### **National School Lunch Program**







#### Illinois State Board of Education **Nutrition and Wellness Division**

#### **Dietary Specifications for Lunch- Calories**

K-5	K-8	6-8	9-12
550-650	600-650	600-700	750-850

Less than 10% Saturated Fat
Zero added Trans-fats
Gradual reduction in Sodium – first target started SY 2014-15

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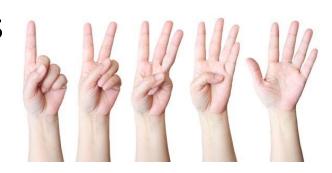
# **Lunch Calorie Daily/Weekly**

- On average, over the course of a 5 day week
- Fall within the minimum and maximum levels for each age/grade group
- Overlap between the age/grade groups K-5 and K-8
- No overlap between elementary and 9-12

#### **Meal Patterns are Food Based**

Lunch is Composed of 5 Meal Components

- 1. Fruit
- 2. Vegetable
- 3. Grain
- 4. Meats/Meat Alternates
- 5. Milk



# Lunch for K-5 Minimum amounts to offer

	Daily	Weekly
Fruit	½ cup	2 ½ cup
Vegetable	3/4 cup	3 ¾ cup
Grain	1 oz eq	8 oz eq
Meats/Meat Alternates	1 oz eq	8 oz eq
Milk	1 cup	5 cup

# Lunch for 6-8, K-8 Minimum amounts to offer

	Daily	Weekly
Fruit	½ cup	2 ½ cup
Vegetable	3/4 cup	3 ¾ cup
Grain	1 oz eq	8 oz eq
Meats/Meat Alternates	1 oz eq	9 oz eq
Milk	1 cup	5 cup

# Lunch for Grades 9-12 Minimum amounts to offer DAILY

Daily	Weekly
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1 cup	1 cup	5 cup
Vegetable	1 cup	5 cup
Grain	2 oz eq	10 oz eq
Meats/Meat Alternates	2 oz eq	10 oz eq
Milk	1 cup	5 cup

#### **Fruit**



#### **Fruits**

- Fresh –whole or cut
- Frozen –with or without added sugar
- Dried –credits at twice the volume ¼ cup serving credits as a ½ cup component
- Canned
  - Fruit in 100% juice may be counted as the full volume
  - Fruit in light syrup should be drained and served as ¼ cup, ½ cup, ¾ cup, or 1 cup

Minimum of ½ cup to count toward daily total

Can offer combination of various fruits to meet daily total

All servings based on actual volume served, except dried fruit





#### **Juice**

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100 percent juice



- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100 percent juice, unless the canned fruit is drained

# Vegetables



## Vegetable Subgroup

	<b>Grades K-5</b>	Grades 6-8	Grades 9-12
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/orange	<sup>3</sup> / <sub>4</sub> cup	<sup>3</sup> / <sub>4</sub> cup	I ¼ cup
Legumes	1/2 cup	1/2 cup	½ cup
Starchy	¹⁄₂ cup	¹⁄₂ <b>cup</b>	½ cup
Other	1/2 cup	¹⁄₂ cup	³∕₄ cup
Additional to reach total	I cup	I cup	I ½ cup

### Vegetables

- Vegetable subgroups weekly requirements
  - Dark Green (broccoli, Romaine lettuce, spinach)
  - Red/Orange (carrots, sweet potatoes, tomatoes)
  - Beans/Peas (Legumes; kidney beans, lentils, chickpeas)
  - Starchy (corn, green peas, white potatoes)
  - Other (celery, green beans, cucumbers, cauliflower)
  - Additional vegetables to meet 5 cup weekly total

Breakout session #6 Vegetable Subgroups

### Vegetables

- Vegetable subgroups weekly requirements
  - Dark Green (broccoli, Romaine lettuce, spinach)
    - Leafy greens credit at half volume

1 cup = ½ cup creditable vegetable serving

- Beans/Peas (Legumes; kidney beans, lentils, chickpeas)
  - May be credited as vegetable OR meat alternate

### Salad Bar vs Fruit and Vegetable Bar

- Prepackaged salad
- Fruit and veggie bar
- Self-serve reimbursable meal







### **Grains**



#### **Requirements for Grain Products**

Grade Group	Daily Minimum	Weekly Minimum
K-5	1 ounce	8 ounce
6-8	1 ounce	8 ounce
9-12	2 ounce	10 ounce

- Must be whole grain-rich (WGR)
  - -100% whole grain
  - -At least 50% whole grain
- Must meet minimum serving size

#### Whole Grain Rich

- At least 50% whole grain by weight
  - whole grain is FIRST ingredient
  - if WATER is first ingredient, whole grain is SECOND ingredient
- Any other grain ingredients are enriched
- Any noncreditable grains are less than 2%

#### Whole Grain Rich

- Grain-based products-
  - breads, cereals, waffles, muffins
    - Whole grain is FIRST ingredient listed

- Combination foods- Crediting
  - pizza, lasagna, chicken nuggets
    - Whole grain is FIRST GRAIN ingredient listed

#### **Example of Weekly Grain Calculation**

#### **Unacceptable Lunch Menu for Grains**

**GRADES 6-8** 

**DAILY REQUIREMENT: 1 ounce equivalent** 

**WEEKLY REQUIREMENT: 8 ounce equivalents** 

Daily	Daily OUNCE EQUIVALENTS OFFERED					Meets Minimum Weekly	
Choices	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	Requirement?
Choice 1	2	1.5	1.5	2	2		
Choice 2	1.25	1	1.75	2	2	7.75	NO
Choice 3	1.75	2	2	2	2.5		

#### **Example of Weekly Grain Calculation**

# Acceptable Lunch Menu for Grains GRADES 6-8

DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 8 ounce equivalents

Daily	OUNCE EQUIVALENTS OFFERED					Meets Minimum Weekly	
Choices	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	Requirement?
Choice 1	2	1.5	1.5	2	2		
Choice 2	1.25	1.25	1.75	2	2	8	YES
Choice 3	1.75	2	2	2	2.5		

### **Meat/Meat Alternate**



# Meat/Meat Alternate Daily requirements for lunch

Grade Group	Daily Minimum	Weekly Minimum
K-5	1 ounce	8 ounce
6-8	1 ounce	9 ounce
9-12	2 ounce	10 ounce

# Processed Meat How much equals 1 oz eq?

Product	Amount Required to Provide 1 ounce of MMA *
Turkey ham, fully cooked	1.4 ounces
Turkey ham, fully cooked, with 15% added ingredients	1.7 ounces
Ham with natural juices, fully cooked	1.12 ounces
Ham, water added, fully cooked	1.22 ounces

<sup>\*</sup> USDA Food Buying Guide for School Nutrition Programs



# Meat Alternate How much equals 1 oz eq?

Meat Alternates	One ounce Equivalents
Peanut Butter/Nut Butters	2 tablespoons
Cheeses	1 ounce
Yogurt/ Greek Yogurt	4 ounces
Large egg	½ egg
Cottage cheese	¼ cup
Legumes/Beans/peas	¼ cup

## **Example of Weekly Meat Calculation**

#### Unacceptable Lunch Menu for Meat/Meat Alternates

#### **GRADES 6-8**

DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 9 ounce equivalents

Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	Requirement?
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		

### **Example of Weekly Meat Calculation**

# Acceptable Lunch Menu for Meat/Meat Alternates GRADES 6-8

DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 9 ounce equivalents

Daily	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly
Choices	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	Requirement?
Choice 1	2	1.5	1.75	2	2	9	YES
Choice 2	1.75	1.25	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		

Food Components	Grade K - 5	Grade 6 – 8	<b>Grade 9 - 12</b>
Milk	5 cups/week	5 cups/week	5 cups/week
	(1 cup daily)	(1 cup daily)	(1 cup daily)



#### Allowable milk options:

- -Fat-free (unflavored or flavored)
- -Low-fat (unflavored or flavored \*New)
- -Lactose-free reduced or lactose-free fat-free
- Must offer at least two choices

<sup>\*</sup>SP 18-2018 CNP Flexibilities for School Year 2018-2019

#### Milk Substitutions

- REQUIRED for children with disabilities (medical statement from recognized medical authority)
- OPTIONAL for children without disabilities (written parent request)
- lactose-free or lactose-reduced milk (unflavored low-fat or unflavored/flavored fat-free)
- nondairy milk substitutes that meet USDA nutrition standards for fluid milk substitutes

#### Milk Substitutions

Juice and water
CANNOT be offered
as milk substitutes
for children
without disabilities



#### **Preschool**



#### **Preschool Fast Facts**

#### Grains

- Whole grains/enriched grains
- Ounce equivalents
- Sugar limits for cereals
- No grain based desserts
- Meat substitutes as grain up to 3 times a week (breakfast)

#### Vegetable/Fruit

- Combined component breakfast
- Separate component for lunch
- Juice limit per day

#### Meat/Meat Alternate

Yogurt sugar limits

#### Milk

Flavored prohibited

## Pre K Menu Planning

SP 37-2017

Single Menu Flexibility for co-mingled preschool

The option to serve the K-5 meal pattern to preschoolers is only allowed when preschoolers are co-mingled with K-5 students during meal service.



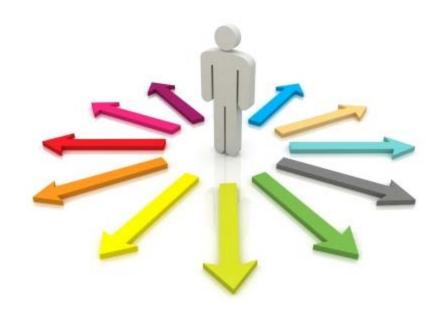
#### Water....not a component but required!

- Must be available without restriction to students during meal period
  - Water pitchers and cups on tables
  - Water fountain or faucet that allows students to fill their own water bottles
  - Cups filled with drinking water
- \*Bottled water should be offered after the student has the option to select milk
- \*Signage should be clear- water is not a component of the reimbursable meal

\*SP 19-2018 Clarification on the Milk and Water Requirements in the School Meal Programs (released July 30, 2018)



# Offer vs Serve



Administrative Handbook Section C-22

#### Offer vs Serve

#### Lunch

- Optional grades K-8
- Required for grades 9-12
- Must offer all 5 full components
- Student must take a minimum of 3 items, one must be at least ½ cup of fruit and/or vegetable

#### The 5 Components of a School Lunch



This institution is an equal opportunity provider.

#### Offer vs Serve-Lunch

Function	Requirement			
Implementation of OVS	Mandatory at the senior high level  Optional below senior high level			
Reimbursable Meals  Number of Food Components/Food Items offered	Offer five food components  Five food components/number of food items offered varies			
Required number of selections for OVS	At all grade levels, student must select at least 3 items, one of which must be at least ½ cup of fruit (or vegetable or a combination of both)			
OVS and fruit and vegetable food components/food items	Fruits and vegetables are two separate components.  Student must select at least ½ cup of fruits or vegetables or a combined total of ½ cup of both			
"Extra " foods offered	Not credited for OVS but must be included in dietary specifications			

#### Offer vs Serve- online trainings available:

#### **ISBE Resources:**

OVS for lunch gradesK-8 and 9-12

- www.isbe.net/Documents/nslp-ovs-k-8-pres.pdf
- www.isbe.net/Documents/nslp-ovs-9-12-pres.pdf

#### Breakfast and OVS for breakfast:

www.isbe.net/Documents/SBP-mealpattern-OVS.pdf



#### **USDA OVS website:**

www.fns.usda.gov/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16

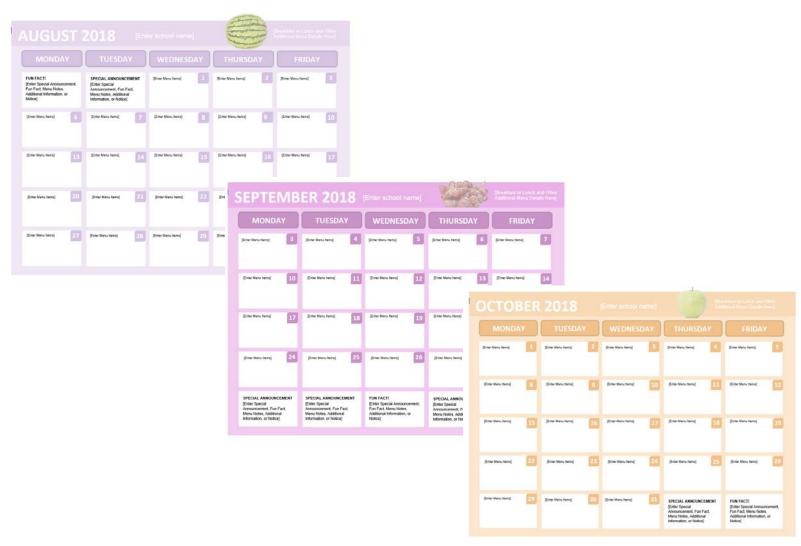
## Required Recordkeeping

- Menus
- Production records
- Recipes to support production records
- Product crediting documentation





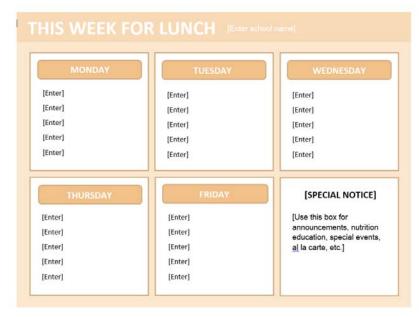
# Resources: www.isbe.net/Pages/MenuBoardSinageResources.aspx

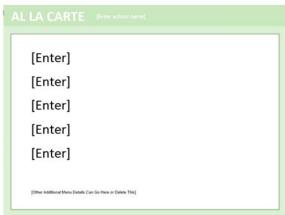




#### Resources: www.isbe.net/Pages/MenuBoardSinageResources.aspx

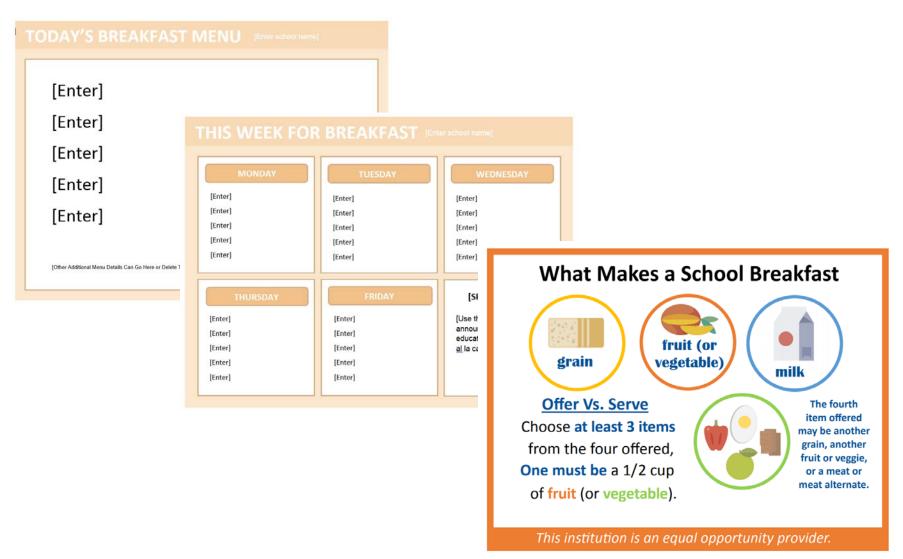
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#### Resources: www.isbe.net/Pages/MenuBoardSinageResources.aspx



#### **Contact Information**

Nutrition Division 800.545.7892 or 217.782.2491 cnp@isbe.net

**ISBE** Website

www.isbe.net/Pages/Nutrition-and-Wellness.aspx