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Hawaii  
Child  
Nutrition  
Program

### Short and Long Week Calculations

Three Day School Week Meal Component Adjustments

3-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)
Grains (oz eq)	4-6 (1)	5-6 (1)	5.5-6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	10-14 (1)	11-14 (1)	12.5-14(1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

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Hawaii  
Child  
Nutrition  
Program

## 5 Day Meal Pattern

### Breakfast Meal Pattern

Fruits											
Meal Pattern		Grades K-5		Grades 6-8		Grades 9-12					
		Per Week	Min Per Day	Per Week	Min Per Day	Per Week					
Fruits (cups) <sup>1,2</sup>		5	1	5	1	5					
VEGETABLES											
Vegetables (cups) <sup>1,2</sup>		Grades K-5		Grades 6-8		Grades 9-12					
<ul style="list-style-type: none"><li>Dark green</li><li>Red/Orange</li><li>Beans/Peas (legumes)</li><li>Starchy</li><li>Other</li></ul>		Vegetables may be substituted for fruit, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups.									
Additional Veg. to Reach Total		Grades K-5		Grades 6-8		Grades 9-12					
MEATS											
Meats/Meat Alternates <sup>1</sup> (oz eq)		Not required. 1. May offer a meat/meat alternate in place of grains after the minimum daily grains requirement (1 oz equivalent is met). 2. May offer a meat/meat alternate as an extra (not counting toward the weekly grains requirement) if it fits within the weekly dietary specifications.									
GRAINS											
Meal Pattern		Grades K-5		Grades 6-8		Grades 9-12					
		Per Week	Min Per Day	Per Week	Min Per Day	Per Week					
7-10			1	8-10	1	9-10					
Grains (oz eq) <sup>1</sup>											
ALL GRAINS MUST BE WHOLE GRAIN-RICH											
MILK											
Meal Pattern		Grades K-5		Grades 6-8		Grades 9-12					
		Per Week	Min Per Day	Per Week	Min Per Day	Per Week					
5			1	5	1	5					
Fluid milk (cups) <sup>1</sup>											

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**Hawaii Child Nutrition Programs**

### UPDATE: Changes to the Meal Pattern Requirements for SY 20-21

- ▶ Flexibilities for Milk, Whole Grains, and Sodium requirements vacated by a court ruling
- ▶ Meal patterns returned to the requirements of the 2012 final rule
- ▶ For SY 20-21 NSLP and SBP:
  - ✓ Flavored Milk – only Fat Free
  - ✓ All Grains must be Whole Grain Rich
  - ✓ Target 2 weekly sodium levels

Refer to the 8/24/20 email from HCNP titled "IMPORTANT: FNS Child Nutrition Q&As for SY 2020-21" and 7CFR 210.10(c) and 220.8(c)




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**Hawaii Child Nutrition Programs**

### Meal Pattern Flexibility Waiver

If you are **unable to meet the 2012 Meal Pattern requirements** for Milk, Whole Grain Rich, and Target 2 sodium levels

- ▶ Complete the Meal Pattern Flexibility in the Child Nutrition Programs Waiver
- ▶ HCNP website → COVID 19 → Waivers

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**Hawaii Child Nutrition Programs**

### What is a Reimbursable Meal?

- ▶ Follows all of the federal requirements to be claimed for reimbursement.
- ▶ Contains all of the required meal components and specified quantities and meets the dietary specifications




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**Hawaii Child Nutrition Programs**

## Why is this Important?

- ▶ SFAs receive federal dollars for every reimbursable meal
  - ▶ Free
  - ▶ Reduced Price
  - ▶ Paid




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**Hawaii Child Nutrition Programs**

## Pay Attention

- ▶ Fiscal action is taken when:
  - ▶ A meal component is missing
  - ▶ School runs out of a food item during the meal service period
    - ▶ Ex: School runs out of apple wedges during the middle of meal service so 25 students do not have the opportunity to have any fruit with their meal.
  - ▶ Repeat meal pattern findings




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**Hawaii Child Nutrition Programs**


## Breakfast - Terminology

**Food Component**

- ▶ One of the 3 food groups that make up a reimbursable breakfast
  - ▶ Milk
  - ▶ Fruit
  - ▶ Grains (Meat/Meat Alternate option allowed)

**Food Item**

- ▶ A specific food offered within a food component
  - ▶ Strawberries (fruit)
  - ▶ Muffin (grain)
  - ▶ 1% unflavored milk (milk)
  - ▶ Yogurt (MMA which credits as a grain)




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**Hawaii Child Nutrition Programs**

## Grade Groups

- K-5, 6-8, and 9-12
- Optional: K-8, K-12




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**Hawaii Child Nutrition Programs**

## Milk



- All grade groups: 1 cup of milk per day
- Must offer at least 2 types from the allowed milk types
  - 1% unflavored,
  - Non Fat unflavored, or
  - Non Fat flavored



Reminder – At least one milk type offered must be unflavored.

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**Hawaii Child Nutrition Programs**

## Fruit

- All grade groups: 1 cup of fruit per day
- Vegetables may be substituted for fruit
  - Dark green
  - Red/orange
  - Beans/peas
  - Other
  - Starchy (until 6/30/21)



<https://www.fns.usda.gov/sbp/school-breakfast-program-continuation-substitution-vegetables-fruit-flexibility>

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**Fruit**

- Full-strength fruit juice (100% juice) may be offered to meet up to **half** of the weekly requirement



- Dried fruit credits as **double** the volume served
  - e.g. ¼ cup dried cranberries = ½ cup fruit




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**Breakfast Meal Pattern**  
School Year 2020 – 2021

**PART 2**




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**Grains**

- All grade groups: 1 oz. eq. of grains per day
  - K-5: 7-10 oz. eq. per week
  - 6-8: 8-10 oz. eq. per week
  - 9-12: 9-10 oz. eq. per week



**UPDATE!** **ALL grains must be whole grain-rich**

- Must contain at least 50% whole grains; remaining grains (if any) must be enriched

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Exhibit A	
EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS <sup>1,2</sup>	
GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Savory Crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 22 gm or 0.8 oz</li> <li>3/4 oz eq = 17 gm or 0.6 oz</li> <li>1/2 oz eq = 11 gm or 0.4 oz</li> <li>1/4 oz eq = 6 gm or 0.2 oz</li> </ul>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (enriched whole wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet Crackers<sup>3</sup> (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (whole wheat or whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (whole wheat or whole grain-rich)</li> <li>Tortillas (whole wheat or whole corn)</li> <li>Tortilla chips (whole wheat or whole corn)</li> <li>Taco shells (whole wheat or whole corn)</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 28 gm or 1.0 oz</li> <li>3/4 oz eq = 21 gm or 0.75 oz</li> <li>1/2 oz eq = 14 gm or 0.5 oz</li> <li>1/4 oz eq = 7 gm or 0.25 oz</li> </ul>

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**Sample Bagel Label**



99 g / 28 g = 3.5 oz equivalent of grains

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**Meat/Meat Alternates (M/MA)**

► No requirement to offer M/MA

► Two options when serving M/MA:

1. May offer M/MA as an 'extra' food
2. May offer M/MA item(s) **after the 1 oz. eq. daily grain requirement is met**
  - Example: 4 oz yogurt = 1 oz eq M/MA = credits as a 1 oz. eq. grain




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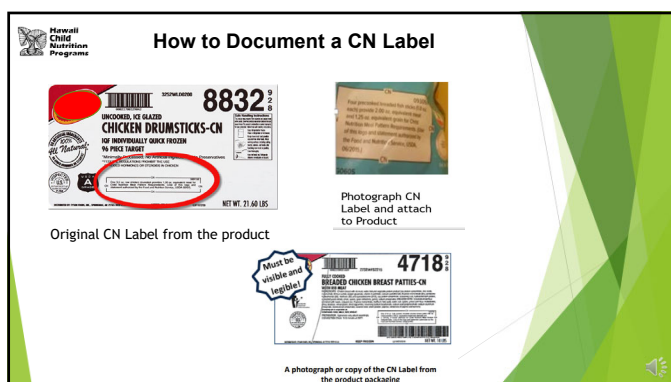
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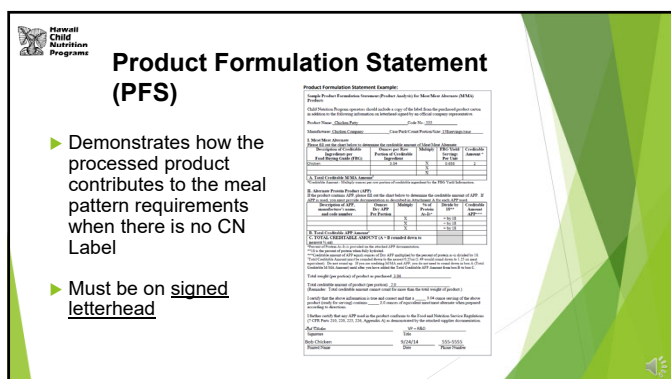
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 **Dietary Specifications** 

BREAKFAST	K-5	6-8	9-12
CALORIES	350-500	400-550	450-600
SATURATED FAT (% of total calories)	< 10	< 10	< 10
SODIUM (mg) Target 2 SY 2020 - 2021	≤ 485	≤ 535	≤ 570
SODIUM (mg) FINAL Target SY 2022 - 2023	≤ 430	≤ 470	≤ 500
TRANS FAT	Nutrition label or manufacturer specification must indicate <u>zero</u> grams of trans fat per serving		

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**Breakfast Meal Pattern**  
School Year 2020 – 2021

**PART 3**



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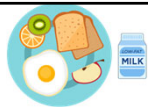
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 **Breakfast Outreach** 

Must inform families of availability of breakfast

- ▶ Prior to or at the beginning of the school year
- ▶ Multiple times throughout the school year

**Required!** Will be checked during Administrative Review (AR)

- ▶ Maintain documentation

USDA Breakfast Toolkit:  
[https://www.fns.usda.gov/sbp/toolkit\\_gettingstarted](https://www.fns.usda.gov/sbp/toolkit_gettingstarted)

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**Hawaii Child Nutrition Programs**

## Breakfast Signage

- Menu must be posted at beginning of service line
- Include breakfast along with lunch menus
- If operating OVS, post a sign showing daily reimbursable meal

 For example, posting signage indicating what a reimbursable meal looks like for the day's menu

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**Hawaii Child Nutrition Programs**

## Sample Menu

MARCH 15 - 19

**HAPPY SPRING BREAK**

22 <b>BREAKFAST</b> CEREAL	23 <b>BREAKFAST</b> PIZZA STICK	24 <b>BREAKFAST</b> PANKAKE	25 <b>BREAKFAST</b> PORTUGUESE SAUSAGE WRICE	26  NO SCHOOL
<b>LUNCH</b> CHEESE BITES	<b>LUNCH</b> CHICKEN PATTY W/GRavy	<b>LUNCH</b> CORN DOG	<b>LUNCH</b> FISH PORTION WRICE	
29 <b>BREAKFAST</b> PIZZA BAGEL	30 <b>BREAKFAST</b> CEREAL	31 <b>BREAKFAST</b> FRENCH TOAST BITES		
<b>LUNCH</b> TERI PATTY WRICE	<b>LUNCH</b> CHICKEN TENDERS WRICE	<b>LUNCH</b> BBQ HOTDOG WRICE		

All meals include a choice of 1% White or Chocolate Milk. MENU SUBJECT TO CHANGE WITHOUT NOTICE

**HOURS OF SERVICE (DRIVE THRU, FRONT PARKING LOT)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b> 12:35pm - 1:10pm	<b>Lunch</b> 12:35pm - 1:10pm	<b>Lunch</b> 11:40am - 12:10pm	<b>Lunch</b> 12:35pm - 1:10pm	<b>Lunch</b> 12:35pm - 1:10pm

**\*\*BREAKFAST WILL BE SERVED AT LUNCH FOR THE FOLLOWING DAY\*\***  
Students must present school ID to purchase meals. Standard meal fees in effect.

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**Hawaii Child Nutrition Programs**

## Breakfast Activity - Helpful Hints

- Pay attention to grade group!
- Milk
  - Must have at least 2 varieties
  - All grade groups require 1 cup
- Fruit
  - Dried fruit credits at double volume served
  - All grade groups require at least 1 cup per day
- Crediting Grains
  - Is it whole grain-rich?
  - Remember: Meat/Meat Alternate can credit as grain



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**Hawaii Child Nutrition Programs**

### Breakfast Activity – Is It Reimbursable?

**Breakfast Menu #1 – Grades K-8**

Whole grain-rich cereal, 1 box (0.9 oz.)  
 100% orange juice, ½ cup  
 Raisins, ¼ cup  
 Choice of 1% unflavored milk or fat-free chocolate milk, 1 cup




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**Hawaii Child Nutrition Programs**

### Breakfast Activity – Is It Reimbursable?

**Breakfast Menu #2 – Grades 9-12**

Whole wheat French toast, 1 slice (1 oz eq grain and 1 oz eq meat/meat alternate)  
 Orange, whole ½ cup  
 Choice of 1% unflavored milk or fat-free chocolate milk, 1 cup




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**Hawaii Child Nutrition Programs**

### Breakfast Activity – Is It Reimbursable?

**Breakfast Menu #3 – Grades K-12**

Brown Rice, ½ cup  
 Turkey sausage patty, 1 each (1 oz eq meat/meat alternate)  
 Sliced peaches, ½ cup  
 Pineapple, ½ cup  
 Strawberries, ½ cup  
 Choice of 1% unflavored milk or fat-free flavored milk, 1 cup




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### Breakfast Activity – Is It Reimbursable?

#### Breakfast Menu #4 – Grades K-12

WG Breakfast Burrito, 1 each (1 oz eq grain, 1 oz m/ma)

Grapes, ½ cup

Apple slices, ½ cup

Choice of 1% unflavored milk or fat-free flavored milk, 1 cup




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### Breakfast Activity – Is It Reimbursable?

#### Breakfast Menu #5 – Grades K-8

Scrambled egg, 1 each (1 oz eq meat/meat alternate)

Apple Juice, ½ cup

Banana, ½ cup

Choice of 1% unflavored milk or fat-free flavored milk, 1 cup




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### Breakfast Meal Pattern Quiz

Link to Google Forms Quiz:

<https://forms.gle/vAkMZJgLY5BUZ3if7>

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## Questions?

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