



It Takes a Community to Feed a Community



SNP Back to School **Virtual** Conference

July 19 – 21, 2021





**DON'T
MISS OUT!**



Monday

- 9 – 10:30am: ISBE Update (Recorded)
- 1 – 2:30pm: Menu Planning



Tuesday

- 9 – 10:30am: USDA Foods
- 1 – 2:30pm: Financial Management



Wednesday

- 9 – 10:30am: Monitoring
- 1 – 2:30pm: Wrap-Up Game

Register Now...There is Still Time!!



SNP BACK TO SCHOOL CONFERENCE

CHECK THIS OUT!

SNP Back to School Conference Webpage



www.isbe.net/snpb2s

It Takes a Community to Feed a Community



The Illinois State Board of Education Nutrition Department's annual School Nutrition Programs Back to School Conference will be virtual for School Year 2021-22. This year's theme is "It Takes a Community to Feed a Community." The virtual conference features recorded trainings, exhibitors, and live webinars set for July 19-21, 2021.

- [Professional Development Tracking Form](#) 

- Tune in to Live Webinars
- View On-Demand Trainings
- Visit Our Exhibitor Tables
- 2020 Presentations and Materials
- 2019 Presentations and Materials
- Additional Training Resources



DON'T FORGET

Track
Conference
Hours

SNP BACK TO SCHOOL CONFERENCE

It Takes a Community to Feed a Community



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- [Professional Development Tracking Form](#) 

Document the following:

- Date
- Topic
- Length (hours, minutes)
- Keep documentation



Webinar Housekeeping Items

A graphic consisting of a yellow banner with a red ribbon-like border. The word "PLEASE" is written in white, bold, sans-serif capital letters on the red ribbon, and the word "NOTE" is written in black, bold, sans-serif capital letters on the yellow banner. There are several small, colorful triangles (yellow and red) scattered around the banner, giving it a dynamic, attention-grabbing appearance.

**PLEASE
NOTE**

- You are viewing in “Listen Only” mode
- This webinar is being recorded and will be posted on ISBE’s Nutrition website
- We will be releasing further guidance and plan additional webinars to answer more questions
- Please ask questions during the webinar. If your question(s) is not answered due to time, send an email to cnp@isbe.net



**Welcome
&
Thank you for
all you do!!!**

**Sit back and enjoy
the webinar!**



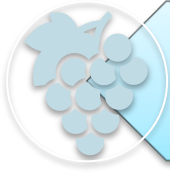


School Nutrition Programs Meal Pattern Overview and Menu Planning

Illinois State Board of Education
Nutrition Department



Agenda



Update on Milk, Sodium, and Whole Grain Flexibilities



Current Meal Pattern Requirements



Waivers for School Year 2021-2022



Wrap-Up



Applicable Programs

Seamless
Summer
Option (SSO)

National
School Lunch
Program (NSLP)

School
Breakfast
Program (SBP)



Update on Milk, Sodium, & Whole Grain Flexibilities



Milk, Sodium, & Whole Grain Flexibilities

- Final Rule became effective July 2019
 - Flavored, low-fat 1% milk
 - Half of weekly grains must be whole grain-rich
 - Sodium Target 1 through SY 2023-24
 - Target 2 through SY 2024-25
 - Eliminated final target
- **An April 13, 2020 court decision vacated the regulation**
- Proposed rule to restore the flexibilities was announced in November 2020
 - Updates will be provided



Current Regulations on Milk, Sodium, & Whole Grains

- ✓ All grains served must be whole grain-rich
- ✓ Breakfasts and lunches must meet Sodium Target 2
- ✓ Flavored 1% milk may be served through September 30, 2021
 - ✓ Following September 30, 2021 flavored milk must be non-fat



Current Regulations on Milk, Sodium, & Whole Grains

Sodium Limits & Timeline			
Effective Date	Target 1 SY 2014-15	Target 2 SY 2017-18	Target 3 SY 2022-23
K-5 Breakfast	≤540 mg	≤485 mg	≤430 mg
6-8 Breakfast	≤600 mg	≤535 mg	≤470 mg
9-12 Breakfast	≤640 mg	≤570 mg	≤500 mg
K-5 Lunch	≤1230 mg	≤935 mg	≤640 mg
6-8 Lunch	≤1360 mg	≤1035 mg	≤710 mg
9-12 Lunch	≤1420 mg	≤1080 mg	≤740 mg



Current Regulations on Milk, Sodium, & Whole Grains

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K-5 Lunch	≤1230 mg	≤935 mg	≤640 mg
6-8 Lunch	≤1360 mg	≤1035 mg	≤710 mg
9-12 Lunch	≤1420 mg	≤1080 mg	≤740 mg



Milk, Sodium, & Whole Grain Flexibilities

- Sponsors may be given an opportunity to extend the flexibilities through September 30, 2021
 - Sponsors will need to notify the State Agency of this decision
- More information will be sent out to sponsors in the near future



School Nutrition Program Meal Pattern Requirements



School Year 2021-2022

- Program Options for Lunch and Breakfast:
 - National School Lunch Program (NSLP) and/or School Breakfast Program (SBP)
 - Seamless Summer Option (SSO) lunch and/or breakfast
 - Nationwide Waiver to Allow the Seamless Summer Option through School Year 2021-2022





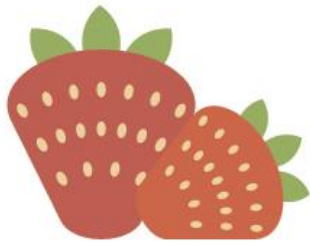
Age/Grade Groups

- Age/grade groups for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO)
 - Grades K-5
 - Grades 6-8
 - Grades 9-12 (K-12 Breakfast only)
 - Combined K-8 meal pattern



School Breakfast Program (SBP)

- Required components:



Fruit



Grains



Milk



School Breakfast Program (SBP)

Meal Pattern Components			
Component	K-5	6-8	9-12 or K-12
Fruits	1 c (5)	1 c (5)	1 c (5)
Grains	1 oz eq (7)	1 oz eq (8)	1 oz eq (9)
Milk	1 c (5)	1 c (5)	1 c (5)



School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Fruits	1 c (5)	1 c (5)	1 c (5)

- Fresh, frozen, canned, 100% juice, and dried fruits are allowed
 - dried fruit credits as twice the volume served
- No more than half the fruit on the menu during the week can come from juice
- 1/8 cup of any fruit is the minimum creditable amount



Vegetables at Breakfast





School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Vegetables		Not required	

- Vegetables may contribute to the fruit component
- Fresh, frozen, canned, 100% juice
 - No more than half the vegetable on the menu during the week can come from juice
- 1/8 cup of any vegetable is the minimum creditable amount



Vegetables at Breakfast until September 30, 2021

SEPTEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Vegetables		Not required	

- Sponsors may credit any vegetable offered, including starchy vegetables, in place of fruit without including vegetables from other subgroups first
 - available through September 30, 2021, allowed by Consolidated Appropriations Act of 2021



Vegetables at Breakfast beginning October 1, 2021

OCTOBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Vegetables		Not required	

- Vegetables or vegetable juice can be substituted for fruit or fruit juice
- First 2 cups planned for the week must be from the:
 - Dark green
 - Red/orange
 - Beans, peas, legumes
 - Other vegetable subgroup



Grains at Breakfast





School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Grains	1 oz eq (7)	1 oz eq (8)	1 oz eq (9)

- 100% of grains served must be whole grain-rich (WGR)
- The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq
- At least 1 oz eq of grains must be on the menu each day
 - After that, meat/meat alternate may contribute towards the grain requirements



Whole Grain-Rich (WGR)

- What is WGR?
 - Refers to grain items that are 100% whole grain OR a blend of whole and enriched grains
 - A whole grain/enriched grain blend must contain at least 50% whole grains and the remaining grains must be enriched



Whole Grain-Rich (WGR)

- Identifying WGR Items
 - The item must meet the oz eq meal pattern requirement

AND

- The item must meet at least 1 of the following:
 - Whole grains per oz eq are at least 8 grams or more
 - Packaging includes one FDA-approved whole grain health claim
 - A whole grain is listed as the first ingredient



Whole Grain-Rich (WGR)

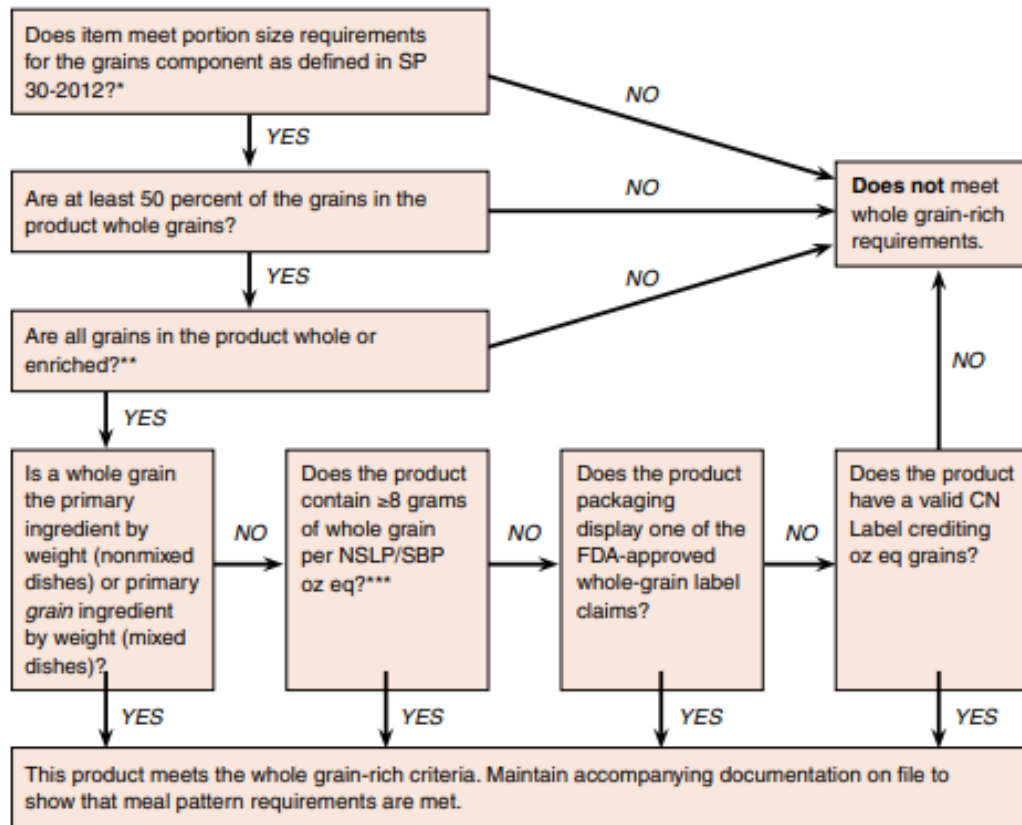
- Tips for identifying WGR items:
 - Use USDA's Exhibit A
 - Read the ingredient label
 - Whole grain ingredient listed first
 - Look for the FDA-approved whole grain health claims
 - "Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers."
 - "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."
 - Use products with a CN label



Whole Grain-Rich (WGR)

- Whole Grain Resource for the National School Lunch Program and School Breakfast Program: <https://fns-prod.azureedge.net/sites/default/files/WholeGrainResource.pdf>

Does My Product Meet the Whole Grain-Rich Criteria?





School Breakfast Program (SBP)

Component	K-5	6-8	9-12 or K-12
Milk	1 c (5)	1 c (5)	1 c (5)

- Two varieties of milk must be offered during the meal service:
 - Unflavored non-fat
 - Unflavored low-fat (1%)
 - Flavored non-fat
 - Flavored low-fat (1%) - available through September 30, 2021



School Breakfast Program (SBP)

Dietary Specifications				
	K-5	6-8	9-12	K-12
Calories	350-500	400-550	450-600	450-500
Sodium	≤485 mg	≤535 mg	≤570 mg	≤485 mg
Saturated Fat	<10% total kcal	<10% total kcal	<10% total kcal	<10% total kcal
Trans Fat	0 g	0 g	0 g	0 g

- Weekly average requirements for calories, sodium, and saturated fat
- Food products used daily must contain zero grams of trans fat per serving



School Breakfast Program (SBP)

- Offer Versus Serve (OVS)
 - Optional for all grades
 - Students must be offered all 3 components
 - At least 4 items must be on the menu
 - A reimbursable meal must have at least 3 **items**
 - One must be a fruit

What Counts as an Item?	
Component	Amount
Fruit	½ cup
Grain	1 oz eq
Milk	1 cup



National School Lunch Program (NSLP)

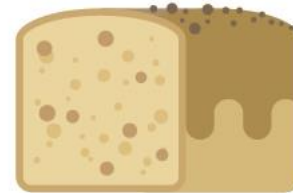
- Required components:



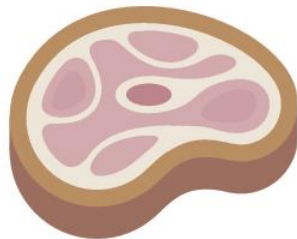
Fruit



Vegetable



Grains



Meat/Meat
Alternate



Milk



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Fruits	0.5 c (2.5)	0.5 c (2.5)	1 c (5)
Vegetables	0.75 c (3.75)	0.75 c (3.75)	1 c (5)
Dark Green	0.5	0.5	0.5
Red & Orange	0.75	0.75	1.25
Beans & Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5
Grains	1 oz eq (8)	1 oz eq (8)	2 oz eq (10)
Meat/Meat Alternates	1 oz eq (8)	1 oz eq (9)	2 oz eq (10)
Milk	1 c (5)	1 c (5)	1 c (5)



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Fruits	0.5 c (2.5)	0.5 c (2.5)	1 c (5)

- Fresh, frozen, canned, 100% juice, and dried fruits are allowed
 - dried fruit credits as twice the volume served
- No more than half the fruit on the menu during the week can come from juice



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Vegetables	0.75 c (3.75)	0.75 c (3.75)	1 c (5)

- Vegetables that are fresh, frozen, or canned vegetables and full-strength vegetable juice may contribute
 - Leafy greens credit as half the amount served
- Any vegetable in an amount less than 1/8 cup cannot be credited
- 5 subgroups must be served during the week
 - Dark green, red/orange, beans/peas, starchy, other



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Vegetables	0.75 c (3.75)	0.75 c (3.75)	1 c (5)
Dark Green	0.5	0.5	0.5
Red & Orange	0.75	0.75	1.25
Beans & Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5

- “Other” vegetables refer to those that do not meet the classification standards to fall into the dark green, red/orange, beans/peas, or starchy subgroups
 - The “other” vegetables requirement can be met with additional amounts of dark green, red/orange, and beans/peas)
- “Additional” vegetables refer to those that are needed to meet the total weekly vegetable requirements
 - Any vegetable subgroup can be offered to meet the total weekly vegetable requirement



National School Lunch Program (NSLP)

- Vegetable subgroups chart:

<https://www.isbe.net/Documents/vegetable-subgroups.pdf>

Dark Green Vegetables	Beans and Peas*
<ul style="list-style-type: none">▪ beet greens▪ bok choy▪ broccoli▪ chicory▪ collard greens▪ dark green leafy lettuce▪ endive or escarole▪ grape leaves▪ kale▪ mesclun▪ mustard greens▪ parsley▪ romaine lettuce▪ spinach▪ turnip greens▪ watercress	<ul style="list-style-type: none">▪ black beans▪ black-eyed peas (mature, dry)▪ garbanzo beans (chickpeas)▪ great northern▪ kidney beans▪ lentils▪ mung beans▪ navy beans▪ pink beans▪ pinto beans▪ red beans▪ soy beans▪ split peas▪ white beans



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Grains	1 oz eq (8)	1 oz eq (8)	2 oz eq (10)

- 100% of grains served must be whole grain-rich (WGR)
- Grain-based desserts are allowed to be served as long as the amount served does not exceed 2 oz eq per week
- The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Meat/Meat Alternates	1 oz eq (8)	1 oz eq (9)	2 oz eq (10)

- Vary protein sources
 - Meat, poultry, cheese, plant-based protein, etc.
- Food Buying Guide for crediting information



National School Lunch Program (NSLP)

Component	K-5	6-8	9-12
Milk	1 c (5)	1 c (5)	1 c (5)

- Two varieties of milk must be offered during the meal service:
 - Unflavored non-fat
 - Unflavored low-fat (1%)
 - Flavored non-fat
 - Flavored low-fat (1%) - available through September 30, 2021



National School Lunch Program (NSLP)

Dietary Specification	K-5	6-8	9-12
Calories	550-650 kcal	600-700 kcal	750-850 kcal
Sodium	≤935	≤1035	≤1080
Saturated Fat	<10% of total kcal	<10% of total kcal	<10% of total kcal
Trans Fat	0 g	0 g	0 g

- Weekly average requirements for calories, sodium, and saturated fat
- Food products used daily must contain zero grams of trans fat per serving



National School Lunch Program (NSLP)

- Offer Versus Serve (OVS)
 - Optional for grades K-8
 - Required for grades 9-12
 - Students must be offered all 5 components
 - A reimbursable meal must have at least 3 components
 - One must be a fruit and/or vegetable
 - Must be at least ½ cup





Crediting

- Refer to the USDA's Food Buying Guide (FBG) for crediting information
 - FBG Calculator
 - Exhibit A Grains Tool
 - Recipe Analysis Workbook (RAW)
- Available as a web-based tool, mobile app, or PDF: <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>



Competitive Food & Beverage Items Smart Snacks in Schools Standards

- Applies to any food and beverage sold to students on the school campus during the school day outside of the reimbursable meal, such as:
 - À la carte items
 - Snack bars
 - Vending machines
 - Fundraisers
- School campus = all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- School day = the period from the midnight before, to 30 minutes after the end of the official school day
- USDA's Guide to Smart Snacks in Schools:
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>



Competitive Food & Beverage Items

Smart Snacks in Schools Standards

Nutrition standards for all foods sold in schools

- ✓ Grain product that contains at least 50% whole grains by weight
- ✓ First ingredient is a fruit, vegetable, dairy product, or protein food
- ✓ Combination item that contains at least $\frac{1}{4}$ cup fruit and/or vegetable
- ✓ Meets the nutrient standards for calories, sodium, sugar, and fats





Competitive Food & Beverage Items Smart Snacks in Schools Standards

	Snack	Entrée
Calories	≤200	≤350
Sodium	≤200 mg	≤480 mg
Total Fat	≤35% total kcal	≤35% total kcal
Saturated Fat	<10% total kcal	<10% total kcal
Trans Fat	0 g	0 g
Sugar	≤35% by weight	≤35% by weight



Competitive Food & Beverage Items

Smart Snacks in Schools Standards

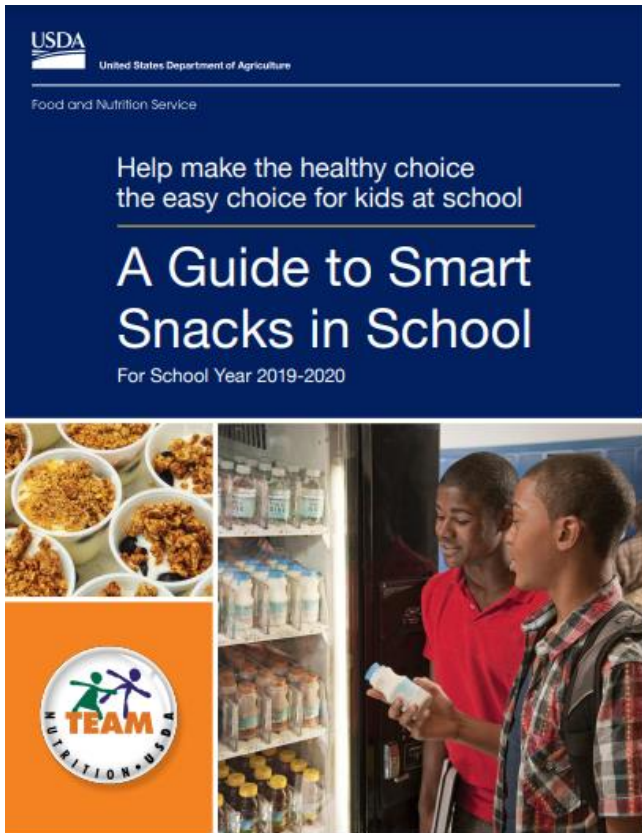
- ✓ Plain water, with or without carbonation
- ✓ Unflavored or flavored low-fat or fat-free milk (flavored 1% milk flexibility available through September 30, 2021)
 - ✓ 100% fruit or vegetable juice
 - ✓ 100% fruit or vegetable juice diluted with water
- ✓ Low- and no-calorie beverages, with or without caffeine and/or carbonation

	Elementary School	Middle School	High School
Water	No Limit	No Limit	No Limit
Milk	8 oz	12 oz	12 oz
Juice	8 oz	12 oz	12 oz
Diluted Juice	8 oz	12 oz	12 oz
Low-Calorie Beverages	Not Allowable		40 kcal/8 oz 60 kcal/12 oz
No-Calorie Beverages	Not Allowable		10 kcal/20 oz



Competitive Food & Beverage Items

Smart Snacks in Schools Standards



[Smart Snacks Guide](#)

Nutrition Facts	
Serving Size oz <input type="text"/>	(about g) <input type="text"/> ⓘ
Servings Per Container <input type="text"/>	
<hr/>	
Amount Per Serving	
<hr/>	
Calories	<input type="text"/>
<hr/>	
Total Fat (g)	<input type="text"/>
<hr/>	
Saturated Fat (g)	<input type="text"/>
<hr/>	
Trans Fat (g)	<input type="text"/>
<hr/>	
Sodium (mg)	<input type="text"/>
<hr/>	
Carbohydrates	
<hr/>	
Total Sugars (g)	<input type="text"/>
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[Smart Snacks Calculator](#)



Meal Pattern Waivers



Meal Pattern Waivers for Summer 2021

- Nationwide Waiver to Allow Meal Pattern Flexibilities for Summer 2021 Operations – Extension 9
 - Extends milk, sodium, and whole grain flexibilities & waives the milk variety requirement
 - Applies to the NSLP, SBP, and SSO
 - Schools will need to report to ISBE if they wish to use this waiver
 - Effective July 1 – September 30, 2021



Meal Pattern Waivers for School Year 2021-2022

- On April 20th, USDA announced the following waivers that will be available for NSLP, SBP, and SSO operators during SY 21-22:
 - Nationwide Waiver to Allow Offer Versus Serve Flexibility for Senior High Schools in School Year 2021-2022
 - Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022



Meal Pattern Waivers for School Year 2021-2022

- Nationwide Waiver to Allow Offer Versus Serve Flexibility for Senior High Schools in School Year 2021-2022
 - Waives the requirements to implement OVS for high school students
 - Applies to the NSLP
 - Schools will need to report to ISBE if they wish to use this waiver
 - Effective July 1, 2021 to June 30, 2022



Meal Pattern Waivers for School Year 2021-2022

- Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022
 - Waives specific meal pattern requirements
 - Applies to the NSLP, SBP, and SSO
 - Schools will need to report to ISBE if they wish to use this waiver
 - Effective October 1, 2021 to June 30, 2022



Meal Pattern Waivers for School Year 2021-2022

- Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022 waives the following requirements:
 - Menus meet the dietary specifications for sodium
 - All grains offered be whole grain-rich
 - Offer a variety of vegetables from the vegetable subgroups
 - Offer at least two different options of milk during meal service
 - Low-fat milk must be unflavored
 - Plan menus according to the specified age/grade groups



Meal Pattern Waivers for School Year 2021-2022

- **Automatic approval upon notification to ISBE will be given for the following waiver requests:**
 - Menus meet the dietary specifications for sodium
 - Sponsors with approved waivers must still meet Sodium Target 1
- **Targeted and justified reasoning will be approved or denied on a case-by-case basis for the following requests:**
 - All grains offered be whole grain-rich
 - Sponsors with approved waivers must still serve half of the weekly grains as WGR, any remaining grains served must be enriched
 - Offer a variety of vegetables from the vegetable subgroups
 - Offer at least two different options of milk during meal service
 - Low-fat milk must be unflavored
 - Plan menus according to the specified age/grade groups



Meal Pattern Waivers for School Year 2021-2022

- It's important to offer age-appropriate meals that meet the meal pattern requirements
- The expectation is that program operators make all attempts to meet the meal pattern prior to requesting these waivers
- Requests must be targeted and justified with a demonstrated need based on plans to support access to nutritious meals while minimizing potential exposure to COVID-19



Available Flexibilities

- Under the Consolidated Appropriations Act:
 - Sponsors may provide vegetables from any subgroup, including starchy, in place of fruit at breakfast without including vegetables from other subgroups first
 - Flavored 1% milk may be served
 - Available through September 30, 2021
 - No action needed



Summary of Waivers & Flexibilities

- Consolidated Appropriations Act
 - Available for: Vegetables at breakfast, flavored 1% milk
 - Dates covered: Through September 30, 2021
 - Action required: None
- #74 Nationwide Waiver to Allow Meal Pattern Flexibilities for Summer 2021 Operations – Extension 9
 - Available for: Milk, sodium, and whole grain flexibility & milk variety
 - Dates covered: July 1 – September 30, 2021
 - Action required: Complete ISBE survey
- #92 Nationwide Waiver to Allow Offer Versus Serve Flexibility for Senior High Schools in School Year 2021-2022
 - Available for: OVS for grades 9-12
 - Dates covered: July 1, 2021 – June 30, 2022
 - Action required: Complete ISBE survey
- #90 Nationwide Waiver to Allow Specific School Meal Pattern Flexibility for School Year 2021-2022
 - Available for: Sodium, whole grains, vegetable subgroups, milk type and variety, grade groups
 - Dates covered: October 1, 2021 – June 30, 2022
 - Action required: Complete ISBE survey



Summary of Waivers & Flexibilities

School Nutrition Programs Meal Pattern Chart		
National School Lunch Program (NSLP), School Breakfast Program (SBP), and the Seamless Summer Option (SSO)		
	SBP & SSO Breakfast	NSLP & SSO Lunch
Components	<ul style="list-style-type: none"> Grains Fruit Milk 	<ul style="list-style-type: none"> Grains Meat/Meat Alternate Fruit Vegetable Milk
Grains	Required; 100% of grain offerings must be whole grain-rich ^{1,4}	Required; 100% of grain offerings must be whole grain-rich ^{1,4}
Meat/ Meat Alternate	Not required; may contribute to grain component	Required
Fruit	Required; no more than 50% of weekly offerings may be in the form of 100% juice	Required; no more than 50% of weekly offerings may be in the form of 100% juice
Vegetable	Not required; may contribute to fruit component if offered ³	Required; minimum serving size requirements must be met weekly for each vegetable subgroup: red/orange, dark green, legumes, starchy, and other ⁴
Milk	Required; flavored or unflavored non-fat (skim) or (1%) ^{1,3,4} ; must offer at least 2 varieties ^{2,4}	Required; flavored or unflavored non-fat (skim) or (1%) ^{1,3,4} ; must offer at least 2 varieties ^{2,4}
Serving Sizes	Must meet serving size requirements based on grade groups: K-5, 6-8, or 9-12 ⁴	Must meet serving size requirements based on grade groups: K-5, 6-8, or 9-12 ⁴
Dietary Specifications	Weekly limits for calories, sodium ^{1,5} , and saturated fat based on grade groups; no trans fat allowed	Weekly limits for calories, sodium ^{1,5} , and saturated fat based on grade groups; no trans fat allowed
Offer Versus Serve (OVS)	Not required	Required for grades 9-12 ⁶



Questions can be entered into the chat box





Thank you for attending our session!

Nutrition Department

800.545.7892 or 217.782.2491

CNP@isbe.net