



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)

5 Day Meal Pattern			
Breakfast Meal Pattern (5-Day School Week)			
FRUITS			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Min Per Week	Min Per Week	Min Per Week
Fruits (cup(s)) ^{1,2}	5	5	5
VEGETABLES			
	Grades K-5	Grades 6-8	Grades 9-12
Vegetables (cup(s)) ^{1,2}			
• Dark green			
• Red/Orange			
• Beans/Peas (legumes)			
• Starchy			
• Other			
Additional veg for Grain Total			
MEATS			
	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternates ¹ (oz eq)			
1. May offer a meat/meat alternate in place of grains after the minimum daily grains requirement 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			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Min Per Week	Min Per Week	Min Per Week
Grains (oz eq) ^{1,2}	7-10	8-10	9-10
AT LEAST 50% OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN RICH. ³			
MILK			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Min Per Week	Min Per Week	Min Per Week
Fluid milk (cup(s)) ¹	5	5	5

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

- ▶ Types of milk allowed
- ▶ Weekly whole grain-rich requirement
- ▶ 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**




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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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Why is this Important?

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



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





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
 - ▶ Pineapple (fruit)
 - ▶ Muffin (grain)
 - ▶ 1% unflavored milk (milk)
 - ▶ Yogurt (M/MA which credits as a grain)





Grade Groups

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




Milk



- ▶ All grade groups: 1 cup of milk per day
- ▶ Must offer at least 2 types from the allowed milk types
 - ▶ 1% (low-fat) unflavored,
 - ▶ Fat-free unflavored,
 - ▶ Fat-free flavored, or
 - UPDATE!** ▶ 1% (low-fat) flavored (*Transitional Nutrition Standards*)

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

Fruit



- ▶ All grade groups: 1 cup of fruit per day
- ▶ Vegetables may be substituted for fruit
 - ▶ Dark green
 - ▶ Red/orange
 - ▶ Beans/peas
 - ▶ Other
 - UPDATE!** ▶ Starchy

Refer to the 3/9/23 email: **IMPORTANT: SP 06-2023 - Consolidated Appropriations Act, 2023: Effect on Child Nutrition Programs**

Fruit – Special Situations

Fruit Juice

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




Dried Fruit

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




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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
- K-8: 8-10 oz eq per week
- K-12: 9-10 oz eq per week

UPDATE! At least 80% of grains offered weekly must be whole grain-rich.



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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's *Whole Grain Resource for the National School Lunch and School Breakfast Programs*: <https://fns-prod.azureedge.us/sites/default/files/resource-files/WholeGrainReport.pdf>



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Grains

Examples of Whole Grains	Examples of Non-whole Grains
▶ Whole wheat flour	▶ Flour
▶ White whole wheat flour	▶ All-purpose flour
▶ Brown rice	▶ White flour
▶ Rolled oats	▶ Wheat flour
▶ Oatmeal	▶ Bread flour
▶ Quinoa	▶ Rice flour
▶ Cracked wheat	▶ Enriched flour
▶ Crushed wheat	▶ Enriched rice
▶ Wild Rice	▶ Milled brown rice

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Non-creditable Ingredients

▶ 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

REVIEW

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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



▶ 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.

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Is this a Whole Grain-Rich Product?

INGREDIENTS: Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

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Is this a Whole Grain-Rich Product?



Ingredients
 Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Honey, Wheat Gluten, Sugar, Wheat Bran. Contains 2% or Less of Each of the Following: Yeast, Cultured Wheat Flour, Salt, Soybean Oil, Soy Flour, Calcium Sulfate.

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Is this a Whole Grain-Rich Product?



Request a Product Formulation Statement

INGREDIENTS: Wheat bran, whole-wheat flour, sugar, whole oat flour, raisins, baking soda, baking powder, salt, milk, vanilla extract

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Is this a Whole Grain-Rich Product?

<p>Hapa Rice Recipe #1</p> <p>4 pounds Brown Rice 6 pounds Enriched White Rice</p> <p>Is this Hapa Rice whole grain-rich?</p> <p>NO </p> 	<p>Hapa Rice Recipe #2</p> <p>5 pounds Brown Rice 5 pounds Enriched White Rice</p> <p>Is this Hapa Rice whole grain-rich?</p> <p>YES </p>
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Ready to Eat Breakfast Cereals

- ▶ Ready-to-Eat (RTE) breakfast cereals must list a whole grain as the primary ingredient and
- ▶ The cereal must be fortified.
- ▶ RTE cereals made from 100 percent whole grains are not required to be fortified





Is this a Whole Grain-Rich Product?



Ingredients

WHOLE GRAIN OATS, SUGAR, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, CANOLA OIL, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (SODIUM ASCORBATE), IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3, CONTAINS ALMOND INGREDIENTS.






Is this a Whole Grain-Rich Product?



Ingredients: Rice, sugar, contains 2% or less of salt, malt flavor. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Need to request a Product Formulation Statement






Menu Planning Options for the Whole Grain-Rich Requirement

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

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

$$\frac{8 \text{ oz. eq. WGR}}{10 \text{ oz. eq. Total Grains}} \times 100 = 80\%$$



Menu Planning Options for the Whole Grain-Rich Requirement

Option: Incorporate small amounts of enriched grains throughout the week

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

$$\frac{7 \text{ oz. eq. WGR}}{8.5 \text{ oz. eq. Total Grains}} \times 100 = 82\%$$




Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)
Group A Ounce Equivalent (oz eq) for Group A	
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz
Crow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz
Croquettes	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread in stuffing	
Group B Ounce Equivalent (oz eq) for Group B	
Biscuits	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 - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25
Buns (hamburger and hot dog)	
Sweet Crackers ³ (graham crackers - all shapes, animal crackers)	
Egg roll skins	
English muffins	
Pita bread	
Pizza crust	
Pretzels (soft)	
Rolls	
Tortillas	
Tortilla chips	
Taco shells	

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Sample Bagel Label

Nutrition Facts

6 servings per container

Serving size 1 Bagel (68 g)


Group B	Ounce Equivalent (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

$68 \text{ g} \div 28 \text{ g} = 2.4 \rightarrow 2.25 \text{ oz eq}$

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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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Sample CN Label for Breakfast

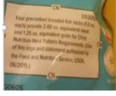


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How to Document a CN Label



Original CN Label from the product



Photograph CN Label and attach to Product



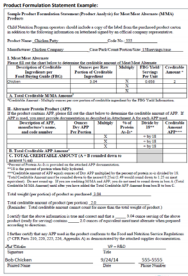
A photograph or copy of the CN Label from the product packaging

Must be visible and legible

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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




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Breakfast Dietary Specifications **UPDATE!**

DIETARY SPECIFICATIONS (Daily amount based on the average for a 5-Day Week)	Grades K-5	Grades 6-8	Grades 9-12
Calories ¹ ±	350-500	400-550	450-600
Saturated Fat ² (% of total calories)	<10	<10	<10
Sodium Target ¹ ± (milligrams)	≤ 540	≤ 600	≤ 640
Trans Fat (grams) ² ± ^b	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

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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
- ▶ **This is required!** Will be checked during an Administrative Review (AR)
 - ▶ Maintain documentation

USDA Breakfast Toolkit:
<https://www.fns.usda.gov/sbp/toolkit>

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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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Sample Menu

BREAKFAST **AUGUST 2022**

ALL BREAKFASTS INCLUDE A CHOICE OF 1) FRY TO GO OR 2) CEREAL OR 3) BREAD

ADULTS ONLY

Monday	Tuesday	Wednesday	Thursday	Friday
1. BREAKFAST CEREAL APPLE SAUCE PEACHES	2. BREAKFAST CEREAL APPLE SAUCE PEACHES	3. BREAKFAST CEREAL APPLE SAUCE PEACHES	4. BREAKFAST CEREAL APPLE SAUCE PEACHES	5. BREAKFAST CEREAL APPLE SAUCE PEACHES
6. BREAKFAST CEREAL APPLE SAUCE PEACHES	7. BREAKFAST CEREAL APPLE SAUCE PEACHES	8. BREAKFAST CEREAL APPLE SAUCE PEACHES	9. BREAKFAST CEREAL APPLE SAUCE PEACHES	10. BREAKFAST CEREAL APPLE SAUCE PEACHES
11. BREAKFAST CEREAL APPLE SAUCE PEACHES	12. BREAKFAST CEREAL APPLE SAUCE PEACHES	13. BREAKFAST CEREAL APPLE SAUCE PEACHES	14. BREAKFAST CEREAL APPLE SAUCE PEACHES	15. BREAKFAST CEREAL APPLE SAUCE PEACHES
16. BREAKFAST CEREAL APPLE SAUCE PEACHES	17. BREAKFAST CEREAL APPLE SAUCE PEACHES	18. BREAKFAST CEREAL APPLE SAUCE PEACHES	19. BREAKFAST CEREAL APPLE SAUCE PEACHES	20. BREAKFAST CEREAL APPLE SAUCE PEACHES
21. BREAKFAST CEREAL APPLE SAUCE PEACHES	22. BREAKFAST CEREAL APPLE SAUCE PEACHES	23. BREAKFAST CEREAL APPLE SAUCE PEACHES	24. BREAKFAST CEREAL APPLE SAUCE PEACHES	25. BREAKFAST CEREAL APPLE SAUCE PEACHES
26. BREAKFAST CEREAL APPLE SAUCE PEACHES	27. BREAKFAST CEREAL APPLE SAUCE PEACHES	28. BREAKFAST CEREAL APPLE SAUCE PEACHES	29. BREAKFAST CEREAL APPLE SAUCE PEACHES	30. BREAKFAST CEREAL APPLE SAUCE PEACHES
31. BREAKFAST CEREAL APPLE SAUCE PEACHES				


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Breakfast Activity - Helpful Hints

- ▶ Pay attention to the grade group!
- ▶ Milk
 - ▶ Must offer at least 2 acceptable varieties (at least one option must be unflavored)
 - ▶ 1% flavored milk is allowed in SY 23-24
- ▶ Fruit
 - ▶ Dried fruit credits at double volume served
- ▶ Grains
 - ▶ Is it whole grain-rich?
 - ▶ Meat/Meat Alternate can credit as grain after the minimum daily grain requirement is met
 - ▶ At least 80% of the weekly grains must be whole grain-rich

Helpful Tips



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Breakfast Activity – Is It Reimbursable?



Breakfast Menu #1 – Grades K-8

Yogurt, ½ cup (1 oz eq meat/meat alternate)

Strawberries, ½ cup

Banana, 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 #2 – Grades K-8

Whole grain-rich ready-to-eat cereal, 1 box (0.9 oz.)

100% orange juice, ½ cup

Raisins, ¼ cup

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



Breakfast Activity – Is It Reimbursable?

Breakfast Menu #3 – Grades K-12

Whole wheat bagel, 1 each (2 oz eq grain)

Grapes, ½ cup

Apple slices, ½ cup

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





Breakfast Activity – Is It Reimbursable?

Breakfast Menu #4 – Grades 9-12

WG Breakfast burrito (1 oz eq grain and 1 oz eq meat/meat alternate)

Orange, whole, ½ cup

Choice of 1% chocolate milk or fat-free chocolate milk, 1 cup





Breakfast Activity – Weekly WG-Rich Requirement Met?

Breakfast Menu #6 – Grades K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Berry Parfait (WG Granola)	WG Breakfast Burrito	Hapa Rice and Sausage Links	Pizza Bagel (WG)	French Toast Sticks (enriched)
= (1 oz eq WG, 1 oz eq of M/MA)	= (1 oz eq WG, 1 oz eq of M/MA)	= (1 oz eq WG, 1 oz eq M/MA)	= (1 oz eq WG, 1 oz eq M/MA)	= (1 oz eq enriched, 1 oz eq of M/MA)

For the menu week:


How many oz eq of grains offered are whole grain-rich? **4 oz eq**


How many total oz eq of grains are offered this week (whole grain-rich + enriched)? **5 oz eq**

What percent of grains offered this week is whole grain-rich?

$$\frac{4 \text{ oz eq WG}}{5 \text{ oz eq Total Grains}} \times 100 = 80\%$$









Breakfast Meal Pattern Quiz

Link to Google Forms Quiz:
<https://forms.gle/6ApbDkzrRFPqhfgF6>

Code word: **outreach**







Questions?


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