



Overview

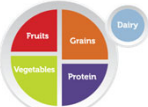


- ▶ What is a reimbursable meal?
- ▶ Why is it important to follow the meal pattern?
- ▶ Lunch meal pattern requirements, including Transitional Nutrition Standards



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




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 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 Meal Pattern

HCNP website: <https://hcnp.hawaii.gov/>

- National School Lunch Program
- Meal Pattern

Lunch Meal Pattern (5-Day School Week)									
	Grades K-5			Grades 6-8			Grades 9-12		
	Min	Max	Per Week	Min	Max	Per Week	Min	Max	Per Week
MEATS									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
VEGETABLES									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
GRAIN									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
DAIRY									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
FRUIT									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
OTHER									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
ADDITIONAL REQUIREMENTS									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
AT LEAST 50% OF THE GRAIN OFFERED WEEKLY MUST BE WHOLE GRAIN BUCK*									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
ADDITIONAL SPECIFICATIONS									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
ADDITIONAL INFORMATION									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
ADDITIONAL NOTES									
Meat Pattern	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Meat Equivalent	0.25	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5

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




UPDATE: Transitional Standards for Milk, Whole Grains, and Sodium

- ▶ Types of milk allowed
- ▶ Amount of whole grain-rich grains required
- ▶ Sodium levels



Refer to the 3/14/2022 email: **IMPORTANT: SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Eff. July 1, 2022**


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% (low-fat) unflavored
 - ▶ Fat-free unflavored
 - ▶ Fat-free flavored
 - ▶ 1% (low-fat) flavored ([Transitional Nutrition Standards](#))

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
 $\frac{1}{4}$ cup raisins = $\frac{1}{2}$ cup fruit
- ▶ Fruit Juice Limit
 ▶ Full-strength fruit juice may be offered to meet up to half of the weekly fruit requirement


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
Red/Orange	¾ cup / week		1½ cups / week
Legumes	½ cup / week		½ cup / week
Starchy	½ cup / week		½ cup / week
Other	½ cup / week		¾ cup / week
Additional (to meet weekly total)	1 cup / week		1½ cups / week



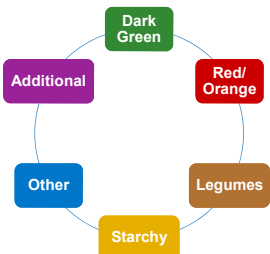
Vegetables


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



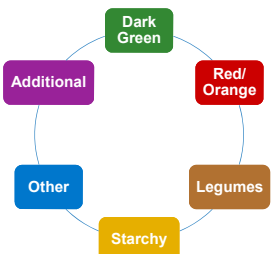



Vegetable Subgroups

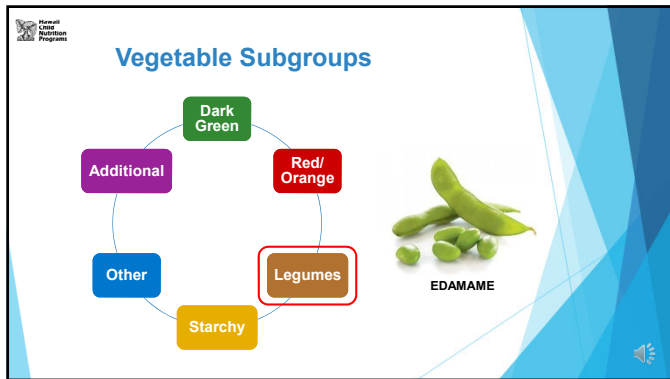


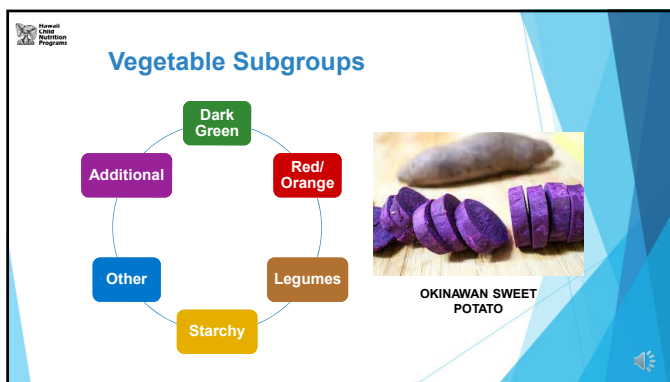


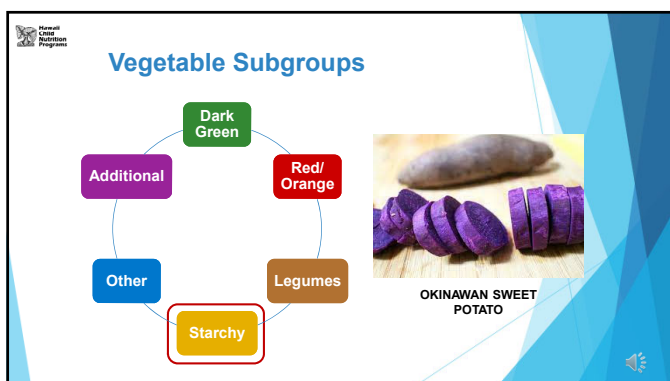
Vegetable Subgroups

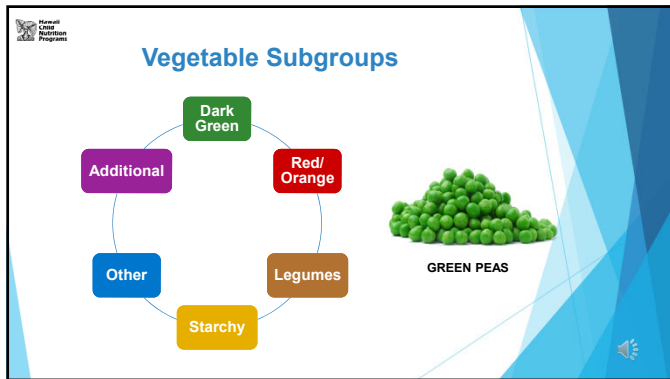



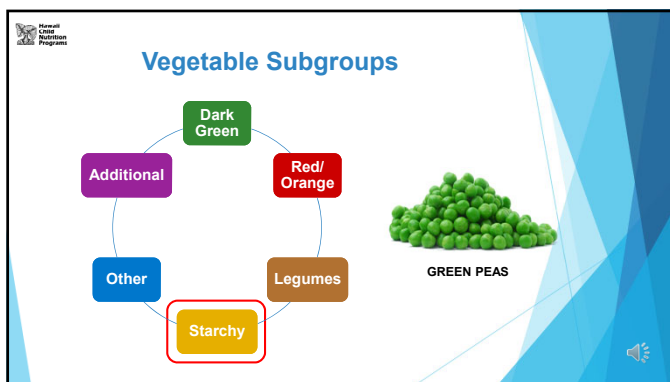
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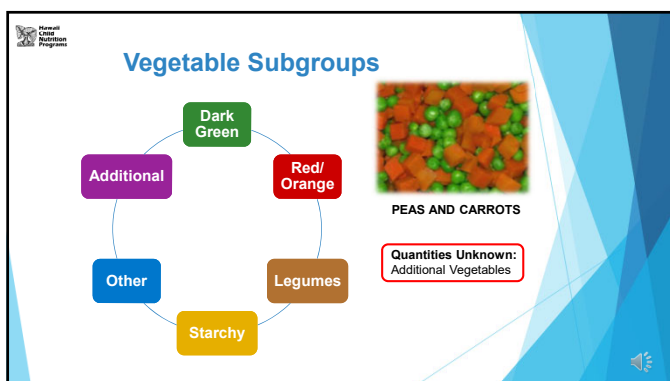


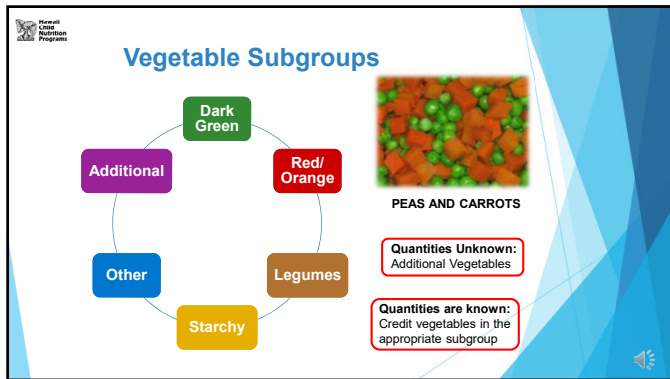


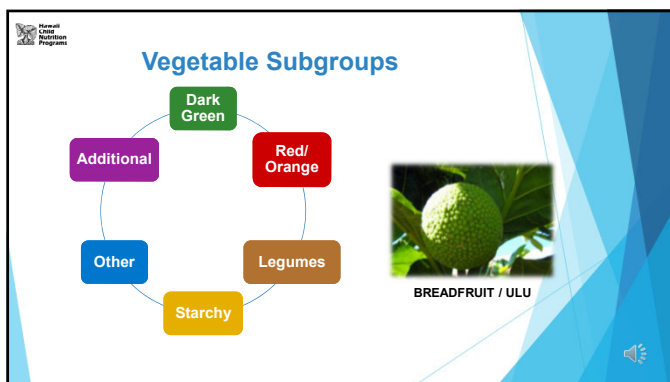


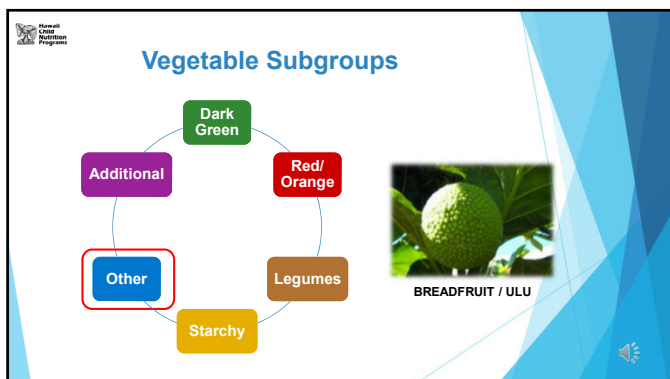


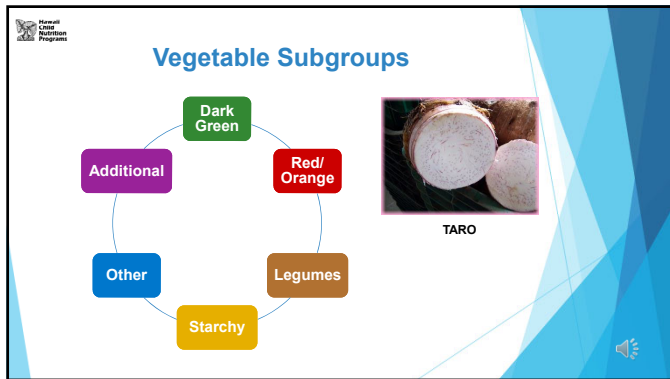


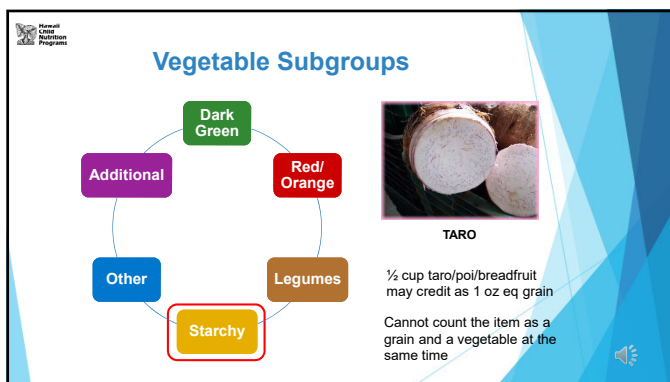


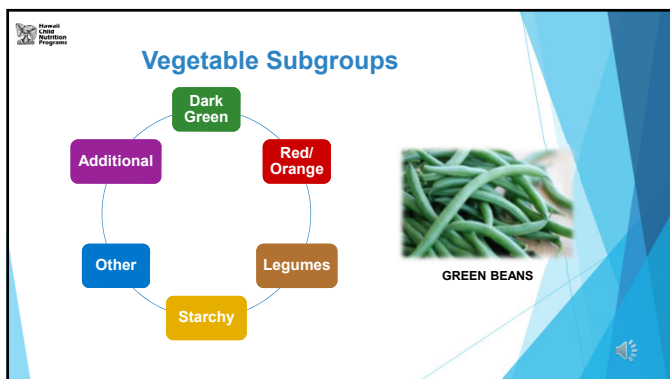


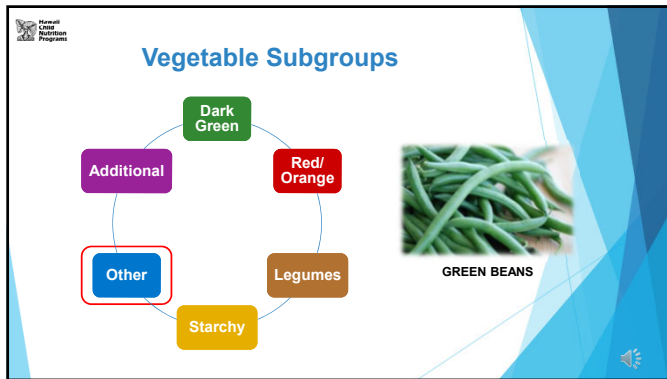












Vegetables – Special Situations

- ▶ Raw and cooked leafy greens credit differently
 - ▶ **Raw:** credited at half the volume served
 - ▶ Example: $\frac{1}{2}$ cup raw spinach = $\frac{1}{4}$ cup vegetable
 - ▶ **Cooked:** credited at the volume served
 - ▶ Example: $\frac{1}{2}$ cup cooked spinach = $\frac{1}{2}$ 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

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

► **At least 80% of the weekly grains must be whole grain-rich**

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

UPDATE

What is Whole Grain-Rich?

A whole grain-rich product must contain at least 50% whole grains and the remaining grains in the product, if any, must be enriched




USDA Whole Grain Resource for NSLP and SBP. A Guide to Meeting the Whole Grain-Rich Criteria:
<https://fns-prod.azureedge.us/sites/default/files/resource-files/WholeGrainReport.pdf>

Grains

Examples of Whole Grains	Examples of Non-whole Grains
▶ Whole wheat flour	▶ Flour
▶ Brown rice	▶ White flour
▶ Rolled oats	▶ Wheat flour
▶ Oatmeal	▶ Bread flour
▶ Quinoa	▶ Enriched flour
▶ Cracked wheat	▶ Enriched rice

Refer to the **USDA Whole Grain Resource for NSLP and SBP. A Guide to Meeting the Whole Grain-Rich Criteria** for more information




Non-creditable Grains

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

Oat fiber	Wheat starch
Corn fiber	Modified food starch
Corn starch	Vegetable flours (such as potato, and legume 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



Using the Ingredient List to Determine if a Product is Whole Grain-Rich

▶ Ingredients are listed in descending order according to weight

- ▶ First ingredient = weighs the most
- ▶ Last ingredient = weighs the least

Sample Bread Ingredient List:

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SALT, SOY LECITHIN, GRAIN VINEGAR, CITRIC ACID, SOY WHEY

Using the Ingredient List to Determine if a Product is Whole Grain-Rich

- ▶ Check if whole grains are the primary grain by weight
- ▶ If a whole grain is listed first with 2 or more enriched grains, a Product Formulation Statement is needed.
- ▶ If an enriched grain is listed as the first ingredient but multiple whole-grain ingredients are listed, a Product Formulation Statement is needed.

Is this Whole Grain-Rich?

All Natural Whole-Wheat Pasta


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




Is this Whole Grain-Rich?

All Natural Whole-Wheat Pasta

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



Unenriched wheat flour and oat fiber


Note: Products containing 0.25 oz eq or more of non-creditable grains may not contribute toward the reimbursable meal.

Request Product Formulation Statement

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?

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?

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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?

Batter Ingredients:
 Water, whole-wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.


Chicken Frank Ingredients:
 Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite. CONTAINS: WHEAT, SOY, EGG, AND GLUTEN.



Is this Whole Grain-Rich?



Batter Ingredients:
 Water, whole-wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.

Chicken Frank Ingredients:
 Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite. CONTAINS: WHEAT, SOY, EGG, AND GLUTEN.



Is this Whole Grain-Rich?


Hamburger Buns

INGREDIENTS:
 Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, yeast, vital wheat gluten, wheat bran. Contains less than 2% of: soybean oil, molasses, salt, sodium stearoyl lactylate, calcium sulfate, ascorbic acid, ammonium sulfate, calcium propionate (preservative), enzymes.

Is this Whole Grain-Rich?

Hamburger Buns




Request Product Formulation Statement

INGREDIENTS:
 Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, yeast, vital wheat gluten, wheat bran. Contains less than 2% of: soybean oil, molasses, salt, sodium stearoyl lactylate, calcium sulfate, ascorbic acid, ammonium sulfate, calcium propionate (preservative), enzymes.

Is this Whole Grain-Rich?



Dinner Roll



INGREDIENTS:
 ENRICHED WHEAT FLOUR (WHEAT FLOUR, THIAMINE MONONITRATE [VITAMIN B1], NIACIN, RIBOFLAVIN [VITAMIN B2], REDUCED IRON, FOLIC ACID), WATER, WHOLE WHEAT FLOUR. CONTAINS LESS THAN 2% 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.

Is this Whole Grain-Rich?

Dinner Roll

INGREDIENTS:

ENRICHED WHEAT FLOUR (WHEAT FLOUR, THIAMINE MONONITRATE [VITAMIN B1], NIACIN, RIBOFLAVIN [VITAMIN B2], REDUCED IRON, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, CONTAINS LESS THAN 2% 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.

Is this a Whole Grain-Rich Product?

Hapa Rice Recipe #1

4 pounds Brown Rice
6 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?



Is this a Whole Grain-Rich Product?

Hapa Rice Recipe #1

4 pounds Brown Rice
6 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

NO 



Is this a Whole Grain-Rich Product?

Hapa Rice Recipe #1
4 pounds Brown Rice
6 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

NO

Hapa Rice Recipe #2
5 pounds Brown Rice
5 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

Is this a Whole Grain-Rich Product?

Hapa Rice Recipe #1
4 pounds Brown Rice
6 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

NO

Hapa Rice Recipe #2
5 pounds Brown Rice
5 pounds Enriched White Rice

Is this Hapa Rice whole grain-rich?

YES

Menu Planning Options for the Whole Grain-Rich Requirement (Sample K-8 Lunch Menu)

Option: Plan menu so enriched grains are served only on one day.

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz eq	WGR 1.5 oz eq	WGR 2 oz eq	WRG 2 oz eq	Enriched 1.5 oz eq

Menu Planning Options for the Whole Grain-Rich Requirement (Sample K-8 Lunch Menu)

Option: Plan menu so enriched grains are served only on one day.

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz eq	WGR 1.5 oz eq	WGR 2 oz eq	WGR 2 oz eq	Enriched 1.5 oz eq

$$\frac{7.5 \text{ oz. eq. WGR}}{9 \text{ oz. eq. Total Grains}} \times 100 = 83\%$$

Menu Planning Options for the Whole Grain-Rich Requirement (Sample 9-12 Lunch Menu)

Option: Plan menu so enriched grains are served throughout the week.

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz. eq. + Enriched 0.5 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq. + Enriched 1 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq. + Enriched 0.5 oz. eq.

$$\frac{10 \text{ oz eq WGR}}{12 \text{ oz eq Total Grains}} \times 100 =$$


Menu Planning Options for the Whole Grain-Rich Requirement (Sample 9-12 Lunch Menu)

Option: Plan menu so enriched grains are served throughout the week.

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz. eq. + Enriched 0.5 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq. + Enriched 1 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq. + Enriched 0.5 oz. eq.

$$\frac{10 \text{ oz eq WGR}}{12 \text{ oz eq Total Grains}} \times 100 = 83 \%$$

Grains - Resources



Whole Grain Resource:
<https://fns-prod.azureedge.us/sites/default/files/resource-files/WholeGrainReport.pdf>

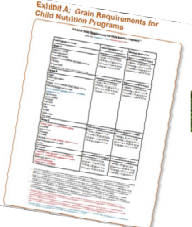



Exhibit A: Grain Requirements for Child Nutrition Programs




USDA Food Buying Guide:
<https://foodbuyingguide.fns.usda.gov/>

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?



Grains – Crediting Using Exhibit A




1 slice of whole wheat bread
26 grams

▶ Which group does bread belong to on Exhibit A?

▶ Group B

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 (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz
• Buns (hamburger and hot dog)	

Grains – Crediting Using Exhibit A




1 slice of whole wheat bread
26 grams

▶ What is the oz eq for this slice of bread?

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 (sliced 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 →

Grains – Crediting Using Exhibit A



1 slice of whole wheat bread
26 grams


▶ 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 (sliced 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?



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?

Group H	Ounce Equivalent (oz eq) for Group H
Cereal Grains (barley, quinoa, etc.)	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Breakfast cereals (cooked) ^{1,7}	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice	



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	Ounce Equivalent (oz eq) for Group H
Cereal Grains (barley, quinoa, etc.)	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Breakfast cereals (cooked) ^{1,7}	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice	




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


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**


DIETARY SPECIFICATIONS Daily amount based on the average for a 5-Day Week	Grades K-5	Grades 6-8	Grades 9-12
Calories ^{a,h}	550-650	600-700	750-850
Saturated Fat ^h (% of total calories)	<10	<10	<10
Sodium Interim Target 1 (milligrams) ^h Effective July 1, 2022	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (milligrams) ^{h,i} Effective July 1, 2023	≤ 1,110	≤ 1,225	≤ 1,280
Trans Fat (grams) ^{h,i}	Nutrition label or manufacturer specifications must indicate zero grams trans fat per serving		

Based on weighted weekly averages

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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 and 1% unflavored)

 **Reimbursable Lunch?**

Lunch Menu






Roast Turkey with Gravy

Mashed Potatoes

Broccoli

Orange Wedges

Milk
(fat free and 1% unflavored)

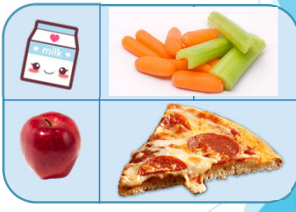






X

Reimbursable Lunch?

K-8 Lunch Menu

WG Pepperoni Pizza
Veggie Sticks
Apple
Milk
 (fat free choc milk & 1% unflavored)




Reimbursable Lunch?

K-8 Lunch Menu

WG Pepperoni Pizza
Veggie Sticks
Apple
Milk
 (fat free choc milk & 1% unflavored)

1 cup Milk 3/4 cup Vegetable




1/2 cup Fruit 2 oz eq M/M/A
 2 oz eq Grain

Reimbursable Lunch?

9-12 Lunch Menu

Spaghetti w/meat sauce
Roll
Mixed green salad
Whole orange
Milk
 (1% choc milk & 1% unflavored)

1 cup Milk 1 cup Vegetable (credits as 1/2 c) 1 oz eq Grain



1/2 cup Fruit 2 oz eq M/M/A
 1 oz eq Grain
 1/4c R/O vegetable

Reimbursable Lunch?

9-12 Lunch Menu

Spaghetti w/meat sauce
Roll
Mixed green salad
Whole orange
Milk
 (1% choc milk & 1% unflavored)

1 cup Milk
 1 cup Vegetable (credits as ½ c)
 1 oz eq Grain

½ cup Fruit
 2 oz eq M/MA
 1 oz eq Grain
 1/4c R/O vegetable

Reimbursable Lunch?

9-12 Lunch Menu

Spaghetti w/meat sauce
Roll
Mixed green salad
Whole orange
Milk
 (1% choc milk & 1% unflavored)

1 cup Milk
 1 cup Vegetable (credits as ½ c)
 1 oz eq Grain

½ cup Fruit
 2 oz eq M/MA
 1 oz eq Grain
 1/4c R/O vegetable

Child Nutrition (CN) Labels

▶ Provide meal pattern contribution for commercially processed food items

▶ Crediting statement is approved by USDA

Sample CN Label

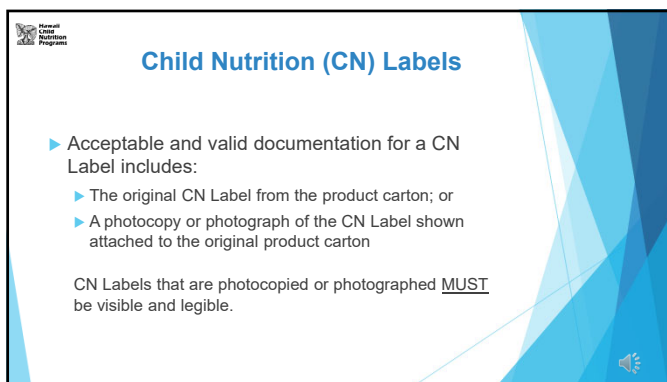
Chicken Stir-Fry Bowl
 Ingredient Statement:
 Chicken, broiled; rice, steamed; soy sauce, sesame oil, garlic, ginger, onion, red pepper, chili sauce, soy sauce, sesame oil.

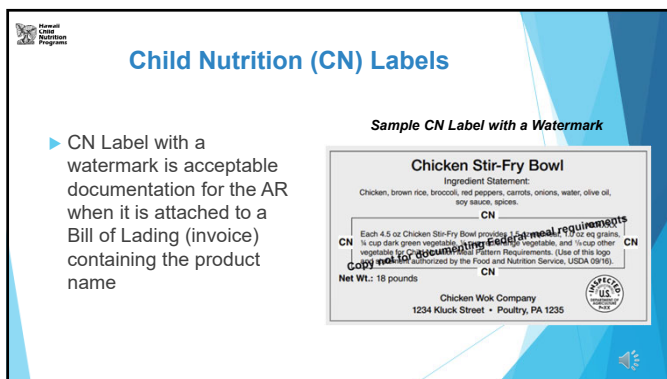
Each 1 oz of Chicken Stir-Fry Bowl provides 1.0 oz equivalent meat, 1.0 oz eq vegetable, 1.0 cup eq fruit, 1.0 cup eq grain, 1.0 cup eq dairy, 1.0 cup eq other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this label and statement is subject to the Food and Nutrition Service, 10/2019-11/19/2019)


Net Wt.: 18 pounds

Chicken Wok Company
 1234 Kluck Street Poultry, PA 12345



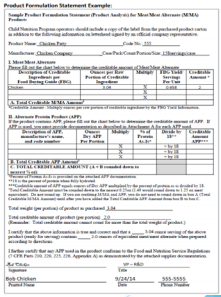







Product Formulation Statement (PFS)

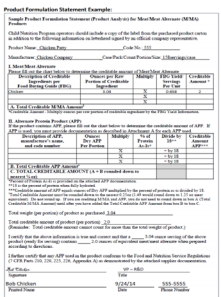
- Demonstrates how the processed product contributes to the meal pattern requirements when there is no CN Label
- Must be on signed letterhead







Product Formulation Statement (PFS)

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





Menu Planning



```

graph LR
    A[Develop a cycle menu] --> B[Complete HCNP's Menu Planning Template]
    B --> C[Complete USDA Certification Worksheets for each week]
    
```

Menu Planning

Develop a cycle menu

Complete HCNP's Menu Planning Template

Complete USDA Certification Worksheets for each week

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

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

Today's Lunch Choices
 All Five Components are Included in Your Complete Lunch.

Protein* Grains Milk

Fruit Vegetables

Notes:

This institution is an equal opportunity provider.

Sample Menu Activity

August 2022 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 1% chocolate milk.

Sample Menu Activity

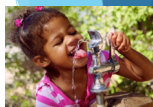
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Water

- ▶ 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.us/sites/default/files/resource-files/WholeGrainReport.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/YZF6V1inDAm3J2ay6>

Q U I Z





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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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
program.intake@usda.gov

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