



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



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	¾ 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	¾ 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
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 $\frac{1}{4}$ cup serving credits as a $\frac{1}{2}$ cup component
- Canned
 - Fruit in 100% juice may be counted as the full volume
 - Fruit in light syrup should be drained and served as $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, or 1 cup



Minimum of $\frac{1}{8}$ 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

	Grades K-5	Grades 6-8	Grades 9-12
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/orange	3/4 cup	3/4 cup	1 1/4 cup
Legumes	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	3/4 cup
Additional to reach total	1 cup	1 cup	1 1/2 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 Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	7.75	NO
Choice 2	1.25	1	1.75	2	2		
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 Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.25	1.25	1.75	2	2		
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

* 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 Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
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 Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
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	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (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

*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 $\frac{1}{2}$ cup of fruit and/or vegetable



The 5 Components of a School Lunch



Offer Vs. Serve

Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other
components.**



Choose all 5 for the best nutrition!

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	Offer five food components
Number of Food Components/Food Items offered	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 grades K-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

AUGUST 2018 [Enter school name]  (Breakfast or Lunch and Other Additional Menu Details Here)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUN FACT! [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	SPECIAL ANNOUNCEMENT [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	[Enter Menu Item] 1	[Enter Menu Item] 2	[Enter Menu Item] 3
[Enter Menu Item] 6	[Enter Menu Item] 7	[Enter Menu Item] 8	[Enter Menu Item] 9	[Enter Menu Item] 10
[Enter Menu Item] 13	[Enter Menu Item] 14	[Enter Menu Item] 15	[Enter Menu Item] 16	[Enter Menu Item] 17
[Enter Menu Item] 20	[Enter Menu Item] 21	[Enter Menu Item] 22	[Enter Menu Item] 23	[Enter Menu Item] 24
[Enter Menu Item] 27	[Enter Menu Item] 28	[Enter Menu Item] 29	[Enter Menu Item] 30	[Enter Menu Item] 31

SEPTEMBER 2018 [Enter school name]  (Breakfast or Lunch and Other Additional Menu Details Here)


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[Enter Menu Item] 3	[Enter Menu Item] 4	[Enter Menu Item] 5	[Enter Menu Item] 6	[Enter Menu Item] 7
[Enter Menu Item] 10	[Enter Menu Item] 11	[Enter Menu Item] 12	[Enter Menu Item] 13	[Enter Menu Item] 14
[Enter Menu Item] 17	[Enter Menu Item] 18	[Enter Menu Item] 19	[Enter Menu Item] 20	[Enter Menu Item] 21
[Enter Menu Item] 24	[Enter Menu Item] 25	[Enter Menu Item] 26	[Enter Menu Item] 27	[Enter Menu Item] 28
SPECIAL ANNOUNCEMENT [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	SPECIAL ANNOUNCEMENT [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	FUN FACT! [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	SPECIAL ANNOUNCEMENT [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	[Enter Menu Item] 31

OCTOBER 2018 [Enter school name]  (Breakfast or Lunch and Other Additional Menu Details Here)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[Enter Menu Item] 1	[Enter Menu Item] 2	[Enter Menu Item] 3	[Enter Menu Item] 4	[Enter Menu Item] 5
[Enter Menu Item] 8	[Enter Menu Item] 9	[Enter Menu Item] 10	[Enter Menu Item] 11	[Enter Menu Item] 12
[Enter Menu Item] 15	[Enter Menu Item] 16	[Enter Menu Item] 17	[Enter Menu Item] 18	[Enter Menu Item] 19
[Enter Menu Item] 22	[Enter Menu Item] 23	[Enter Menu Item] 24	[Enter Menu Item] 25	[Enter Menu Item] 26
[Enter Menu Item] 29	[Enter Menu Item] 30	[Enter Menu Item] 31	SPECIAL ANNOUNCEMENT [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]	FUN FACT! [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notice]



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

TODAY'S LUNCH MENU  [Enter school name]

[Enter]
[Enter]
[Enter]
[Enter]
[Enter]

[Other Additional Menu Details Can Go Here or Delete This]

THIS WEEK FOR LUNCH [Enter school name]

<p>MONDAY</p> <p>[Enter] [Enter] [Enter] [Enter] [Enter]</p>	<p>TUESDAY</p> <p>[Enter] [Enter] [Enter] [Enter] [Enter]</p>	<p>WEDNESDAY</p> <p>[Enter] [Enter] [Enter] [Enter] [Enter]</p>
<p>THURSDAY</p> <p>[Enter] [Enter] [Enter] [Enter] [Enter]</p>	<p>FRIDAY</p> <p>[Enter] [Enter] [Enter] [Enter] [Enter]</p>	<p>[SPECIAL NOTICE]</p> <p>[Use this box for announcements, nutrition education, special events, a la carte, etc.]</p>

AL LA CARTE [Enter school name]

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[Other Additional Menu Details Can Go Here or Delete This]



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

TODAY'S BREAKFAST MENU [Enter school name]


[Enter]
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[Other Additional Menu Details Can Go Here or Delete]


THIS WEEK FOR BREAKFAST [Enter school name]

MONDAY	TUESDAY	WEDNESDAY
[Enter]	[Enter]	[Enter]
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What Makes a School Breakfast



grain




fruit (or vegetable)



milk

Offer Vs. Serve
Choose **at least 3 items** from the four offered, **One must be a 1/2 cup of fruit (or vegetable).**



The fourth item offered may be another grain, another fruit or veggie, or a meat or meat alternate.

This institution is an equal opportunity provider.



Contact Information

Nutrition Division

800.545.7892 or 217.782.2491

cnp@isbe.net

ISBE Website

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