



Why is this Important?

- ▶ SFAs receive federal dollars for every reimbursable meal




Fiscal Action

- ▶ Fiscal action is taken when:
 - ▶ Meal component is missing
 - ▶ Run out of a food item during the meal service period and it is not replenished
 - ▶ Repeat meal pattern findings




What's for Lunch?



 **Short and Long Week Meal Pattern Requirements**

- ▶ During the presentation, requirements in the green charts are for a 5-day week
- ▶ If your school does not **regularly** operate a 5-day week, please refer to the "Short and Long Week Meal Pattern Calculations" on HCNP's website:
 - ▶ <https://hcnp.hawaii.gov/wp-content/uploads/2019/07/Short-and-Long-Week-Meal-Pattern-Calculations.pdf>

 **Lunch**

Five Components

Vegetables


Fruit

Grain


Meat/meat alternate

Milk

Must meet the daily and weekly requirements


 **Grade Groups**

- ▶ K-5
- ▶ 6-8
- ▶ 9-12



- ▶ Flexibility in menu planning at lunch
 - ▶ Grades K-5 and 6-8 requirements overlap
 - ▶ A single menu can be used for Grades K-5 and 6-8


Milk




Food Component	Grades K-5	Grades 6-8	Grades 9-12
Milk	5 cups / week 1 cup / day		

- ▶ Must offer at least 2 milk types
- ▶ Acceptable milk types:
 - ▶ 1% unflavored
 - ▶ Fat free unflavored
 - ▶ Fat free flavored

At least one milk type offered must be unflavored



Fruit





Food Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2 ½ cups / week ½ cup / day		5 cups / week 1 cup / day

- ▶ Fresh, frozen, dried, 100% fruit juice, and canned fruit in light syrup, water or fruit juice


Fruit

- ▶ Pre-packed fruit cups
 - ▶ Obtain a Product Formulation Statement from the manufacturer to determine crediting



Fruit

- ▶ Minimum amount of fruit that can be credited towards the meal pattern is 1/8 cup




Fruit – Special Situations

- ▶ Dried fruit credits as double the volume served
1/4 cup raisins = 1/2 cup fruit
- ▶ Fruit Juice Limit
Full-strength fruit juice may be offered to meet up to half of the weekly fruit requirement

Lunch Meal Pattern, Part 2

- ▶ Please view the second part of this presentation
 - ▶ Go to: <http://hcnp.hawaii.gov/training-resources/>
 - ▶ **Part 2 – Lunch Meal Pattern**




Harvest Child Nutrition Programs


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Harvest Child Nutrition Programs

Lunch Meal Pattern

Part 2

SY 2020-2021








Harvest Child Nutrition Programs

Vegetables

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Vegetables	3½ cups / week ¾ cup / day	5 cups / week 1 cup / day	









Vegetable Subgroups


Veg Subgroup	Grades K-5	Grades 6-8	Grades 9-12
Dark Green	½ cup / week	½ cup / week	½ cup / week
Red/Orange	¾ cup / week	1¼ cups / week	1¼ cups / week
Legumes	½ cup / week	½ cup / week	½ cup / week
Starchy	½ cup / week	½ cup / week	½ cup / week
Other	½ cup / week	¾ cup / week	¾ cup / week
Additional (to meet weekly total)	1 cup / week	1½ cups / week	1½ cups / week





Vegetables

► Minimum amount of vegetables that can be credited towards the meal pattern is 1/8 cup





Vegetable Subgroups



Vegetable Subgroups

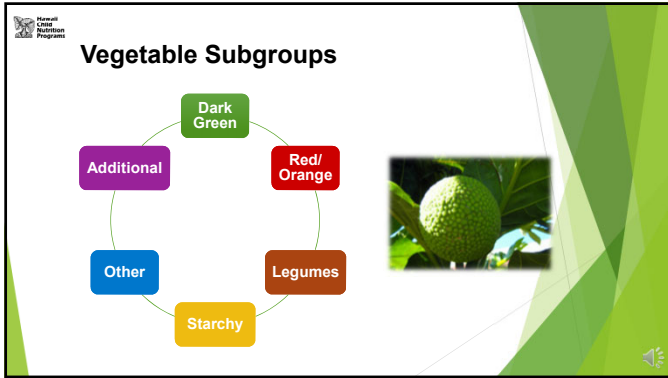
A circular diagram showing six vegetable subgroups: Dark Green (green), Red/Orange (red), Legumes (brown), Starchy (yellow), Other (blue), and Additional (purple). To the right of the diagram is a photograph of a bowl containing purple eggplants and brown mushrooms.

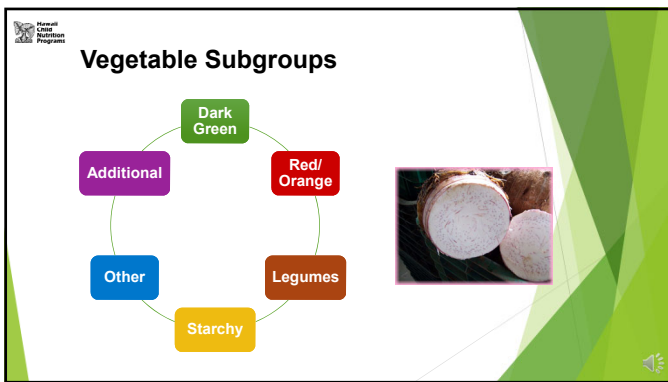
Vegetable Subgroups

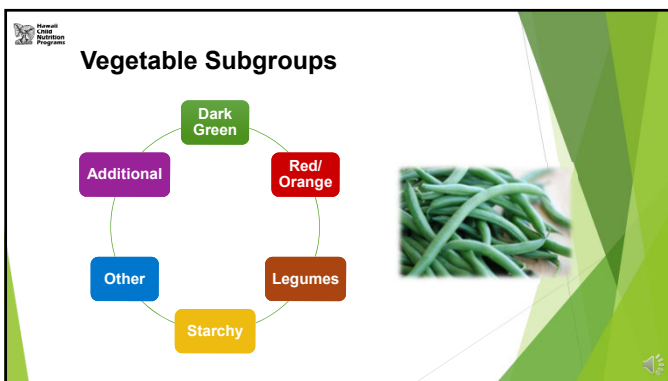
A circular diagram showing six vegetable subgroups: Dark Green (green), Red/Orange (red), Legumes (brown), Starchy (yellow), Other (blue), and Additional (purple). To the right of the diagram is a photograph of a pile of green peas.

Vegetable Subgroups

A circular diagram showing six vegetable subgroups: Dark Green (green), Red/Orange (red), Legumes (brown), Starchy (yellow), Other (blue), and Additional (purple). To the right of the diagram is a photograph of a mixture of green peas and orange carrots.










Vegetables – Special Situations

- ▶ Raw and cooked leafy greens credit differently
 - ▶ **Raw:** credited at half the volume served
 - ▶ Example: ½ cup raw spinach = ¼ cup vegetable
 - ▶ **Cooked:** credited at the volume served
 - ▶ Example: ½ cup cooked spinach = ½ cup vegetable

Vegetables – Special Situations

- ▶ Foods from the beans/peas (legumes) subgroup may be credited as a vegetable OR a meat alternate but not both in the same meal




COOL BEANS

Vegetable (legumes)?

Meat alternate?

Grains



Food Component	Grades K-5	Grades 6-8	Grades 9-12
Grains	8-9 oz eq / week 1 oz eq / day	8-10 oz eq / week 1 oz eq / day	10-12 oz eq / week 2 oz eq / day


- ▶ **ALL** of the weekly grains must be **whole grain-rich**

UPDATE

 - ▶ Whole grain-rich: grain must contain at least 50% whole grains and the remaining grain, if any, must be enriched.

Grains

Examples of Whole Grains	Examples of Non-whole Grains
<ul style="list-style-type: none"> ▶ Whole wheat flour ▶ Brown rice ▶ Rolled oats ▶ Oatmeal ▶ Quinoa ▶ Cracked wheat 	<ul style="list-style-type: none"> ▶ Flour ▶ White flour ▶ Wheat flour ▶ Bread flour ▶ Enriched flour ▶ Enriched rice



Lunch Meal Pattern, Part 3

- ▶ Please view the third part of this presentation
 - ▶ Go to: <http://hcnp.hawaii.gov/training-resources/>
 - ▶ **Part 3 – Lunch Meal Pattern**

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Lunch Meal Pattern

Part 3

SY 2020-2021






Noncreditable Grains

- ▶ Examples of grain ingredients that do not contribute toward the meal pattern:

Bran	Corn starch
Germ	Modified Starch
Oat fiber	Wheat starch (including potato, legume, and other vegetable flours)
- ▶ Ingredients must be present at a level of less than 2% of the product formula (or less than 0.25 oz eq) for the product to be creditable






Is this Whole Grain-Rich?

All Natural Whole-Wheat Pasta

Ingredients:
Whole grain wheat flour, wheat flour, oat fiber.







Is this Whole Grain-Rich?

White Whole-Wheat Breadsticks

Ingredients for U.S. Market:
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, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.






Is this Whole Grain-Rich?


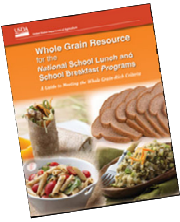
Dinner Roll

INGREDIENTS

MADE FROM: ENRICHED WHEAT FLOUR (WHEAT FLOUR, THIAMINE MONONITRATE [VITAMIN B1], NIACIN, RIBOFLAVIN [VITAMIN B2], REDUCED IRON, FOLIC ACID), WATER, CONTAINS 2 PERCENT OR LESS OF: CANOLA OIL, SALT, CULTURED WHEAT STARCH AND WHEAT FLOUR, DISTILLED VINEGAR, YEAST, EXTRA VIRGIN OLIVE OIL, WHEAT FLOUR, CITRIC ACID, MALTED BARLEY FLOUR, MALT SYRUP, RICE FLOUR, SESAME SEED MEAL.



Grains - Resources



Whole Grain Resource:
<https://fns-prod.azureedge.net/sites/default/files/WholeGrainResource.pdf>






Exhibit A

- ▶ To help determine the ounce equivalent (crediting) of grains
- ▶ Available on HCNP's website:
 - ▶ <https://hcnp.hawaii.gov/wp-content/uploads/2021/03/Rev-SP30-2012-Exhibit-A.pdf>
- ▶ Let's practice...



Grains – Crediting Using Exhibit A




**1 slice of whole wheat bread
26 grams**


- ▶ Which group does bread belong to on Exhibit A?
 - ▶ Group B
- ▶ What is the oz eq for this slice of bread?
 - ▶ 0.75 oz eq

GROUP B	OZ EQ FOR GROUP B
• Bagels	1 oz eq = 28 gm or 1.0 oz
• Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
• Biscuits	1/2 oz eq = 14 gm or 0.5 oz
• Breads (aliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz
• Buns (hamburger and hot dog)	

26 grams + 28 grams = 0.93 oz eq → 0.75 oz eq



Grains – Crediting Using Exhibit A





1 cup of brown rice

- ▶ Which group does brown rice belong to on Exhibit A?
 - ▶ Group H
- ▶ What is the oz eq for 1 cup of rice?
 - ▶ 2 oz eq

GROUP H	OZ EQ FOR GROUP H
• Cereal Grains (barley, quinoa, etc)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
• Breakfast cereals (cooked) ^a	
• Bulgur or cracked wheat	
• Macaroni (all shapes)	
• Noodles (all varieties)	
• Pasta (all shapes)	
• Ravioli (noodle only)	
• Rice (enriched white or brown)	

Grains

- ▶ Minimum amount of grain that can be credited towards the meal pattern is 0.25 oz eq
- ▶ Grain-based desserts
 - ▶ Limit: **2 oz eq** per week
 - ▶ Offer products low in added sugar, sodium, and saturated fat

Lunch Meal Pattern, Part 4

- ▶ Please view the fourth part of this presentation
 - ▶ Go to: <http://hcnp.hawaii.gov/training-resources/>
 - ▶ **Part 4 – Lunch Meal Pattern**

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Lunch Meal Pattern

Part 4
SY 2020-2021



Meat/Meat Alternate

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Meat/meat alternate	8-10 oz eq / week 1 oz eq / day	9-10 oz eq / week 1 oz eq / day	10-12 oz eq / week 2 oz eq / day

Meat/Meat Alternate

► Minimum amount of meat/meat alternate that can be credited towards the meal pattern is 0.25 oz eq


Dietary Specifications - Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Calories	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) Target 2 – July 1, 2017	≤ 935	≤ 1035	≤ 1080
Sodium (mg) Final Target – July 1, 2022	≤ 640	≤ 710	≤ 740
Trans Fat	Nutrition label or manufacturer specification must indicate <u>zero</u> grams of trans fat per serving		

Based on weighted weekly averages

7-Day Meal Pattern Requirements
(regularly operate a 7-day week)


7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
FRUIT (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
VEGETABLES (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	3.5

7-Day Meal Pattern Requirements
(regularly operate a 7-day week)

7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
GRAINS (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
MEAT/MEAT ALTERNATE (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
FLUID MILK (cups)	7 (1)	7 (1)	7 (1)

 **Reimbursable Lunch Activity**



 **Reimbursable Lunch?**

Lunch Menu


Roast Turkey with Gravy


Mashed Potatoes

Broccoli

Orange Wedges

Milk
(fat free & 1% unflavored)



 **Reimbursable Lunch?**

K-8 Lunch Menu


WG Pepperoni Pizza

Veggie Sticks


Apple

Milk
(fat free & 1% unflavored)


1 cup Milk




3/4 cup Vegetable



1/2 cup Fruit



2 oz eq M/MA
2 oz eq Grain



Reimbursable Lunch?


Menu

Nut Butter and Jelly Sandwich

Yogurt

Baby Carrots

Banana



Lunch Meal Pattern, Part 5

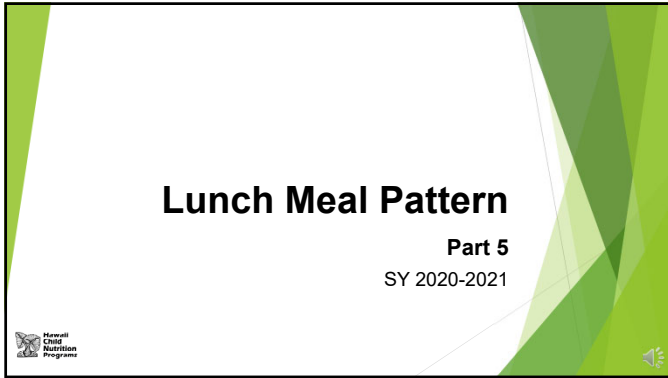
- ▶ Please view the fifth part of this presentation
 - ▶ Go to: <http://hcnp.hawaii.gov/training-resources/>
 - ▶ Part 5 – Lunch Meal Pattern

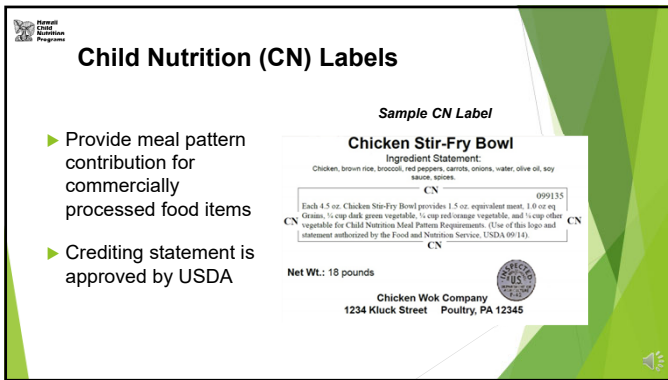
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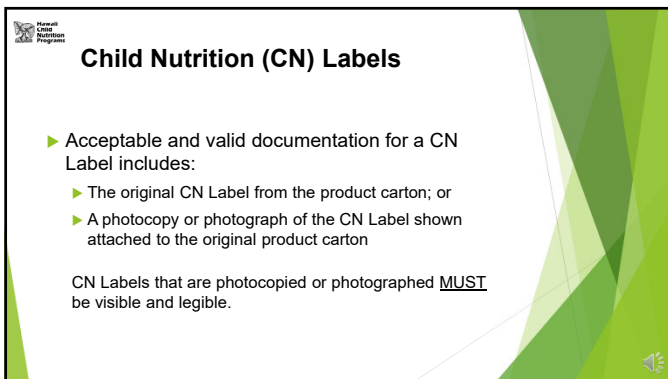
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Child Nutrition (CN) Labels

- CN Label with a watermark is acceptable documentation for the AR when it is attached to a Bill of Lading (invoice) containing the product name

Sample CN Label with a Watermark

Product Formulation Statement (PFS)

- Demonstrates how the processed product contributes to the meal pattern requirements when there is no CN Label
- Must be on signed letterhead

Product Formulation Statement Example:

Menu Planning

Develop a cycle menu

Complete HCNP's Menu Planning Template

Complete USDA Certification Worksheets for each week

Create production record templates

USDA Certification Worksheets:
<https://www.fns.usda.gov/cn/certification-compliance>

Signage

► Must identify what constitutes a reimbursable meal at or near the beginning of the serving line

Sample Menu Activity


December 2020 Lunch Menu				
Cheese Pizza ³⁰	Baked Chicken with Brown Rice ¹	Corn Dog ²	Popcorn Chicken with Brown Rice ³	Spaghetti with Meatballs ⁴
Chicken Nuggets ⁷	Cheeseburger ⁸	Pepperoni Pizza ⁹	Roast Turkey with Brown Rice ¹⁰	Tuna Sandwich ¹¹

All meals include a choice of half pint 1% white or fat free chocolate milk.
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Water


► Must be available to children during meal service

- At no charge
- Where meals are served
 - In foodservice area or immediately adjacent to the meal service area
 - In each meal service location
 - When meals are served outside the cafeteria (classroom, in-school suspension, etc.)
 - During lunch and afterschool snack services (includes Seamless Summer Option)




Resources

- ▶ HCNP's website, NSLP section:
 - ▶ <https://hcnp.hawaii.gov/overview/nslp/>
 - ▶ Click on "Meal Pattern"
- ▶ USDA Food Buying Guide
 - ▶ <https://foodbuyingguide.fns.usda.gov/>
- ▶ USDA Certification Worksheets
 - ▶ <https://www.fns.usda.gov/cn/certification-compliance>




Resources

- ▶ USDA Whole Grain Resource for the National School Lunch Program and School Breakfast Program:
 - ▶ <https://fns-prod.azureedge.net/sites/default/files/WholeGrainResource.pdf>
- ▶ USDA Information on CN Labeling and Product Formulation Statement:
 - ▶ <https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry>



Pop Quiz

- ▶ Link to Google Forms Quiz:
<https://forms.gle/1Ptn41AgHLCWkRe69>






Questions



Contact the NSLP Team:

Rachel Itano	rachel.itano@k12.hi.us
Kasey Kawamoto	kasey.kawamoto@k12.hi.us
Shirley Robinson	shirley.robinson@k12.hi.us



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