



School Nutrition Programs Meal Pattern Overview and Menu Planning Tool

Refresh.



Refocus.

School Nutrition Programs
Back to School Conference

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Nutrition Department



<https://www.isbe.net/snpb2s>



Monday

- 9 – 10:30am: ISBE Update (recorded)
- 1 – 2:30pm: Procurement (recorded)



Tuesday

- 9 – 10:30am: Meal Pattern and Planning
- 1 – 2:30pm: USDA Foods



Wednesday

- 9 – 10:30am: Monitoring: Part 1
- 1 – 2:30pm: Monitoring: Part 2

Register Today!!



CHECK THIS OUT!

**SNP Back to
School
Conference
Webpage**



www.isbe.net/snpb2s



Agenda



Transitional Standards for
Milk, Whole Grains, & Sodium



National School Lunch
Program Meal Pattern



School Breakfast Program
Meal Pattern



School Year 2022-2023

Under current guidance from USDA, sponsors will participate in the NSLP and SBP

The NSLP and SBP meal pattern will be in effect

Meals must be consumed onsite



Transitional Standards for Milk, Whole Grains, & Sodium

Purpose: This final rule provides immediate relief to schools during the return to traditional school meal service following extended use of COVID-19 meal pattern flexibilities

Effective Date: July 1, 2022

Timeframe: Intended to be transitional and in effect for only two school years (SY 2022-23 & SY 2023-24)



Transitional Standards for Milk, Whole Grains, & Sodium

Milk Standards:

Now allows providers to offer flavored, low-fat milk along with fat-free flavored milk and unflavored low-fat and fat free milk

Grain Standards:

Requires at least 80 percent of the weekly grains in the school lunch and breakfast menus to be whole grain-rich

Sodium Standards:

- Maintains Sodium Target 1 for NSLP/ SBP through SY 2022-23, and SBP in SY 2023-2024
- Implement Sodium Target 1A for NSLP no later than SY 2023-24



Transitional Standards for Sodium

Transitional Sodium Timeline & Limits

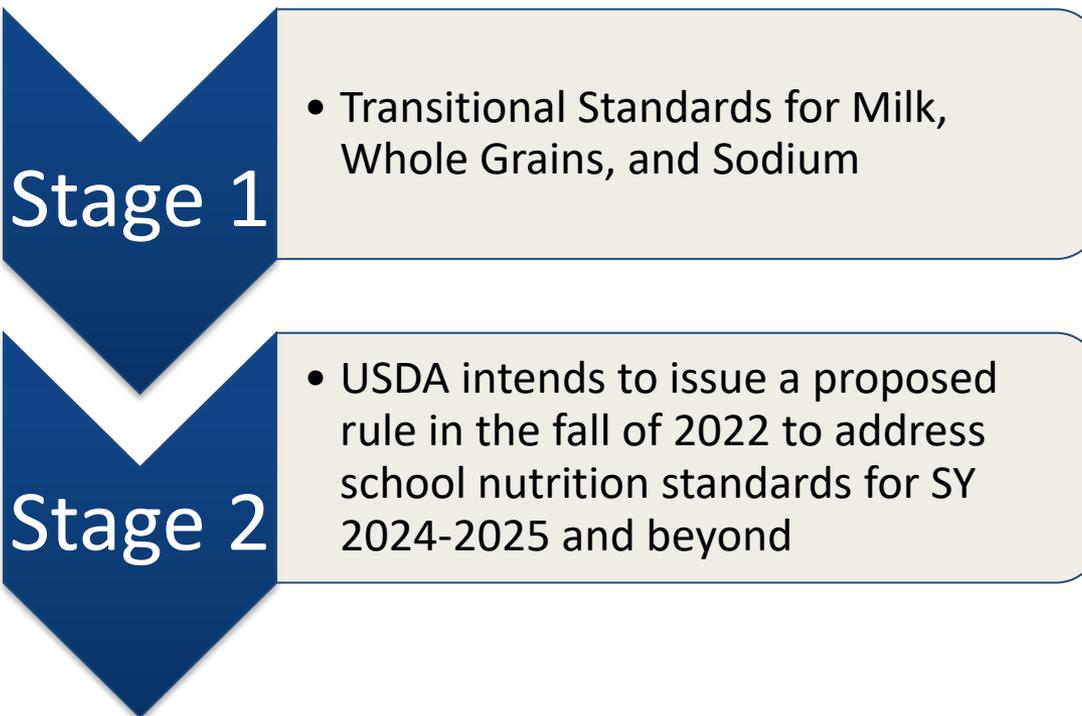
School Breakfast Program		
Grade Group	Target 1 Effective July 1, 2022 through SY 23-24	
K - 5 th	≤ 540 mg	
6 th - 8 th	≤ 600 mg	
9 th - 12 th	≤ 640 mg	

National School Lunch Program		
Grade Group	Target 1 Effective July 1, 2022	Interim Target 1A Effective July 1, 2023
K - 5 th	≤ 1,230 mg	≤ 1,110 mg
6 th - 8 th	≤ 1,360 mg	≤ 1,225 mg
9 th - 12 th	≤ 1,420 mg	≤ 1,280 mg



Looking Ahead

USDA's long-term goal is to establish regulations that align school nutrition standards with the *2020-2025 Dietary Guidelines for Americans*. These transitional standards are part of USDA's two-stage approach to updating school nutrition standards:





Overview of Meal Pattern - Measurements

Cups

Fruit

Vegetables

Milk



Ounce Equivalents



Grain

Meat/Meat

Alternate



Grains Component - Crediting

- Since all grain products served in the NSLP/SBP must be credited based on per-ounce equivalent (oz eq) standards
- The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq
- Program operators have the ability to credit ounce equivalencies for grain products based on the ounce weights listed in USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#)

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

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

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) CROUTONS Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) 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	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.8 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ⁴ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ⁵ , cobbler ⁵ , fruit turnovers ⁵ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 9 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁵ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁵ (plain) Muffins (all, except corn) Sweet roll ⁵ (unfrosted) Toaster pastry ⁵ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

¹ In the NSLP and SBP (grades K-12), at least half of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, haminy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, haminy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.



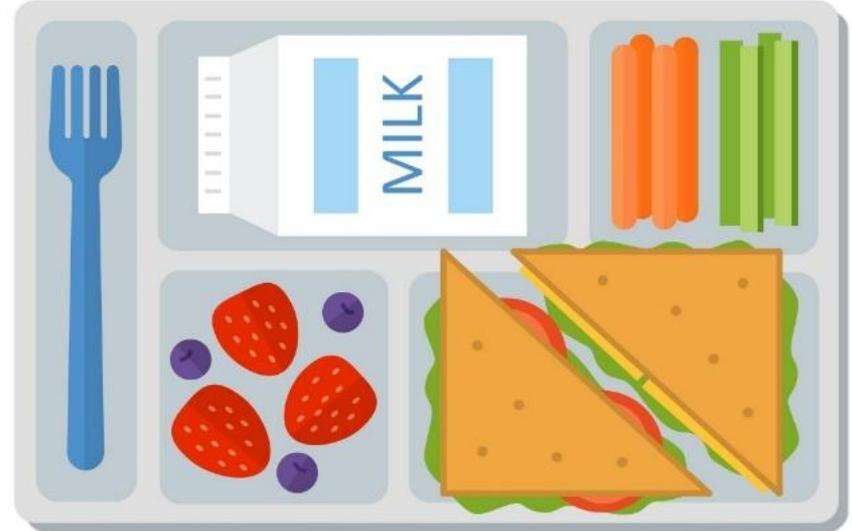
NATIONAL SCHOOL LUNCH PROGRAM





National School Lunch Program Meal Pattern Overview

-  Grains
-  Meat/Meat Alternate
-  Fruits
-  Vegetables
-  Milk





National School Lunch Program Meal Pattern Overview

Food Component	K-5	6-8	9-12
Grains	8 oz eq (1)	8 oz eq (1)	10 oz eq (2)
Meat/Meat Alternate	8 oz eq (1)	9 oz eq (1)	10 oz eq (2)
Fruits	2.5 c (0.5)	2.5 c (0.5)	5 c (1)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
<i>Dark Green</i>	0.5	0.5	0.5
<i>Red/Orange</i>	0.75	0.75	1.25
<i>Legumes</i>	0.5	0.5	0.5
<i>Starchy</i>	0.5	0.5	0.5
<i>Other</i>	0.5	0.5	0.75
<i>Additional</i>	1	1	1.5
Milk	5 c (1)	5 c (1)	5 c (1)



Dietary Specifications - Lunch

Standards for calories, sodium, and saturated fat are based on averages for the week

	K-5	6-8	9-12
Calories (kcal)	550-650	600-700	750-850
Sodium (mg)			
<i>Target 1 (SY 2022-2023)</i>	≤ 1,230	≤ 1,360	≤ 1,420
<i>Target 1A (SY 2023-2024)</i>	≤ 1,110	≤ 1,225	≤ 1,280
Saturated Fat (% total kcal)	<10	<10	<10
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		



Water Availability

- Potable water must be available to students during the meal service
- Water must be available without restriction in the location where meals are served
 - in the foodservice area or immediately adjacent to the meal service area
- Water is not considered part of the reimbursable meal
- Water must not directly or indirectly restrict the sale or marketing of fluid milk



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

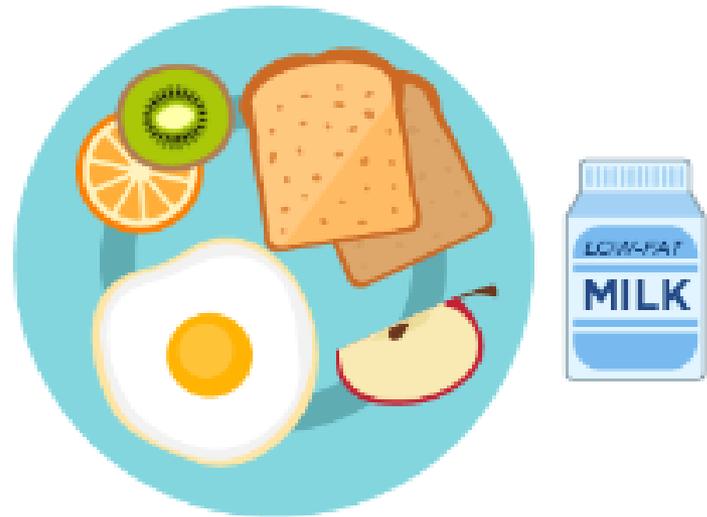


SCHOOL BREAKFAST PROGRAM





School Breakfast Program Meal Pattern Overview





School Breakfast Program Meal Pattern Overview

Food Component	K-5	6-8	9-12	K-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)	9 oz eq (1)
Fruits	5 c (1)	5 c (1)	5 c (1)	5 c (1)
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



Dietary Specifications - Breakfast

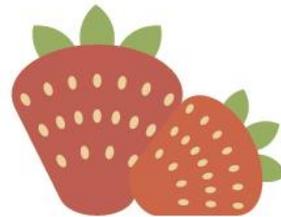
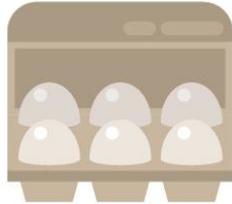
Standards for calories, sodium, and saturated fat are based on averages for the week

	K-5	6-8	9-12	K-12
Calories (kcal)	350-500	400-550	450-600	450-500
Sodium (mg)	≤ 540	≤ 600	≤ 640	≤ 540
Target 1 (SY 2022-2024)				
Saturated Fat (% total kcal)	<10	<10	<10	<10
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving			



Looking Ahead

ISBE Meal Pattern Training Coming Soon!





ISBE Menu Planning Online Resources:

ABCs of meal counting

- Offer vs Serve Breakfast
- Offer vs Serve Lunch
- Counting meals

After School Snacks

How to complete a Production Records

Smart Snacks

Whole Grain-Rich *(coming soon)*



ISBE Menu Planning Online Resources:

National School Lunch Program

- NSLP Overview
- Meat/Meat Alternate
- NSLP Grains
- NSLP Vegetables
- NSLP Fruit
- NSLP Milk

*New Format Coming Soon!
Each section is recorded
individually and can be listened to
by topic/component group*

School Breakfast Program

- SBP Overview
- SBP Grains (meat/meat alternate 2nd grain option)
- SBP Fruit (vegetable substitutions)
- SBP Milk



One Moment Please





How to plan your menus: A step-by-step instruction





My name is Emma the Eggplant, and I will be your guide on how to plan and evaluate your menus for compliance.



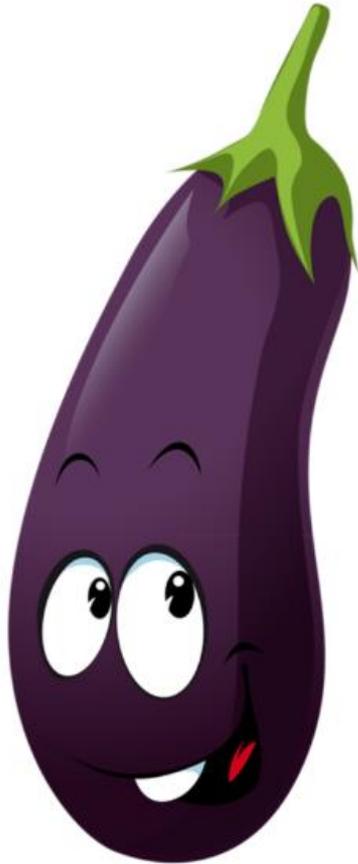
Today's Objective



- ✓ Know how to plan meals that meet the daily requirements.
- ✓ Know how to review the weekly menu to ensure it meets the weekly requirements.
- ✓ Tips for substitutions



Planning for the Week → Lunch



School / Site Name:		Lunch Menu Planner					
Menu Week:		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Component	Weekly Requirement (daily)						
Milk							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
Meat / Meat Alternate							
<i>- Daily & Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
Grain/Bread							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
Whole Grain-Rich (WGR) Evaluation	<i>80% of the grains must be WGR for the week</i>						
	WGR						
	Grain/Bread						
		<i>WGR percentage →</i>					
Vegetable - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)						
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup						
Legumes	All grades: 1/2 cup						
Starchy	All grades: 1/2 cup						
Other	K-8: 1/2 cup 9-12: ¾ cup						
Fruit - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)						



Column Breakdown Explanation: Component Column

Component
Milk
<i>At least two varieties must be offered daily: 1% or less.</i>
Meat / Meat Alternate
<i>- Daily & Weekly minimum must be met.</i>
Grain/Bread
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>
Whole Grain-Rich (WGR) Evaluation
Vegetable - <i>Daily & Weekly minimum must be met.</i>
Dark Green
Red / Orange
Legumes
Starchy
Other
Fruit - <i>Daily & Weekly minimum must be met.</i>

Before we begin, let me explain each column so are all on the same page...



The component column are the required food groups you must offer daily

- Required Daily Components**
- Milk
 - Meat/Meat Alternate
 - Grain/Bread
 - Vegetable
 - Fruit



Column Breakdown Explanation: Weekly/Daily Requirements Column

Component	Weekly Requirement (daily)
Milk	
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)
Meat / Meat Alternate	
<i>- Daily & Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)
Grain/Bread	
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)
Whole Grain-Rich (WGR) Evaluation	<i>80% of the grains must be WGR for the week</i>
	WGR
	Grain/Bread
Vegetable - Daily & Weekly minimum must be met.	
	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)
Red / Orange	K-8: 3/4 cup 9-12: 1 ¼ cup
Legumes	All grades: 1/2 cup
Starchy	All grades: 1/2 cup
Other	K-8: 1/2 cup 9-12: 3/4 cup
Fruit - Daily & Weekly minimum must be met.	
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)

This chart shows you the weekly & daily requirements for each component .

The chart also shows the required amounts for the different grade groups.

Note: There isn't a lunch meal pattern for K-12. If you serve all of those grades, you'll need to serve different amounts for K-8 & 9-12.

TIP: Circle the grade groups you are planning for on the worksheet.





IMPORTANT

You will need the following:

- Child Nutrition (CN) Labels
- OR**
- Product Formulation Statements (PFS)
 - USDA Foods Product Information Sheets
 - Standardized Recipes
 - Nutrition Fact Labels including ingredient list
 - Exhibit A Grain Requirements Weight Chart
 - Common Conversion Handout
 - Calculator

Before
we
begin...





Menus & Documentation

GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
 Required Beginning SY 2013-2014
 (Crediting Standards Based on Grains of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on intentional signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu plan.

Product Name: Pillsbury® Mini Waffles Blueberry Bash Code No.: 18000-32264

Manufacturer: General Mills, Inc. Serving Size: 2.47 OZ (70g)
 (raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria? Yes No
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains? Yes No How many grams:
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2013 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into
 Groups A-G, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grains per oz eq; Group H uses the standard of 18 grams creditable grains per oz eq; and Group I is reported by volume or weight.)
 Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ¹		Creditable Amount
		A	B	
Whole Wheat Flour, Enriched Flour Bleached, Ground Whole Grain Corn Flour	34g	16g	A - B	34g - 16g = 2.12
Total Creditable Amount²				2.00

*Creditable grains are whole-grain meal/flour and enriched meal/flour.
 (Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.
¹Standard grams of creditable grain from the corresponding Group in Exhibit A.
²Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

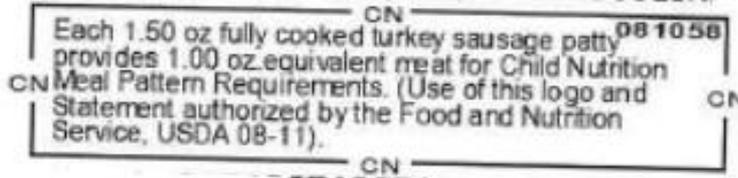
Total weight (per portion) of product as purchased 2.47 OZ (70g)
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 70g/2.47 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

On 12/15/18
 Ash-Tram Pham, MPH, RD
 Labeling and Regulatory Compliance Specialist, K12 Education
 February 23, 2018

List of Ingredients

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SALT, YEAST, PRESERVATIVES (SORBIC ACID, CALCIUM PROPIONATE), MONO AND DIGLYCERIDES, SOYBEAN OIL, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYME (WHEAT GLUTEN) AND XANTHAN GUM.



Nutrition Facts

Serving Size: 1 EA	
Servings Per Container: 72	
Amount per Serving	
Calories: 140	Calories from Fat: 10
% Daily Value*	
Total Fat: 1 g	2%
Saturated Fat: 0 g	0%
Trans Fat: 0 g	
Cholesterol: 0 mg	0%
Sodium: 180 mg	8%
Total Carbohydrate: 29 g	10%
Dietary Fiber: 4 g	16%
Sugars: 5 g	
Protein: 6 g	
Vitamin A: 0 %	Vitamin C: 0%
Calcium: 4 %	Iron: 10%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

USDA United States Department of Agriculture
 What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.

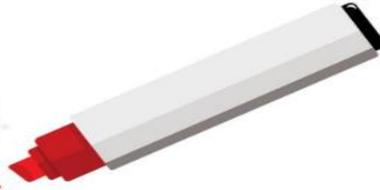
Sloppy Joe on a Roll - USDA Recipe for

Makes: 25 or 50 Servings

Our Sloppy Joe on a Roll features a truly delectable combination of lean ground turkey and lean ground beef cooked in a flavorful tomato sauce featuring green onions and spices. All this nutritious deliciousness is served on a whole grain roll.



REMEMBER



Weight

G/B and M/MA
ounce equivalents (oz eq)



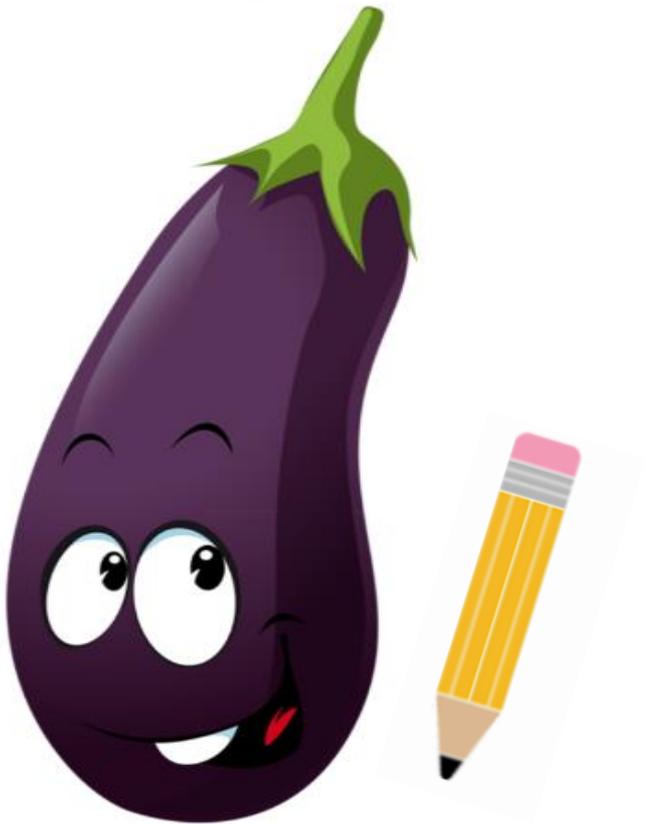
Volume

Milk, Fruit & Vegetable
cups





LET'S START!



Determining Your Grade Group

The first decision that should be made as the menu planner is to determine which grade group you will be planning for.

Since my school has students in grades K-8, I'm going to plan this menu based on the K-8 grade group requirements.

I could have chosen to plan 2 different menus: one for K-5 and one for 6-8. However, it will be easier for me and my staff if I just plan on using the K-8 menu.



Now let's start building our K-8 lunch menu!
We will fill one week's menu and make sure we meet all the components & serving sizes as we go along!

Lunch Menu Planner							
School / Site Name:		Menu Week:					
Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
Meat / Meat Alternate							
<i>- Daily & Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
Grain/Bread							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
Whole Grain-Rich (WGR) Evaluation	80% of the grains must be WGR for the week						
	WGR						
	Grain/Bread						
		<i>WGR percentage →</i>					
Vegetable - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)						
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup						
Legumes	All grades: 1/2 cup						
Starchy	All grades: 1/2 cup						
Other	K-8: 1/2 cup 9-12: ¾ cup						
Fruit - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1 ½ cup) 9-12: 5 cups (1 cup)						



MONDAY

Pizza
 Sweet Potato Fries
 Peaches
 Milk Variety

TUESDAY

Chicken Nuggets
 Macaroni & Cheese
 Tator Tots
 Orange
 Milk Variety

WEDNESDAY

Spaghetti w/ Meat sauce
 Romaine Salad
 Applesauce
 Milk Variety

THURSDAY

Salisbury Steak
 Dinner Roll
 Green Beans
 Mandarin Oranges
 Milk Variety

FRIDAY

Beef Taco
 Salsa
 Refried Beans
 Banana
 Milk Variety

Here is my tentative
 K-8 menu for the week.
 Let's see if it complies.





Illinois State Board of Education

Lunch Menu Planner

School / Site Name: **Washington Elementary School (K-8)**

Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	5 cups
Meat / Meat Alternate							
<i>- Daily & Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	WGR Pizza (1 slice = 2oz eq)	WGR Chx Nuggets (5 ea = 2oz eq)	Spag w/ Meatsauce (1 cup = 2oz eq)	Salisbury Steak (2.5oz = 2oz eq)	Beef/Cheese WGR Tacos (1 ea = 2oz eq)	10 oz eq
Grain/Bread							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	WGR Pizza (1 slice = 2oz eq)	WGR Chx Nuggets (5 ea = 1oz eq) WGR Mac/Cheese (1/4 cup = 0.5oz eq)	Spag w/ Meatsauce (1 cup = 1oz eq) WGR Garlic Bread (1oz slice = 1oz eq)	WGR Dinner Roll (1oz roll = 1oz eq)	Beef/Cheese WGR Tacos (1 ea = 1.5oz eq)	8oz eq
Whole Grain-Rich (WGR) Evaluation	80% of the grains must be WGR for the week						
	WGR	2oz eq	1.5oz eq	1oz eq	1oz eq	1.5oz eq	6.5oz eq
	Grain/Bread	2oz eq	1.5oz eq	2oz eq	1oz eq	1.5oz eq	8 oz eq
						WGR percentage →	81%
Vegetable - Daily & Weekly minimum must be met.							
	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)			1/2 cup
Red / Orange	K-8: 3/4 cup 9-12: 1 ¼ cup	Sweet Pot Fries (3/4 cup) Tomato Sauce (1/8 cup)		Spag Sauce (3/8 cup)		Salsa (1/4 cup)	1 ½ cups
Legumes	All grades: 1/2 cup					Refried Beans (1/2 cup)	1/2 cup
Starchy	All grades: 1/2 cup		Tator Tots (3/4 cup)				3/4 cup
Other	K-8: 1/2 cup 9-12: 3/4 cup				Green Beans (3/4 cup)		3/4 cup
Fruit - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)	Peaches (1/2 cup)	Orange (1/2 cup)	Applesauce (1/2 cup)	Mandarin Oranges (1/2 cup)	Banana (1/2 cup)	2 ½ cups



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MONDAY

Pizza
 Sweet Potato Fries
 Celery/Cucumbers
 Peaches
 Assorted Fresh Fruit

Alt: Hot Ham & Cheese on
 a Hoagie Bun

TUESDAY

Chicken Nuggets
 Macaroni & Cheese
 Tator Tots
 Coleslaw
 Mixed Fruit
 Assorted Fresh Fruit

Alt: Fish Sticks

WEDNESDAY

Spaghetti w/ Meat
 Sauce & Garlic Bread
 Romaine Salad
 Mixed Vegetables
 Applesauce
 Assorted Fresh Fruit

Alt: Chili Dog on Bun

THURSDAY

Salisbury Steak w/
 Dinner Roll
 Two Potato Mash
 Green Beans
 Mandarin Oranges
 Assorted Fresh Fruit

Alt: Chicken Patty on
 Bun

FRIDAY

Beef Tacos
 Carrot Sticks
 Corn
 Pears
 Assorted Fresh Fruit

Alt: Cheeseburger on Bun



Served daily:

- Milk choices includes 1% white & chocolate milk

Now here is my tentative
 9-12 menu for the week. The
 high school has 2 entrée
 choices.
 Let's see if this one complies.





Illinois State Board of Education

Lunch Menu Planner

School / Site Name: **Lincoln High School (9-12)**

Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
MILK <i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	5 cups
Meat / Meat Alternate <i>- Daily & Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	1) Pizza (1 slice = 2oz eq) 2) Ham/Cheese Hoagie (2.5oz eq)	1) Chicken Nuggets (5 each = 2oz eq) 2) Fish Sticks (5 each = 2.5oz eq)	1) Spaghetti w/ Meat Sauce (1 cup = 2oz eq) 2) Chili Dog (2.25oz eq)	1) Salisbury Steak (2.5 = 2oz eq) 2) Chicken Patty (3.54oz = 2oz eq)	1) Beef Tacos (2 each = 3oz eq) 2) Cheeseburger (2.5oz eq)	10.5 oz eq
Grain/Bread <i>- Daily and Weekly minimum must be met. - Grain-based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	1) WGR Pizza (1 slice = 2oz eq) 2) Ham/Cheese Hoagie (2.5oz eq)	1) WGR Chicken Nuggets (5 each = 1 oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq) 2) WGR Fish Sticks (5 each = 2.5oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq)	1) Spaghetti w/ Meat Sauce (1 cup = 1oz eq) + WGR Bread (1oz slice = 1oz eq) 2) WGR Bun (2oz eq)	1) WGR Dinner Roll (2oz eq) 2) WGR Bun (2oz eq) + WGR Brd Chx Patty (1oz eq)	1) WGR Tacos (2 each = 3oz eq) 2) WGR Bun (2oz eq)	10 oz eq
Whole Grain-Rich (WGR) Evaluation	80% of the grains must be WGR for the week						
	WGR	2oz eq	5.5oz eq	3oz eq	5oz eq	5oz eq	20.5
	Grain/Bread	4.5oz eq	5.5oz eq	4oz eq	5oz eq	5oz eq	24
						WGR percentage →	85%
Vegetable - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)			1/2 cup
Red / Orange	K-8: 3/4 cup 9-12: 1 ¼ cup	Sweet Potato Fries (1/2 cup)			Two Potato Mash (1/2 cup veg = ¼ cup R/O)	Carrot Sticks (1/2 cup)	1 ¼ cups
Legumes	All grades: 1/2 cup						0 cups
Starchy	All grades: 1/2 cup		Tator Tots (1/2 cup)		Two Potato Mash (1/2 cup veg = ¼ cup Starchy)	Corn (1/2 cup)	1 ¼ cups
Other	K-8: 1/2 cup 9-12: 3/4 cup	Celery/Cucumbers (1/2 cup)	Broccoli (1/2 cup)	Mixed Vegetables (1/2 cup veg)	Green Beans (1/2 cup veg)		2 cups
Fruit - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)	Peaches (1/2 cup) Fresh Fruit (1/2 cup)	Mixed Fruit (1/2 cup) Fresh Fruit (1/2 cup)	Applesauce (1/2 cup) Fresh Fruit (1/2 cup)	Mandarin Oranges (1/2 cup) Fresh Fruit (1/2 cup)	Pears (1/2 cup) Fresh Fruit (1/2 cup)	5 cups



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Vegetable - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)					
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)		1/2 cup
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup	Sweet Potato Fries (1/2 cup)			Two Potato Mash (1/2 cup veg = ¼ cup R/O)	Carrot Sticks (1/2 cup) 1 ¼ cups
Legumes	All grades: 1/2 cup				Refried Beans (1/2 cup)	1/2 cup
Starchy	All grades: 1/2 cup		Tator Tots (1/2 cup)		Two Potato Mash (1/2 cup veg = ¼ cup Starchy)	3/4 cup
Other	K-8: 1/2 cup 9-12: ¾ cup	Celery/Cucumbers (1/2 cup)	Coleslaw (1/2 cup)	Mixed Vegetables (1/2 cup veg)	Green Beans (1/2 cup veg)	2 cups



Evaluate a subgroup that is over the minimum requirements.

That would be either the starchy or other subgroup.

What changes would you make?



Now let's start go to breakfast! For time sake we will do a high school menu. The concept is just like lunch!

Breakfast Menu Planner							
School / Site Name:				Menu Week:			
Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
Grain/Bread							
<ul style="list-style-type: none"> Must offer a minimum of 1oz G/B daily. May offer a 1oz MMA to help meet the weekly G/B requirements. 	Grade K-5: 7oz eq (1oz eq) Grade 6-8: 8oz eq (1oz eq) Grade K-8: 8oz eq (1oz eq) Grade 9-12: 9oz eq (1oz eq) Grade K-12: 9oz eq (1oz eq)						
<i>Meat / Meat Alternate</i>	<i>NOTE: Not required but may substitute 1oz equivalent of MMA for 1oz eq G/B after minimum daily grain is met.</i>						
Whole Grain-Rich (WGR) Evaluation	80% of the grains must be WGR for the week						
	WGR						
	Grain/Bread						
		WGR percentage →					
Fruit							
<ul style="list-style-type: none"> All juice must be 100% full strength juice. No more than half of the fruit/vegetable offerings can be in the form of juice. - Therefore, no more than 2.5 cups of juice per week. 	All grades: 1 cup						
<i>Vegetable</i>	<i>NOTE: Not required but may substitute a vegetable for the fruit component. The 100% juice requirements also apply for vegetables.</i>						



MONDAY

French Toast Sticks
Assorted Canned
or Fresh Fruit
100% Fruit Juice

Alt: Cereal & Toast

TUESDAY

Breakfast Pizza
Assorted Canned
or Fresh Fruit
100% Fruit Juice

Alt: Cereal & Toast

WEDNESDAY

Pancake
Sausage Patty
Assorted Canned
or Fresh Fruit
100% Fruit Juice

Alt: Cereal & Toast

THURSDAY

Biscuit and Gravy
Assorted Canned
or Fresh Fruit
100% Fruit Juice

Alt: Cereal & Toast

FRIDAY

Muffin
Yogurt
Assorted Canned
or Fresh Fruit
100% Fruit Juice

Alt: Cereal & Toast



Served daily:

- Milk choices includes 1% white & chocolate milk

Now here is my tentative
9-12 breakfast menu for the
week. The high school has 2
entrée choices.
Let's see if this one complies.





Illinois State Board of Education

Breakfast Menu Planner

School / Site Name: **Lincoln High School (9-12)**

Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk <i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	5 cups
Grain/Bread <i>Must offer a minimum of 1oz G/B daily. May offer a 1oz M/MA to help meet the weekly G/B requirements.</i>	Grade K-5: 7oz eq (1oz eq) Grade 6-8: 8oz eq (1oz eq) Grade K-8: 8oz eq (1oz eq) Grade 9-12: 9oz eq (1oz eq) Grade K-12: 8oz eq (1oz eq)	1) WGR French Toast Sticks (2oz eq G/B) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Brkfst Pizza (1.5oz eq G/B + 1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Pancake (1oz eq G/B) + SSG Patty (1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) Biscuit (2oz eq G/B) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Muffin (1oz eq G/B) + Yogurt (1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	10 oz eq
Meat / Meat Alternate	<i>NOTE: Not required but may substitute 1oz equivalent of M/MA for 1 oz eq G/B after minimum daily grain is met.</i>						
Whole Grain-Rich (WGR) Evaluation	80% of the grains must be WGR for the week						
	WGR	4oz	3.5oz	3oz	2oz		
	Grain/Bread	4oz	3.5oz	3oz	4oz	3oz	15.5oz
						3oz	17.5oz
						WGR percentage →	88%
FRUIT <i>All juice must be 100% full strength juice. No more than half of the fruit/vegetable offerings can be in the form of juice. Therefore, no more than 2.5 cups of juice per week.</i>	All grades: 5 cups (1 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Fresh Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Fresh Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	5 cups
Vegetable	<i>NOTE: Not required but may substitute a vegetable for the fruit component. The 100% juice requirements also apply for vegetables.</i>						



Tips to Help You Plan Menus Like a Pro



Cycle Menus

- Saves time
 - Gathering nutrition documentation
 - Planning menus
 - Standard grocery list
 - Staff become more familiar with recipes & production procedures
- Controls food cost
 - Forecasting
 - Reduce food waste



Unfortunately, the Product Supply Chain issues are not any better. So here are some tips when food items do not come in and you need to make changes on your menu....



- ✓ Replace food items with a “like” item.
 - Choose an entrée with similar crediting amounts (i.e. 2 M/MA & 2 G/B)
 - Choose another vegetable from the same subgroup
- ✓ You can move days around in the same week.
 - *Example* – switch Monday and Thursday’s menu.
 - *Example* – switch the R/O vegetable for a different day in the same week
- ✓ Order 2-3 weeks in advance (*if possible*)

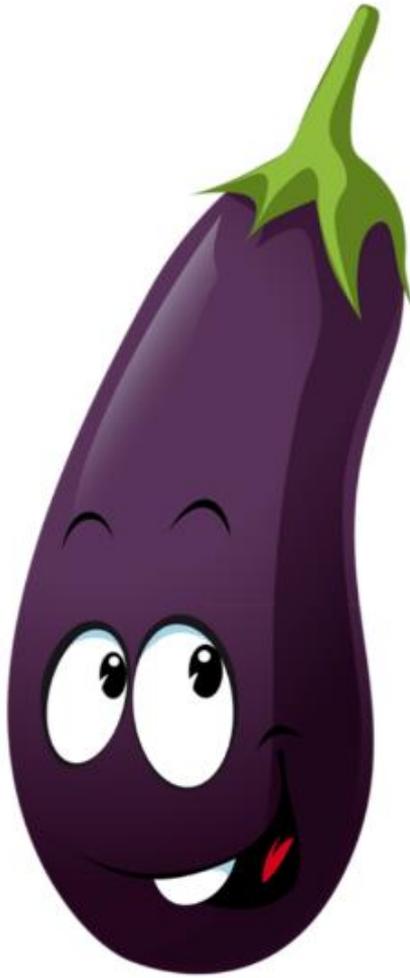


When all else fails....



Document
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Any Questions?



Thank you!

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