

INTRO TO NSLP MENUS

❖ Lunch Meal Pattern

IDAHO STATE DEPARTMENT OF EDUCATION
CHILD NUTRITION PROGRAMS



Welcome to the Intro to National School Lunch Program (NSLP) Menus training. The Lunch Meal Pattern will be covered in this module. This training is brought to you by the Idaho State Department of Education's Team Nutrition Program. Enjoy the training!



LUNCH MEAL PATTERN

The Lunch Meal Pattern must be followed when operating the USDA National School Lunch Program (NSLP).

COURSE OBJECTIVES

1. Define the lunch meal pattern for the National School Lunch Program (NSLP)
2. Discuss implementation of the lunch meal pattern
3. Define food components and vegetable subgroups
4. Professional Standards Key Areas:
 - **Nutrition—1000**
 - *Menu Planning—1100*
 - **Operations**
 - *Serving Food—2200*

LUNCH MEAL PATTERN OVERVIEW



There are five required components in the lunch meal pattern. They are grain, meat, fluid milk, fruit, and vegetable.

TERMINOLOGY: LUNCH MEAL PATTERN



Vegetable Subgroup

- ❖ Vegetables fall within the following categories for crediting purposes: dark green, red/orange, beans/peas, starchy, other

Reimbursable Meal

- ❖ A meal that follows all of the federal requirements to be claimed for reimbursement. This means that it has all of the mandatory meal components and falls within the dietary specifications.

Dietary Specifications

- ❖ Amount of calories, saturated fat, sodium, and trans fat in a meal

Age Grade Group

- ❖ A way to customize the meal pattern to children of different ages. The age grade groups are K-5, 6-8, and 9-12.

Food Component

- ❖ One of 5 food groups that make up a reimbursable lunch
 - ❖ Fluid Milk, Fruit, Vegetables, Whole Grain-Rich Grains, and Meat/Meat Alternates

Before we move into the lunch meal pattern, let's take a look at some important terminology.

5 DAY LUNCH MEAL PATTERN

| National School Lunch Meal Pattern | | | |
|---|--|--|---|
| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 |
| Milk | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) |
| Meat or Meat Alternates -Weekly minimum | 8 oz equivalent/week (1 oz daily minimum) | 9 oz equivalent/week (1 oz daily minimum) | 10 oz equivalent/week (2 oz daily minimum) |
| Vegetables (total) -Weekly minimum | 3¾ cups/week (¾ cup daily minimum) | 3¾ cups/week (¾ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| <i>Dark Green Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Red / Orange Subgroup</i> | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk |
| <i>Legumes Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Starchy Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Other Subgroup</i> | ½ cup/wk | ½ cup/wk | ¾ cup/wk |
| Fruits -Weekly minimum | 2½ cups/week (½ cup daily minimum) | 2½ cups/week (½ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| Grains / Breads -Weekly minimum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015 | 8 oz equivalent/week (1 oz daily minimum) | 8 oz equivalent/week (1 oz daily minimum) | 10 oz equivalent/week (2 oz daily minimum) |
| Minimum – Maximum Calories (kcal) -Weekly average | 550 – 650 | 600 – 700 | 750 - 850 |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% |
| Sodium** -Weekly average | ≤1230 mg* | ≤1360 mg* | ≤1420 mg* |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving |

Here is the five day lunch meal pattern with the five required components: milk, meat/meat alternate, vegetable (including the vegetable subgroups), fruit, and grain. Notice the similarities (e.g., all age-grade groups require the availability of 1 c milk/day) and the differences (e.g., 1 oz eq daily minimum m/ma and grains for K-8 versus 2 oz eq for high schoolers).

4 DAY LUNCH MEAL PATTERN

National School Lunch Meal Pattern – 4 day week

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 |
|---|--|--|--|
| Milk | 4 cups/week (1 cup daily) | 4 cups/week (1 cup daily) | 4 cups/week (1 cup daily) |
| Meat or Meat Alternates -Weekly minimum - maximum | 6.5-8 oz equivalent/week (1 oz daily minimum) | 7-8 oz equivalent/week (1 oz daily minimum) | 8-9.5 oz equivalent/week (2 oz daily minimum) |
| Vegetables (total) -Weekly minimum | 3 cups/week (¾ cup daily minimum) | 3 cups/week (¾ cup daily minimum) | 4 cups/week (1 cup daily minimum) |
| <i>Dark Green Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Red / Orange Subgroup</i> | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk |
| <i>Legumes Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Starchy Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Other Subgroup</i> | ½ cup/wk | ½ cup/wk | ¾ cup/wk |
| Fruits -Weekly minimum | 2 cups/week (½ cup daily minimum) | 2 cups/week (½ cup daily minimum) | 4 cups/week (1 cup daily minimum) |
| Grains / Breads -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015 | 6.5-7 oz equivalent/week (1 oz daily minimum) | 6.5-8 oz equivalent/week (1 oz daily minimum) | 8-9.5 oz equivalent/week (2 oz daily minimum) |
| Minimum – Maximum Calories (kcal) -Weekly average | 550 – 650 | 600 – 700 | 750 - 850 |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% |
| Sodium** -Weekly average | ≤1230 mg* | ≤1360 mg* | ≤1420 mg* |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving |

The meal pattern for the four day week is very similar to the five day week with slightly different weekly minimums for the grain and meat/meat alternate meal components.

Basically, each day either increases or decreases the minimum amount of food per week by 20% (100% over the week divided by 5 days = 20% per day).

7 DAY LUNCH MEAL PATTERN

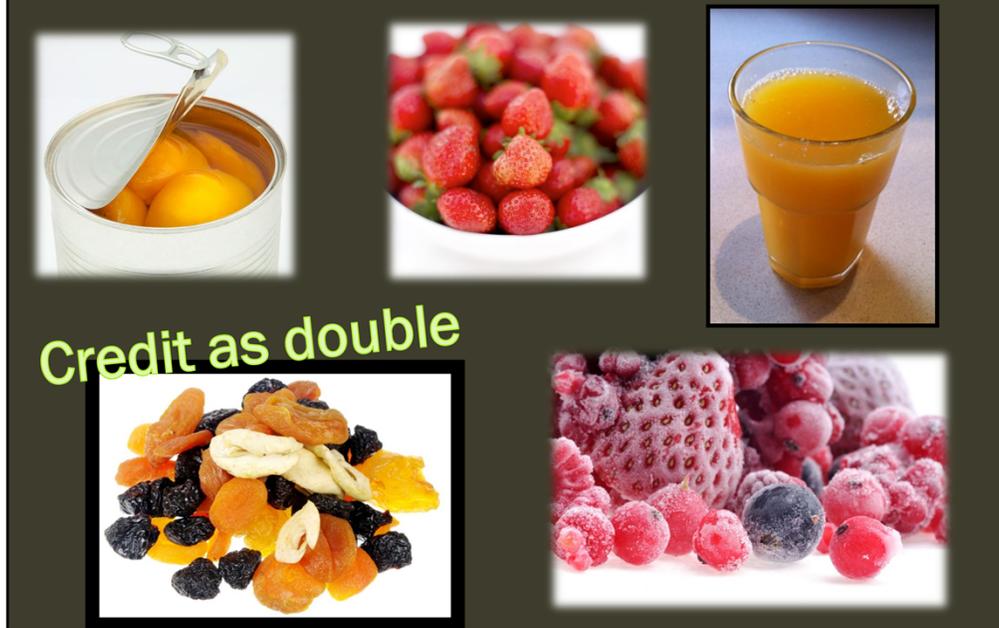
National School Lunch Meal Pattern – 7 day week

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 |
|--|--|--|--|
| Milk | 7 cups/week (1 cup daily) | 7 cups/week (1 cup daily) | 7 cups/week (1 cup daily) |
| Meat or Meat Alternates -Weekly minimum - maximum | 11-14 oz equivalent/week (1 oz daily minimum) | 12.5-14 oz equivalent/week (1 oz daily minimum) | 14-17 oz equivalent/week (2 oz daily minimum) |
| Vegetables (total) -Weekly minimum | 5¼ cups/week (¾ cup daily minimum) | 5¼ cups/week (¾ cup daily minimum) | 7 cups/week (1 cup daily minimum) |
| <i>Dark Green Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Red / Orange Subgroup</i> | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk |
| <i>Legumes Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Starchy Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Other Subgroup</i> | ½ cup/wk | ½ cup/wk | ¾ cup/wk |
| Fruits -Weekly minimum | 3½ cups/week (½ cup daily minimum) | 3½ cups/week (½ cup daily minimum) | 7 cups/week (1 cup daily minimum) |
| Grains / Breads -Weekly minimum | 11-12.5 oz equivalent/week (1 oz daily minimum) | 11-14 oz equivalent/week (1 oz daily minimum) | 14-17 oz equivalent/week (2 oz daily minimum) |
| Minimum- Maximum Calories (kcal) -Weekly average | 550 -650 | 600 – 700 | 750 - 850 |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% |
| Sodium** -Weekly average | ≤1230 mg* | ≤1360 mg* | ≤1420 mg* |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving |

Here is the seven day school week lunch meal pattern.

1. A typical week equals five school operating days. SFAs that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days.
2. Calories, saturated fat, and sodium limits listed apply to the average daily amounts found in a week of reimbursable lunches. They do not apply to each individual meal or per student.
3. Upon State agency administrative review, menus must meet the current standards.
4. *Trans* fat is restricted to zero grams of artificial *trans* fat per serving.
5. Potable water must be available, free of charge, and accessible without restriction to children during the meal service in the place(s) where lunches are served.

WHAT IS THE LUNCH MEAL PATTERN? FRUIT



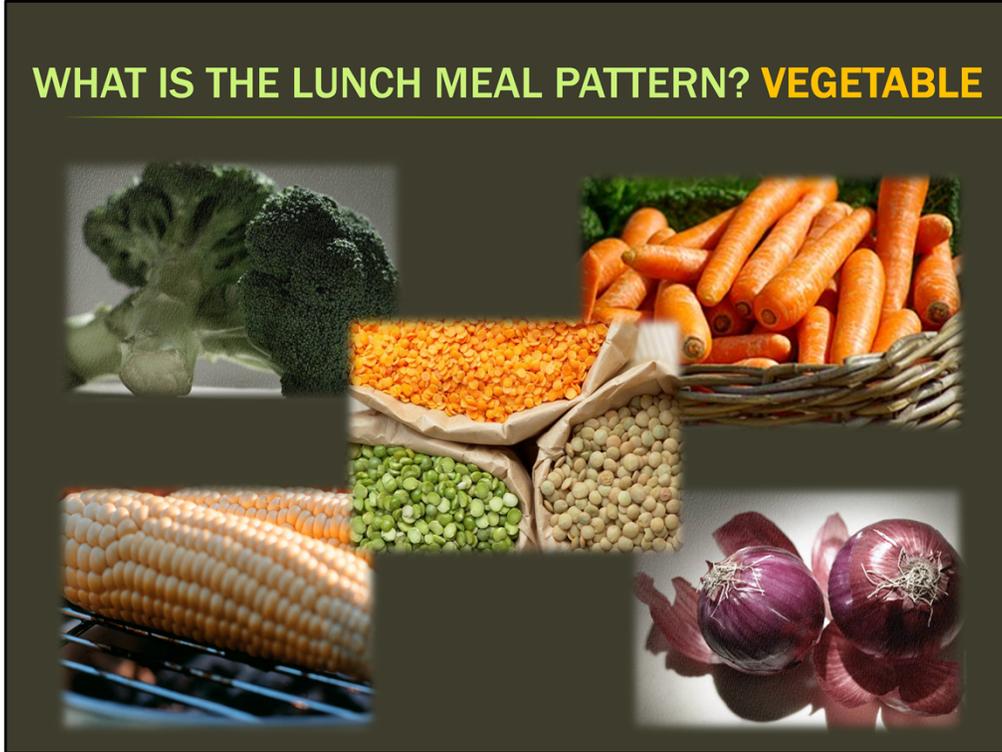
In lunch, the fruit component is separate from the vegetable component. A full cup must be offered to the students but there is flexibility to allow the students to take a $\frac{1}{2}$ cup if the food service is using Offer Versus Serve. To learn more about Offer versus serve, please visit the Idaho State Department's online training for "understanding Offer vs. Serve."

Fruit may be offered in several different forms. These forms include:

- Fresh
- Frozen
- Canned in juice or light syrup
- Dried- credit as double the volume served ($\frac{1}{4}$ of a cup of dried fruit is creditable as $\frac{1}{2}$ of a cup of fruit)
- 100% juice- no more than half of fruit offerings may be in the form of juice

Menu planners must use the *Food Buying Guide for Child Nutrition Programs* to determine how to credit whole fruit. Also consult the *Food Buying Guide* for crediting pureed food; a yield study may need to be conducted if the food is not in the *Food Buying Guide* .

WHAT IS THE LUNCH MEAL PATTERN? VEGETABLE



For lunch, the meal pattern requires a daily serving of vegetables. There are also *weekly* minimums for the vegetable subgroups- this means that over the course of the week, the required amount of each subgroup must be met, but that on any given day there are no specific subgroup requirements.

WHAT IS THE LUNCH MEAL PATTERN? **VEGETABLE**



- The **dark green** category includes food items like broccoli, romaine lettuce, kale, spinach, and parsley.



WHAT IS THE LUNCH MEAL PATTERN? VEGETABLE

- The **red/orange** group includes carrots, red bell peppers, pumpkin, squash, sweet potatoes, and tomatoes. It does **not** include eggplant or beets.



WHAT IS THE LUNCH MEAL PATTERN? **VEGETABLE**

The bean and pea group includes black beans, kidney beans, chickpeas, and lentils.



WHAT IS THE LUNCH MEAL PATTERN? **VEGETABLE**

The **starchy** vegetable subgroup includes food items like corn, green peas, lima beans, jicama, and potatoes.



WHAT IS THE LUNCH MEAL PATTERN? VEGETABLE

The **other** vegetable subgroup is a subgroup for the food items that don't fit in the dark green, red/orange, beans, or starchy groups.

These include asparagus, avocado, cauliflower, celery, cucumber, green beans, green peppers, iceberg lettuce, mushrooms, onions, radishes, green and red cabbage, eggplant, & zucchini.



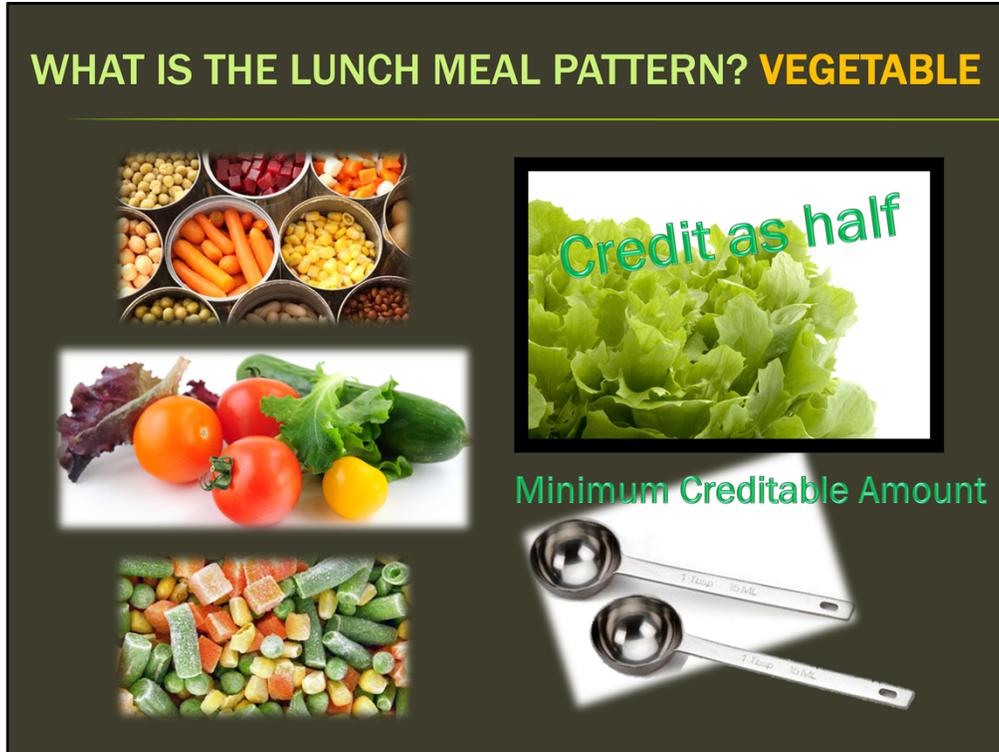
WHAT IS THE LUNCH MEAL PATTERN? VEGETABLE



There is a catch-all category called “additional vegetable” for additional vegetables that can come from any subgroup to meet the weekly total; $\frac{1}{2}$ cup of mixed vegetables containing less than 2 tablespoons of vegetable subgroups can count as “additional vegetable” when served together.



WHAT IS THE LUNCH MEAL PATTERN? VEGETABLE



Schools may select from a variety of vegetable preparation methods to meet these new requirements. Fresh, frozen and canned products are all allowable. Schools have access to many nutritious vegetable choices through USDA Foods. For instance, schools can select reduced sodium canned vegetables with no more than 140 mg of sodium per half-cup serving. Schools can also order frozen vegetables with no added salt, such as green beans, carrots, corn, and peas.

The minimum creditable amount of vegetable is $\frac{1}{8}$ of a cup, or 2 tablespoons. Keep in mind that uncooked, leafy greens will credit as half of volume as served. Therefore, the smallest amount of creditable leafy greens would be $\frac{1}{4}$ cup as half of this would credit as $\frac{1}{8}$ of a cup.

Additionally, menu planners decide how to incorporate beans and peas (legumes) into the school meal. These foods may count toward *either* the requirement for vegetables *or* the meat/meat alternate component. However, schools may not offer one serving of beans and peas and count it toward both food components during the same meal, nor can they separate out beans to count as half and half.

TOOLS FOR SUCCESS: VEGETABLE SUBGROUPS

| DARK GREEN fresh, frozen and canned | RED/ORANGE fresh, frozen and canned | BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry | |
|--|--|---|--|
| <ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ cabbage, Chinese or celery ■ chicory ■ cilantro ■ collard greens ■ endive ■ escarole ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress | <ul style="list-style-type: none"> ■ carrots ■ chili peppers (red) ■ orange peppers ■ pimientos ■ pumpkin ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash (acorn, butternut, Hubbard) | <ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, mature ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refined beans ■ soy beans/edamame ■ split peas ■ white beans <p>* Does not include green peas, green lima beans and green (string) beans</p> | |
| STARCHY fresh, frozen and canned | OTHER fresh, frozen and canned | | |
| <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 ■ icama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts | <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 ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers ■ daikon (oriental radish) eggplant ■ fennel ■ garlic ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini ■ peppers (green sweet bell, green chiles, purple, yellow) ■ pickles (cucumber) ■ radishes ■ rhubarb ■ shallots ■ sauerkraut ■ snap peas ■ snow peas ■ spaghetti squash ■ tomato ■ turnips ■ wax beans ■ yellow summer squash ■ zucchini squash | | |

WHAT IS THE LUNCH MEAL PATTERN? GRAIN

K-8: 1oz



9-12: 2oz



WGR



One oz. eq. grain must be offered to grades K-8 and 2 oz. eq. must be offered to grades 9-12.

Popular items such as corn products treated with lime can be used to meet the whole grain-rich requirement if the product bears a FDA whole grain health claim on the label. A health claim states, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers." Manufacturers may also provide documentation showing that their product meets the requirements for this claim to demonstrate that the whole grain-rich criteria are met.

WHAT IS THE LUNCH MEAL PATTERN? GRAIN

2oz Weekly Max



WGR USDA Foods



A couple of other points regarding the grain component in the meal pattern.

Grain-based desserts. Due to their contribution toward intake of solid fats and added sugars, USDA has reduced the number of allowable grain-based desserts at lunch to a maximum of two oz eq per week. It is not two per week – it is two ounce equivalents per week.

Whole grain options include brown rice, whole grain pasta, oatmeal, etc. These food items may be available through USDA Foods.

WHAT IS THE LUNCH MEAL PATTERN? **MEAT/MEAT ALT.**

K-8: 1oz



9-12: 2oz



Students in grades 9-12 must be offered at least two ounce equivalents daily, and younger students must be offered at least one ounce equivalent daily. Meal planners have flexibility to determine how to reach the required weekly ranges.

Beans/peas (legumes) may be credited as either m/ma or as a vegetable. It is up to the menu planner to determine how legumes are credited each day and to note this on the production record.

WHAT IS THE LUNCH MEAL PATTERN? MEAT/MEAT ALT.

- ❖ Offer a variety of protein foods, such as lean or extra lean meats, seafood, and poultry; beans and peas; fat-free and low-fat milk products such as cheese and yogurt; and unsalted nuts and seeds, to meet the meat/meat alternate requirement
- ❖ Additionally, both tofu and soy yogurt are creditable as meat alternates; the meat/meat alternate have minimum requirements, but no maximums (this is essentially dictated by the dietary specifications)



WHAT IS THE LUNCH MEAL PATTERN? MEAT/MEAT ALT.

Use CN labels, product formulation statements, & the *Food Buying Guide* to determine contribution



Common conversions are:

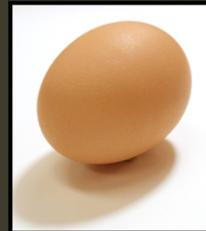
1 oz eq m/ma

- ¼ c dry beans and peas
- 2 tablespoons peanut butter
- 4 oz (by weight) or ½ c (volume) dairy or soy yogurt
- 1 oz cheese
- 1 oz nuts or seeds
- 2.2 oz (by weight) tofu containing 5 or more grams of protein



2 oz eq m/ma

- 1 large egg



WHAT IS THE LUNCH MEAL PATTERN? FLUID MILK



Schools may offer a variety of milk options. These include:

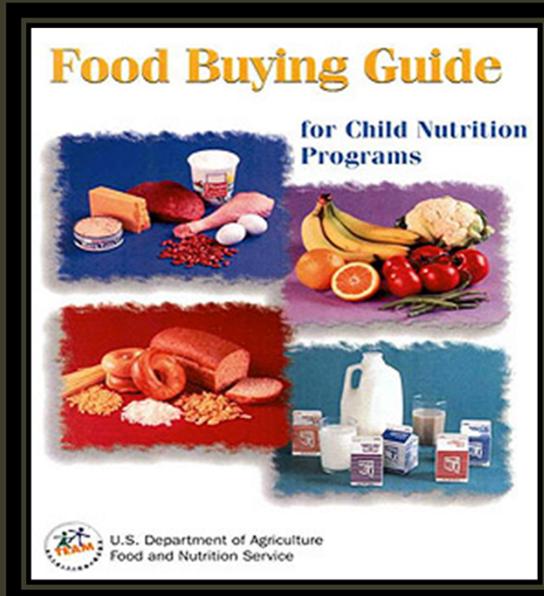
- fat-free (unflavored or flavored)
- low-fat (unflavored only)
- fat-free or low-fat lactose reduced or lactose-free (note that if *flavored* lactose reduced or lactose-free milk is offered, it also must be fat-free)

Schools are not allowed to offer 2% or whole milk or flavored low-fat milk

Schools must offer at least two choices of allowable types of milk. This does not change the nutrition standards for optional non-dairy drinks offered to students with special dietary needs in place of milk at the request from parents.

TOOLS FOR SUCCESS: FOOD BUYING GUIDE

- ❖ Crediting
- ❖ Food cost
- ❖ Amount of food
- ❖ Type of food



Use the *Food Buying Guide*:

- ☐ If you do not have a Child Nutrition Label (CN Label) or product formulation statement (PFS)
- ☐ To determine the type of food used (e.g., fresh, frozen, canned, whole, diced, etc.)
- ☐ To determine how much of a food to purchase
- ☐ To determine how a recipe contributes to the meal pattern. In many cases you can use the *Food Buying Guide* to determine how foods contribute. For instance, two ounces of deli meat does not automatically equal two ounce equivalents of meat/meat alternates, due to the water content/additives.

To review, in addition to crediting, the *Food Buying Guide* is helpful for determine food cost, what quantities foods can be purchased, and the types of food that are allowable in the Child Nutrition Programs.

TOOLS FOR SUCCESS: EXHIBIT A

| EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS ^{1,2} | | GROUP D | OZ EQ FOR GROUP D |
|---|---|--|--|
| GROUP A | OZ EQ FOR GROUP A | | |
| <ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing | <ul style="list-style-type: none"> 1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz | <ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll³ (unfrosted) • Toaster pasty⁴ (unfrosted) | <ul style="list-style-type: none"> 1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 41 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz |
| GROUP B | OZ EQ FOR GROUP B | GROUP E | OZ EQ FOR GROUP E |
| <ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers³ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) | <ul style="list-style-type: none"> 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz | <ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts³ (cake and yeast raised, frosted or glazed) • French toast • Sweet roll³ (frosted) • Toaster pasty⁴ (frosted) | <ul style="list-style-type: none"> 1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz |
| GROUP C | OZ EQ FOR GROUP C | GROUP F | OZ EQ FOR GROUP F |
| <ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Fancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers³, and meat/meat alternate pies) • Waffles | <ul style="list-style-type: none"> 1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz | <ul style="list-style-type: none"> • Cake (plain, unfrosted) • Coffee cake³ | <ul style="list-style-type: none"> 1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz |
| | | GROUP G | OZ EQ FOR GROUP G |
| | | <ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) | <ul style="list-style-type: none"> 1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz |
| | | GROUP H | OZ EQ FOR GROUP H |
| | | <ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{3,4} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) | <ul style="list-style-type: none"> 1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry |
| | | GROUP I | OZ EQ FOR GROUP I |
| | | <ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{3,4} | <ul style="list-style-type: none"> 1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola |

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

¹ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

² Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Exhibit A is an essential tool for determining how many ounce equivalents a grain product offers if you do not have a product formulation statement.

SUBSTITUTIONS FOR LUNCH

- ❖ Substitute equal portions of fruit
- ❖ Substitute equal ounce equivalents of grain and meat /meat alternate
- ❖ When substituting vegetable, ensure that vegetable subgroup requirements are met over the week

Substitutions for Breakfast

- Substitute equal portions of fruit
- Substitute equal ounce equivalents of grain and meat /meat alternate
- When substituting vegetable, ensure that vegetable subgroup requirements are met over the week

WHY IS THE LUNCH MEAL PATTERN IMPORTANT?

- ❖ Access to meals
- ❖ Gives students energy
- ❖ Can improve student attitudes



The National School Lunch Program is important:

- Provides children with access to healthy food, including those children who may not be able to afford a well-balanced, nutritious meal
- Gives students the energy they need to continue learning
- May be the child's last meal of the day
- Can improve student attitudes and attention

SUBSTITUTION ACTIVITY

What if...

you ran out of _____?

_____ provides:

- Crediting
- Crediting



Now it is time for an activity to practice how to handle menu substitutions. It is required that substitutions do not lead to the menu being out of compliance with the USDA meal pattern. For this reason, ensure that substitutions are from the same food component and contribute the same towards the meal pattern.

Remember to record substitutions on the production record to prove what was served and to create a historical record for forecasting.

This activity is titled “What if...”.

First, read the “What if” that identifies food(s) on a menu that are unavailable and notes how that food credits towards the meal pattern. Next, please take some time to consider substitution solutions outlining what food(s) may be substituted for the missing item(s). Finally, select from the multiple choice options (there may be more than one option) what food(s) will ensure that you meet the food component(s) meal pattern crediting.

SUBSTITUTION ACTIVITY

What if...

You ran out of Grilled Chicken Wraps?

One Wrap provides:

- 2 oz. eq. m/ma
- 2 oz. eq. grain
- 1/8 c red/orange veg



What if...

You ran out of Grilled Chicken Wraps?

One Wrap provides:

- 2 oz eq m/ma
- 2 oz eq grain
- 1/8 c red/orange vegetable

SUBSTITUTION ACTIVITY

Possible substitute:

- ½ c Seasoned Pinto Beans (2 oz eq m/ma)
AND
- Low Sodium Tortilla Chips (2 oz eq grain, see Product Formulation Statement for serving size)
AND
- 2 TBSP Salsa (1/8 c red/orange vegetable)

½ c Seasoned Pinto Beans (2 oz eq m/ma) AND

Low Sodium Tortilla Chips (2 oz eq grain, see Product Formulation Statement for serving size) AND

2 TBL Salsa (1/8 c red/orange vegetable)

SUBSTITUTION ACTIVITY

Possible substitute:

- Two (2 oz eq m/ma)
AND
- Low Sodium Tortilla Chips (2 oz eq grain, see Product Formulation Statement for serving size)
AND
- 2 TBSP Salsa (1/8 c red/orange vegetable)

½ c Seasoned Pinto Beans (2 oz eq m/ma) AND

Low Sodium Tortilla Chips (2 oz eq grain, see Product Formulation Statement for serving size) AND

2 TBL Salsa (1/8 c red/orange vegetable)

SUBSTITUTION ACTIVITY

Possible substitute:

- Two Whole Grain Mozzarella Breadsticks (2 oz eq m/ma, 2 oz eq grain)
- AND
- 1 TBL Oregano Dipping Sauce (1/8 c red/orange vegetable)

Another possible substitute:

Two WG Mozzarella Breadsticks (2 oz eq m/ma, 2 oz eq grain) AND 1 TBL Italian Dipping Sauce (1/8 c red/orange vegetable). You could offer 2 TBL of Oregano Dipping Sauce for a more reasonable portion size; this would contribute ¼ c red/orange vegetable). Vegetable and fruit information in the *Food Buying Guide* includes yield information on juice concentrates, tomato paste, and tomato puree as if reconstituted to full strength (2 TBL tomato puree contributes ¼ c vegetable).

SUBSTITUTION ACTIVITY

What if...

You were shorted on your Broccoli order, causing you to run out of Roasted Broccoli?

One half cup Broccoli provides:

- 1/2 c dark green veg



What if...

You were shorted on your Broccoli order, causing you to not have enough Roasted Broccoli?

One half cup Broccoli provides:

- 1/2 c dark green vegetable

SUBSTITUTION ACTIVITY

Possible substitutes:

- 1 c Fresh Spinach (1/2 c dark green veg.)

OR

- 1/2 c Low Sodium Canned Spinach (1/2 c dark green veg.)

Possible substitution options include:

1 cup of Fresh Spinach or Fresh Romaine Lettuce (raw leafy greens count as half the volume served)

OR

1/2 cup Low Sodium Canned spinach

TEAM NUTRITION STATEMENT

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Possible substitution options include:

1 cup of Fresh Spinach or Fresh Romaine Lettuce (raw leafy greens count as half the volume served)

OR

½ cup Low Sodium Canned spinach

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Possible substitution options include:

1 cup of Fresh Spinach or Fresh Romaine Lettuce (raw leafy greens count as half the volume served)

OR

½ cup Low Sodium Canned spinach