

- **Menu Ideas:** Other State Agencies (SA) have also developed cycle menus that you can use. Links to these can be found at [http://fns.dpi.wi.gov/fns\\_menupln#cycle](http://fns.dpi.wi.gov/fns_menupln#cycle). You may also want to try recipes from Vermont’s *New School Cuisine* cookbook at [http://education.vermont.gov/documents/EDU-New\\_School\\_Cuisine\\_Cookbook.pdf](http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf).

**Production Records:** If you are looking for resources to help you with production records, go to [http://fns.dpi.wi.gov/fns\\_menupln#pr](http://fns.dpi.wi.gov/fns_menupln#pr). Here you will find an updated list of production record “Must Haves” and “Nice to Haves.” Updated production record templates are also available along with optional templates for garden bars, salad bars, and condiments. The most notable change to the Wisconsin production record templates for breakfast and lunch is the expanded recording area for condiments. Make sure to record planned portion sizes for condiments as well as actual usage.

- **Milk:** If you are not using a milk recipe, each type of milk that you offer with reimbursable meals must be recorded on your daily production records along with actual usage by variety.
- **Milk Recipe:** If you chose to use a milk recipe, you must still record the milk varieties offered on your production records. The advantage of a milk recipe is that you only need to record total milk usage instead of usage by variety. A template for creating a milk recipe is available at [http://fns.dpi.wi.gov/files/fns/doc/milkrecipe\\_0514\\_2.doc](http://fns.dpi.wi.gov/files/fns/doc/milkrecipe_0514_2.doc).

**Standardized Recipes:** Assistance with standardizing recipes can be found at [http://fns.dpi.wi.gov/fns\\_menupln#rr](http://fns.dpi.wi.gov/fns_menupln#rr). We have recipe templates posted along with instructions, checklists, and analysis tools that will help you determine the component contribution of the recipe as well as determine the calories and saturated fat in the entire recipe and per portion.

## Back-to-School Tools for Meal Patterns and Smart Snacks

---

**Crediting:** Do you know how all of your food items credit toward the meal patterns? Crediting food items accurately is an essential step in planning and serving meals that meet federal guidelines. For more information on crediting, go to [http://fns.dpi.wi.gov/fns\\_menupln#comp](http://fns.dpi.wi.gov/fns_menupln#comp). Food items that have a standard of identity can be credited using the Food Buying Guide, available at <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>. Additional assistance with crediting grains is provided in the USDA's whole grain resource that was linked previously in this memo. For items that cannot be credited using the Food Buying Guide or with USDA Foods fact sheets, you have these crediting options:

- **Child Nutrition (CN) Labels:** If using CN labeled products, keep the actual CN label from the product, or make a photocopy of the actual CN label and keep that on file. Learn more at [http://fns.dpi.wi.gov/fns\\_menupln#comp](http://fns.dpi.wi.gov/fns_menupln#comp).
- **Product Formulation Statements (PFS):** If a product cannot be credited using the Food Buying Guide and does not have a CN label, you must obtain a signed PFS from the manufacturer. You can see a sample PFS for meat/meat alternates at <http://www.fns.usda.gov/sites/default/files/PFSmma.pdf>.

**Training:** The SNT offers a variety of online and in-person trainings throughout the school year. Visit the SNT training web page at [http://fns.dpi.wi.gov/fns\\_snt\\_training](http://fns.dpi.wi.gov/fns_snt_training) to learn more. If you have questions about training opportunities or would like to request training, contact Molly Gregory at [molly.gregory@dpi.wi.gov](mailto:molly.gregory@dpi.wi.gov).

**Smart Snacks:** The new Smart Snacks standards affect all foods sold in schools on the school campus during the school day. Read the Smart Snacks "In a Nutshell" handout, see page four in the 2014 fall edition of the SNT newsletter, and visit our Smart Snacks web page at [http://fns.dpi.wi.gov/fns\\_smartsnacks](http://fns.dpi.wi.gov/fns_smartsnacks) to learn more. On the web page, you'll find links to healthy fundraising ideas and to a product calculator that will help you determine if foods and beverages are allowable. There are also informational brochures, flyers, and charts available to help you understand the standards and share that information with others. If you have questions, take a look at the Q&A documents on the web page. You are also welcome to contact one of the Smart Snacks specialists on our team. Their information is provided on the web page.

**Additional Resources:** Many more resources are available to assist you than we are able to list here but we hope that these will provide you with a great starting point. Here is a sampling of other "supplies" you may want to add to your back-to-school list:

- **NEW: Tools for Schools** is a comprehensive online resource from the USDA that was created to help schools successfully implement the meal requirements. It is designed to be a one-stop guide for finding topic-specific policy and resource materials related to the meal pattern and dietary specifications. This online toolkit is a collection of policy, technical assistance, nutrition education, and training resources available to schools at no charge. It is available at <http://www.fns.usda.gov/healthierschoolday/tools-schools>.
- **USDA Best Practices Sharing Center** is a place for SAs and SFAs to share resources and tools that have been developed to help schools serve compliant meals. Users can search for a variety of topics including meal pattern, dietary specifications, and Smart Snacks. To start searching, go to <http://healthymeals.nal.usda.gov/best-practices>.
- **Team Nutrition** provides practical fact sheets and tips, in addition to technical assistance and nutrition education materials for food service professionals, teachers, students, and parents. To explore what Team Nutrition offers, visit <http://www.fns.usda.gov/tn/team-nutrition>.
- **National Food Service Management Institute** offers free online and onsite training on various aspects of the meal requirements and on successful food service operation. For more information, visit <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTU3>.
- **Smarter Lunchroom** techniques are easy to begin implementing and help encourage student consumption of fruits, vegetables, legumes, non-flavored milk, and other healthful choices. Learn more about these effective strategies at <http://smarterlunchrooms.org>.

**SNT Technical Assistance:** We're here to help you! If you need assistance with menu planning, meal patterns, or the Smart Snacks standards, please call or email one of our Public Health Nutritionists.

A personnel directory is available at [http://fns.dpi.wi.gov/fns\\_sntdirectory](http://fns.dpi.wi.gov/fns_sntdirectory).