

Nutrition Standards & New Meal Pattern Requirements in the School Meal Programs

WI Dept of Public Instruction – School Nutrition Team
June 2012



Menu Planning

"The way to get started is to quit talking and begin doing."
- Walt Disney
1901-1966-Film Producer-Director-Screenwriter



Meal Pattern Requirements

- Pre-K meal pattern is not changing and schools must serve meals that meet *current* meal pattern to these students
- Schools may serve a single menu to Pre-K and grades K-5, if both meal pattern requirements are met.
- Food Based Menu Plan (FBMP)
 - Three Age/Grade Groups
 - Refers to grade groups only. School should plan menus based on the grade levels of students



Age/Grade Groups

<p>Grade Level: K-5 (ages 5-10)</p> <p>Calorie Ranges Breakfast: 350-500 Lunch: 550-850</p>  <p>Overlaps B: 400-500 L: 600-650</p>	<p>Grade Level: 6-8 (Ages 11-13)</p> <p>Calorie Ranges: Breakfast: 400-500 Lunch: 600-700</p>  <p>Overlaps B: 450-500 L: ---</p>	<p>Grade Level: 9-12 (Ages 14-18)</p> <p>Calorie Ranges: Breakfast: 450-600 Lunch: 750-850</p> 
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Menu Pattern Activity

- Dairyland Public Schools
 - February 6-10, 2012
 - K-5 graders
- Meal Pattern Worksheet – Grades K-5
 - Fill in food items by component and subgroup
 - What additions or changes are needed to meet new requirements?



Sample Menu for Educational Purposes Only
Does Not Meet the New Child Nutrition Reauthorization of 2010 Menu Patterns

NUTRITION SERVICES BRANCH Combo School Breakfast & Lunch Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February 6</p> <p>February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart!</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <p>☛ Choose a hot breakfast, whole grain cereal or hot fat yogurt</p> <p>☛ Add a serving of fruit</p> <p>☛ Add low or non-fat milk</p>	<p>February 7</p> <p>February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart!</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <p>☛ Choose a hot breakfast, whole grain cereal or hot fat yogurt</p> <p>☛ Add a serving of fruit</p> <p>☛ Add low or non-fat milk</p>	<p>February 8</p> <p>February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart!</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <p>☛ Choose a hot breakfast, whole grain cereal or hot fat yogurt</p> <p>☛ Add a serving of fruit</p> <p>☛ Add low or non-fat milk</p>	<p>February 9</p> <p>February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart!</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <p>☛ Choose a hot breakfast, whole grain cereal or hot fat yogurt</p> <p>☛ Add a serving of fruit</p> <p>☛ Add low or non-fat milk</p>	<p>February 10</p> <p>February is Heart Month</p> <p>Eating breakfast daily helps children and adults achieve a healthy weight. Healthy Weight = Healthy Heart!</p> <p>A heart healthy breakfast at school is the best way to start the day!</p> <p>☛ Choose a hot breakfast, whole grain cereal or hot fat yogurt</p> <p>☛ Add a serving of fruit</p> <p>☛ Add low or non-fat milk</p>
<p>FRUITED YOGURT (Featured Daily for Breakfast and Lunch)</p> <p>CRUNCHY JUBILEE (Featured Daily for Breakfast Only)</p>				



Meal Pattern Worksheet – Grades K-5

Dates Menu will be served: _____

Please list food items to meet requirements with the portion sizes. For food items that are not offered daily or are included as ingredients in recipes, identify the day or recipe or any other additional information in the Comments column.

Meal Pattern Requirements			
LUNCH MENU CRITERIA	FOOD ITEM(S)	PORTION SIZE	COMMENTS
Fruits: Offer at least ½ cup every day of the week. Offer a total of at least 2 ½ cups per week.	M T W T F	M T W T F Total Volume:	
Dark green vegetables: Offer at least ½ cup per week.	M T W T F	M T W T F Total Volume:	
Red-Orange vegetables: Offer at least ½ cup per week.	M T W T F	M T W T F Total Volume:	
Dry beans or peas (legumes): Offer at least ½ cup per week.	M T W T F	M T W T F Total Volume:	

**Menu Pattern for K-5**

- Fruits
- Vegetables
 - Subgroups: Dark green; Red/orange; Dry beans/peas; Starchy; Other; and Additional
- Grains
 - Whole grain-rich
- Meat/Meat Alternate
- Milk

**Planned Portions for K-5**

- Fruits – 2½ cup weekly (½ cup daily)
- Vegetables – 3¾ cup weekly (¾ cup daily)
 - Subgroups: Dark green – ½ c; Red/orange ¾ c; Dry beans/peas ½ c; Starchy – ½ c; Other ½ c; and Additional – 1 c
- Grains – 8-9 weekly (1 daily)
 - Whole grain-rich – at least half of grains offered weekly
 - Minimum and Maximums
- Meat/Meat Alternate – 8-10 oz eq weekly (1 daily)
 - Minimum and Maximums
- Milk – 5 cups weekly (1 cup daily)

**Short and Long Weeks: Clarifications**

- See tables attached to *SP 10-2012 Revised* for adjusted requirements
 - <http://dpi.wi.gov/fns/cnrsnp.html#ns>
- Nutrient Analysis will not change, as it is averaged
- For Occasional Short Weeks
 - Menus do not have to be adjusted
 - Must be consistent with intent of meal pattern

**Dietary Specifications for K-5**

- Calories –
 - Minimum of 550 kcal
 - Maximum of 650 kcal
- Saturated Fat – (no change from current)
 - <10% of total calories
- Sodium – effective 7/1/2014
 - Current DPI-SNT guideline is <1300 mg
- Trans Fat
 - Zero grams per serving (nutrition label/spec sheet)

**Menu Planning for Grades 6-8 and 9-12**

- Modest adaptations to menus to accommodate needs of older children:
 - Offer ½ cup more fruit daily
 - Offer ¼ cup more vegetables daily
 - Need ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) some time during the week
 - Consider an additional oz eq of grain and/or M/MA for the older students



Multiple Offerings: Daily Minimum

- All offerings must meet the daily minimum requirement
 - For example, when offering pizza and a sandwich for **Grades 9-12** on a daily basis, both the pizza and sandwich should contain 2 oz eq. grains
 - Average of the Grain or M/MA ounce equivalents offered cannot meet the daily minimum requirement



Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
 - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement
 - Sum of all daily *maximum* offerings is equal to or less than the weekly *maximum* limit.



Multiple Offerings: Clarifications

- Each independent line must meet the daily and weekly requirements (including subgroups)
 - If different stations available for selecting components, then all the stations as a whole must meet the daily and weekly requirements.
- The nutrient analysis should be weighted based on what is offered on each serving line.



Menu Planning Worksheet - K-5 Elementary School

Component	Monday	Tuesday	Wednesday	Thursday	Friday					
Meat/seafood/beans: 8 oz ounce equivalent weekly 1 ounce equivalent daily	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
Fruit: 2 1/2 cups weekly 1/2 cup daily										
Vegetable: 3 1/2 cups weekly 1/2 cup daily										
• Dark Green 1 cup weekly										
• Red/Orange 1 cup weekly										
• Bean, Pea (Legumes) 1 cup weekly										
• Starchy 1 cup weekly										
• Other 1 cup weekly										
• Additional Vegetable to reach total 1 cup weekly										
Grain: 8 ounce equivalent weekly 1 ounce equivalent daily	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
• Non-Whole Grain-Rich										
• Whole Grain-Rich										
Milk: 3 cups weekly 1 cup daily										



Additional Resources

- <http://healthymeals.nal.usda.gov/best-practices/search/888>
 - For cycle menus, 2010 Iowa HUSSC Gold Award 5 week cycle with recipes, nutrient analysis and portion sizes. It looks like this menu was from 2010 but it might be a good place to start for a school that is overwhelmed.
- http://www.freshfromflorida.com/divisions/fnw/national_school_lunch.html
 - Templates for 5-6-7 day menus for NSLP, SBP, Snacks, & SFSP for grades K-5, 6-8 and 9-12



Questions?



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