



Getting a Grip on the Grain/Bread Requirements

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Agenda

Background

- What is NEW with the grain/bread requirements?
- How to identify a whole grain product?

Meal Pattern Requirements

- How to determine portion size of a grain/bread item?
- What documentation is needed for ISBE review?

Activity

- Discussing grains and NSLP
- Discussing grains and SBP



NEW, NEW, NEW Grain/Bread Update

- Beginning **July 1, 2019**:
 - at least half of the weekly grains offered must meet whole grain-rich criteria
 - The remaining grain items offered must be enriched



Background

- SY 12/13- required 50% WGR in NSLP
- SY 13/14- required 50% WGR in SBP
- SY 14/15-required 100% WGR in both NSLP and SBP
- **NEW**
 - SY 19/20-requires 50% WGR in NSLP and SBP



Benefits of 50% requirement

1. Increases appeal of menu items to students
2. Decreases costs
3. Increases accessibility to products
4. Allows more menu planning flexibility



How do I know if it is WGR?

A Grain is considered to be WGR if it meets *one of the following criteria*:

- The product is labeled as containing at least 50% whole grains or if there is manufacturer statement that documents the product contains at least 50% whole grains.
- Product label's ingredient list, lists a whole grain item first (i.e. *Whole wheat flour*). A product with *Wheat flour* as the first ingredient would **NOT** qualify.
- Packaging includes FDA's whole grain health claim on its packaging



Whole Grain Stamp

- The content of the whole grain must still be matched against the serving size requirement in the school meal program
- Products with this stamp may still contain un-enriched grains⁶





Grain Crediting

- The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq
- Must use the G/B Weight chart to determine a serving (unless you have a CN label).
- No more than 2 oz eq of grain-based desserts can be included within the weekly meal pattern requirements for grains





Acceptable Whole Grains

- | | |
|---|---|
| <ul style="list-style-type: none">• Recognized as describing whole grain ingredients per FDA Standards of Identity:<ul style="list-style-type: none">– Cracked wheat– Crushed wheat– Whole-wheat flour– Graham flour– Entire-wheat flour– Bromated whole-wheat flour– Whole durum wheat flour | <ul style="list-style-type: none">• Common and usual names for other whole grains:<ul style="list-style-type: none">– “Whole” listed before a grain– “Berries” (e.g. wheat berries)– “Groats” (e.g. oat groats)– Rolled oats and oatmeal– Reconstituted whole wheat (when it is done by the original milling facility)– Brown rice, brown rice flour, wild rice, quinoa, millet, amaranth, buckwheat⁴ |
|---|---|



Non-Creditable Grains

Grain ingredients that should not be considered whole grains (please contact your State agency to determine if a questionable grain ingredient is creditable):

flour	phosphated flour	hominy grits
white flour	self-rising flour	hominy
wheat flour	self-rising wheat flour	farina
all-purpose flour	enriched self-rising flour	semolina
unbleached flour	bread flour	degerminated corn meal
bromated flour	cake flour	enriched rice
enriched bromated flour	durum flour	rice flour
enriched flour	corn grits	couscous
instantized flour		

1



Non-Creditable Grains

- The following ingredients must be present at a level of less than 2% of the product formula for the food item to be creditable at lunch or breakfast:

- Oat fiber
- Corn fiber
- Bran
- Germ

- Modified food starch
- Corn starch
- Wheat starch (including potato, legume, and other vegetable flours)¹



Must meet Ounce Equivalents How to calculate

- **Step 1** → Must have a Nutrition Fact label
- **Step 2** → Look at the Serving Size. It will state the serving size in grams and/or ounces (i.e. weight of the product)
- **Step 3** → Use the USDA Grain/Bread Weight Chart to determine which “group” the product is listed under
- **Step 4** → Compare the calculated weight to the weight of the USDA serving in that respective group.



Step 1: Nutrition Fact label

Step 2: Look at Serving Size

Nutritional Label

78700-80198 RI 1

R&I MADE WITH WHOLE GRAIN WHITE HAMBURGER BUNS 30 CT 65 OZ

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size 1 bun (61g)		Total Fat 2g	3%	Total Carbohydrate 31g	10%
Servings Per Container 30		Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Calories 160		Trans Fat 0g		Sugars 4g	
Calories from Fat 20		Polyunsaturated Fat 1g		Protein 7g	
		Monounsaturated Fat 0g			
		Cholesterol 0mg	0%		
		Sodium 200mg	8%		
		Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 10% Vitamin D 15% • Thiamin 8% • Riboflavin 4% • Niacin 4% Folic Acid 6%			

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST, SOYBEAN OIL, CALCIUM SULFATE, SALT, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, DATEM, CELLULOSE GUM, MONOGLYCERIDES, MONOCALCIUM PHOSPHATE, CORN FLOUR, CALCIUM CARBONATE, CORNSTARCH, SPICE & COLORING, POTASSIUM IODATE, VITAMIN D3, SOY LECITHIN.



Step 3: Need the WG Weight Chart

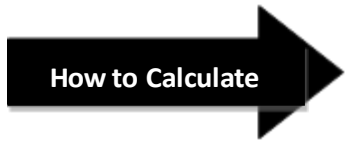
EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	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
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	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 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/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



Step 4: Compare the serving size to the WG Weight Chart

Nutrition Fact Label:
Serving Size: 1 Bun
(61 grams)



- Hamburger Buns are located in Group B
 - USDA oz eq = 28 gm /1oz
 - Divide 61 grams by 28gm
 - = 2.18 oz eq

 - USDA Rule → Round ↓ to the nearest 0.25
- Answer = 2 oz eq



Crediting

- Grains round down to the nearest 0.25 oz eq⁸

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<p>1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz</p> <p style="text-align: right;">7</p>



Crediting

- If 1 oz eq = 28 g
- And our product has 53 g per serving
- Then $53 \text{ g} / 28 \text{ g} = 1.89 \text{ oz eq per serving}$
- 1.89 oz eq rounds down to **1.75 oz eq**⁸

Nutrition Facts	
Serving Size 1 bun (53g)	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 6g	
Vitamin A -	● Vitamin C -
Calcium 4%	● Iron 15%

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



Acceptable Documentation for ISBE review

- CN label
- Recipe
- Product Formulation Statement
- Nutrition Fact label with ingredient list



CN Label

Distinctive Features of a CN Label

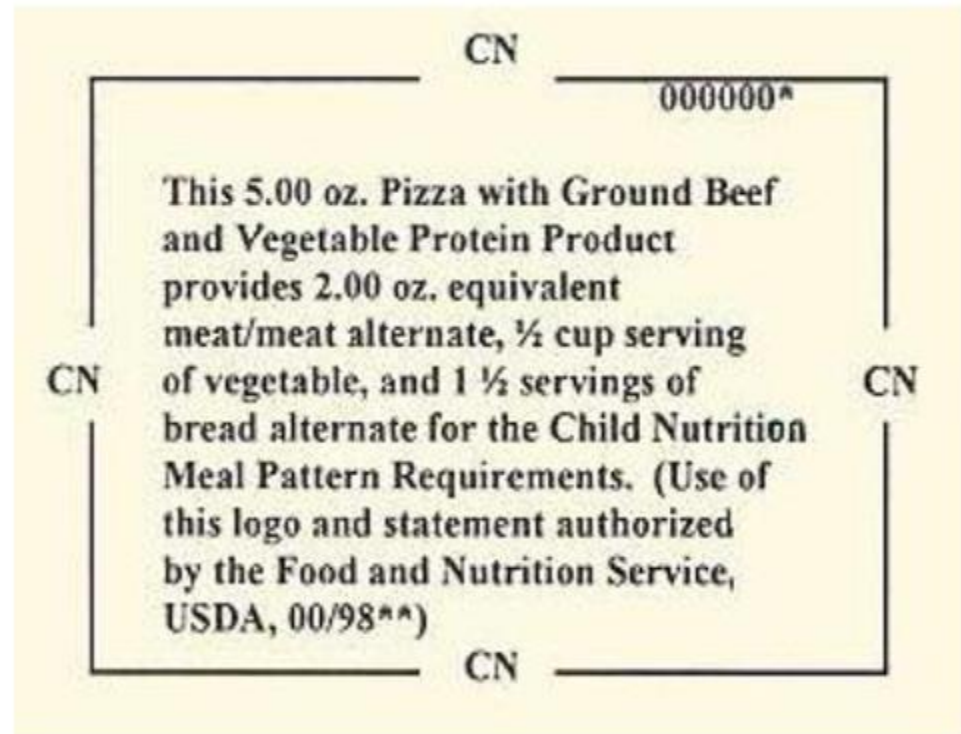
CN Logo (a distinctive border around the CN statement)

A 6-digit product identification number

Meal pattern contribution statement

Acknowledgment that use of the logo and statement is authorized by the FNS

Month and year the label was approved





NOT acceptable →

Must come directly from the MFR

Product Information
(Close this Window to continue...)

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477080 - 720/.67 TYS CHICK CHUNK WG CN

UPC: 000-23700-07534-7

Sales/Marketing	Packaging	Preparation
Fully cooked chicken chunks with whole grain breading. Heat in the oven. USDA CN label.	Keep frozen. Approximate frozen shelf life 270 days.	Heat from frozen. Heat to an internal temperature of 165F, do not over heat. Place on lined/lightly sprayed sheet pans. Convection oven; preheat to 375F, heat approximately 6-8 minutes. Conventional oven; preheat to 400F, heat approximately 8-10 minutes.

Ingredients	Nutrition Facts
CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN WITH LESS THAN 2% SOY LECITHIN, SEASONING (CORN SYRUP SOLIDS, BROWN SUGAR, DEXTROSE, SALT, VINEGAR POWDER (MALTODEXTRIN, MODIFIED CORN STARCH, DRIED VINEGAR), GARLIC POWDER, ONION POWDER, CHICKEN TYPE FLAVOR (HYDROLYZED CORN GLUTEN, AUTOLYZED YEAST EXTRACT, SUNFLOWER OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE)], SODIUM ACID PYROPHOSPHATE, BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED WHEAT STARCH, SALT, SOYBEAN OIL, SPICE, YELLOW CORN FLOUR, PAPRIKA, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GARLIC POWDER, NATURAL FLAVOR, EXTRACTIVES OF TURMERIC, FUMARIC ACID, BREADING SET IN VEGETABLE OIL.	<p>Serving Size 5ea(84g,3oz) Servings Per Case 144.00</p> <p>Amount Per Serving % DV*</p> <p>Calories 180.0 9%</p> <p>Fat Calories 72.0</p> <p>Total Fat 8.0g 12%</p> <p>Saturated Fat 1.5g 8%</p> <p>Polyunsaturated Fat 3.5g</p> <p>Monounsaturated Fat 2.5g</p> <p>Cholesterol 20.0mg 7%</p> <p>Sodium 450.0mg 19%</p> <p>Total Carbohydrates 14.0g 5%</p> <p>Dietary Fiber 2.0g 8%</p> <p>Sugars 1.0g 0%</p> <p>Protein 13.0g 26%</p> <p>Calcium 40.0mg 4%</p> <p>Iron 1.8mg 10%</p> <p>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p>



School Equivalents	
Serving Size	5ea(84g,3oz)
Meat/Meat Alternatives	2
Fruit/Vegetables	
Grain/Bread	1
Milk	
Child Nutrition*	USDA

*Key: USDA=Item has USDA CN label
BG=Item is in the USDA Buyers Guide for Child Nutrition Program
PFS=Manufacturer has provided a Product Formulation Statement



USDA Commodity Fact Sheet



USDA United States Department of Agriculture
Food and Nutrition Service



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, September 2013)

Visit us at www.fns.usda.gov/fds

100938 - TORTILLA, WHOLE WHEAT, FROZEN, 27 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These frozen 8 inch whole wheat tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the HealthierUS School Challenge whole wheat criteria for a whole wheat food.
PACK/YIELD	<ul style="list-style-type: none"> 12/24 ct pouches per 27 lb case. One 27 lb case AP yields about 288 tortillas. One pouch AP yields about 24 tortillas. CN Crediting: 1 Whole wheat tortilla made with whole wheat flour provides 1.5 oz equivalent grains.
STORAGE	<ul style="list-style-type: none"> Store frozen whole wheat tortillas at 0°F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Whole wheat tortilla, 8 inch

	1 tortilla (44 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	0 mg
Potassium	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



Product Formulation Statement (PFS)

Product Name: Wheat Smile Pancakes Code No.: 14005
Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75oz)

- 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 noncreditable grains: Yes No How many grams: _____
(Products with more than 0.24 oz eq or 3.99 grams for Groups A-G and 6.99 grams for Group H of noncreditable grains may not credit towards the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains), or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain 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 Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of 1.0 ounce equivalent as listed in SP 30-2012 B	Creditable Amount ¹ A ÷ B
Pancakes	50 grams	34 grams	1.47
Total Creditable Amount²			1.25

¹ Total 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 50 g

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent grains. I further certify that noncreditable 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 noncreditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____





Recipe

Cornbread (School Recipe)

YIELD:		VOLUME:			
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces		
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces		
Ingredients		Weight	Measure		
Flour, enriched bleached		1 lb	3 ¾ cups		
Flour, whole-wheat		½ lb	2 cups		
Cornmeal, whole-grain		1 lb	3 ¾ cups		
Salt			1 ¼ tsp		
Eggs, whole		5 ¼ oz	⅔ cup		
Baking powder			2 Tbsp 2 tsp		
Sugar		5 ¼ oz	¾ cup		
Instant nonfat dry milk, reconstituted			3 ¾ cups		
Vegetable oil			½ cup		
Nutrients Per Serving					
Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g



NSLP Grain/Bread Requirements

	K-5	6-8	K-8	9-12
Weekly	8 oz	8 oz	8 oz	10 oz
(Daily)	(1 oz)	1 oz)	(1 oz)	(2 oz)

- 50% grains offered during week must be whole grain rich
- Schools can serve more than the weekly maximums for WGR items
 - Be careful not to exceed the caloric, fat or sodium limits
- No more than 2 ounces of grain based desserts may be served weekly



Weekly Grain Calculations

Activity – Does this meet the weekly G/B requirements?

Lunch Menu For Grains (Grades 6-8)

Daily Requirement: 1 ounce equivalents
Weekly Requirement: 8 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered					
	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
Choice 1	2 WGR	2 ENR	1.5 WGR	1.5 ENR	1 WGR	???
Choice 2	1.5 ENR	1 ENR	2.25 WGR	2 WGR	2 ENR	
Choice 3	1.25 WGR	1.5 WGR	1.25 ENR	1 ENR	1.25 WGR	



Weekly Grain Calculations ANSWER

Lunch Menu For Grains (Grades 6-8)

Daily Requirement: 1 ounce equivalents
Weekly Requirement: 8 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered						Does this meet?
	Mon.	Tues.	Wed.	Thurs.	Fri.	Total	
Choice 1	2 WGR	2 ENR	1.5 WGR	1.5 ENR	1 WGR	5.5 oz eq	NO
Choice 2	1.5 ENR	1 ENR	2.25 WGR	2 WGR	2 ENR		
Choice 3	1.25 WGR	1.5 WGR	1.25 ENR	1 ENR	1.25 WGR		



Activity – Does this meet the NEW whole grain requirements??

Step 1 - Add up all of the grains offered for the week

Lunch Menu For Grains (Grades 6-8)

Daily Requirement: 1 ounce equivalents

Weekly Requirement: 8 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered					
	Mon.	Tues.	Wed.	Thurs.	Fri.	<u>Total Grains Offered</u>
Choice 1	2 WGR	2 ENR	1.5 WGR	1.5 ENR	1 WGR	23
Choice 2	1.5 ENR	1 ENR	2.25 WGR	2 WGR	2 ENR	
Choice 3	1.25 WGR	1.5 WGR	1.25 ENR	1 ENR	1.25 WGR	



Activity – Does this meet the NEW whole grain requirements??

Step 2 - Add up all of the WGR offered for the week

Lunch Menu For Grains (Grades 6-8)

Daily Requirement: 1 ounce equivalents
Weekly Requirement: 8 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered					<u>Total WGR Offered</u>
	Mon.	Tues.	Wed.	Thurs.	Fri.	
Choice 1	2 WGR	2 ENR	1.5 WGR	1.5 ENR	1 WGR	12.75 oz eq Does it meet??
Choice 2	1.5 ENR	1 ENR	2.25 WGR	2 WGR	2 ENR	
Choice 3	1.25 WGR	1.5 WGR	1.25 ENR	1 ENR	1.25 WGR	



NSLP Meal Pattern Requirements

- **ALL GRAINS COUNT** -including breading on products
- The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq⁶
- No more than 2 oz of grain-based desserts weekly

Can be:

2-1 oz cookies

1-2 oz serving or

4-.5 oz servings



2-1 COOKIES, 1-2 OZ



Grain-Based Desserts

- **The following grain-based desserts are allowable in the NSLP for grades K-12:**
 - Cookies (plain – includes vanilla wafers)
 - Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees)
 - Pie crust (dessert pies, cobbler)
 - Cake (plain, unfrosted)
 - Brownies (plain)
 - Cake (all varieties, frosted)
 - Coffee cake
 - Fruit turnover
 - Sweet crackers (graham crackers – all shapes, animal crackers)
 - Doughnuts (cake and yeast, raised, unfrosted, frosted, or glazed)
 - Cereal bars, breakfast bars, granola bars (plain, with nuts, raisins, and/or chocolate pieces)
 - Sweet roll, sticky buns, cinnamon rolls, Danish pastries, caramel rolls (frosted and unfrosted)
 - Toaster pastry (frosted and unfrosted)⁷



Chicken Corn Dog



Batter Ingredients:

Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.

Chicken Frank Ingredients:

Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains: Wheat



Answer: YES



Batter Ingredients:

Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.

Chicken Frank Ingredients:

Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains: Wheat



Breadsticks



Ingredients for U.S. Market:

Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less than 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.



Answer: YES



Ingredients for U.S. Market:

Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less than 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.



Rotini Pasta



Ingredients:

Whole grain wheat flour, wheat flour, oat fiber.



Answer: NO



Ingredients:

Whole grain wheat flour, wheat flour, oat fiber



White Corn Tortilla



Ingredients:

Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.



Answer: NO



Ingredients:

Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.



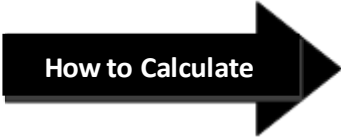
Grain/Bread Options for Salad Bars

Nutrition Facts

Serving Size two 2-cracker packages (14g)

INGREDIENTS

{INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, BLEACHED AND UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE \, RIBOFLAVIN \, FOLIC ACID), SOYBEAN OIL, PALM OIL, REFINER'S SYRUP, BAKING SODA, SEA SALT, SALT, MALTED BARLEY FLOUR, YEAST.} CONTAINS: WHEAT



- | • Group A = 22 gm/0.8oz
- | • Each pkg = 7gm
- | • Divide 7 grams by 22gm
- | • = 0.32 (yields 0.25oz eq)
- |
- | Answer = 4 (2-cracker)
- | packages



SBP Grain/Bread Requirements

Grains Component	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Daily	1 oz eq	1 oz eq	1 oz eq	1 oz eq
Weekly	7 oz eq	8 oz eq	9 oz eq	9 oz eq

-50% of grains served must be WGR





Grains at Breakfast

- Schools can serve more than the weekly maximum
 - Be careful not to exceed average weekly calorie, saturated fat, trans fat and sodium limits
- Meat/meat alternates can count towards the grain requirement after 1 oz eq of grain is menued for the day⁵





Meat/Meat Alternates credited as Grains

- Menu must provide at least 1 oz eq of grains daily
- When *used as a grain substitute*, the meats/meat alternates counts toward the weekly grains range *and* the dietary specifications





Crediting Meat/Meat Alternate as grain/bread:

Grade group 6 -8

Requirements → 8 oz. eq. grain/week

- School offers 1 oz. eq. grain every day
 - 1 oz. eq. grain per day = 5 oz. eq. grain per week
- School also offers 1 oz. eq. m/ma x 3 days
 - 3 oz. eq. m/ma credits as 3 oz. eq. grain
- 8 oz. eq. grain requirement is met



Grain-Based Desserts

- The following grain-based desserts are allowable as your grain/bread in the SBP for grades K-12 (those in RED)
- Cookies (plain – includes vanilla wafers)
- Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees)
- Pie crust (dessert pies, cobbler)
- Cake (plain, unfrosted)
- Brownies (plain)
- Cake (all varieties, frosted)
- **Coffee cake**
- **Fruit turnover**
- **Sweet crackers (graham crackers – all shapes, animal crackers)**
- **Doughnuts (cake and yeast, raised, unfrosted, frosted, or glazed)**
- **Cereal bars, breakfast bars, granola bars (plain, with nuts, raisins, and/or chocolate pieces)**
- **Sweet roll, sticky buns, cinnamon rolls, Danish pastries, caramel rolls (frosted and unfrosted)**
- **Toaster pastry (frosted and unfrosted)⁷**



Grain Crediting for OVS

- *Grains component offered in an amount larger than 1 oz eq MAY be credited as more than one food item*
 - *1 oz eq = 1 item*
 - *2 oz eq = 2 items*



- *Menu planner may choose to credit a 2 oz eq muffin as 1 or 2 food items*



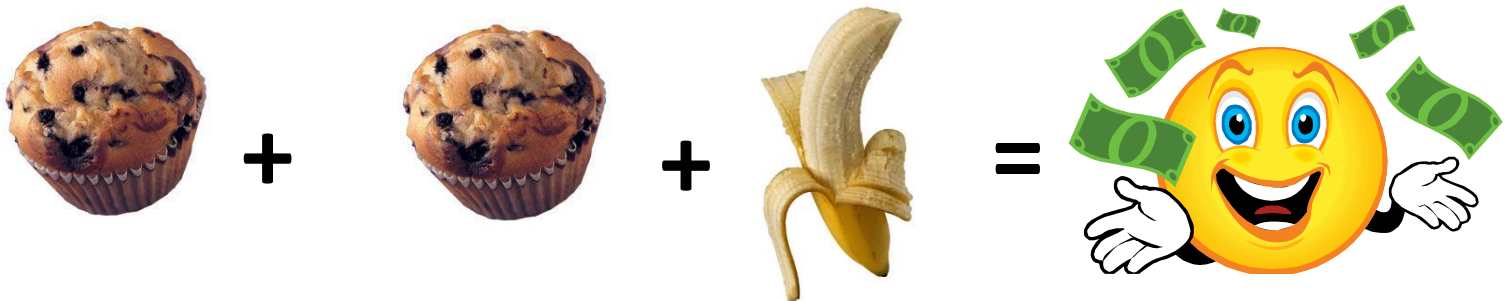
Counting/Crediting Items

Menu planner may choose to allow students to select 2 of the same grain or meat/meat alternate items and count them as 2 food items.

Example:

Student selects two 1 oz muffins= 2 grain items

plus one fruit item must be selected for meal to be reimbursable





Cereal Bar



Ingredients:

Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.



Answer: YES

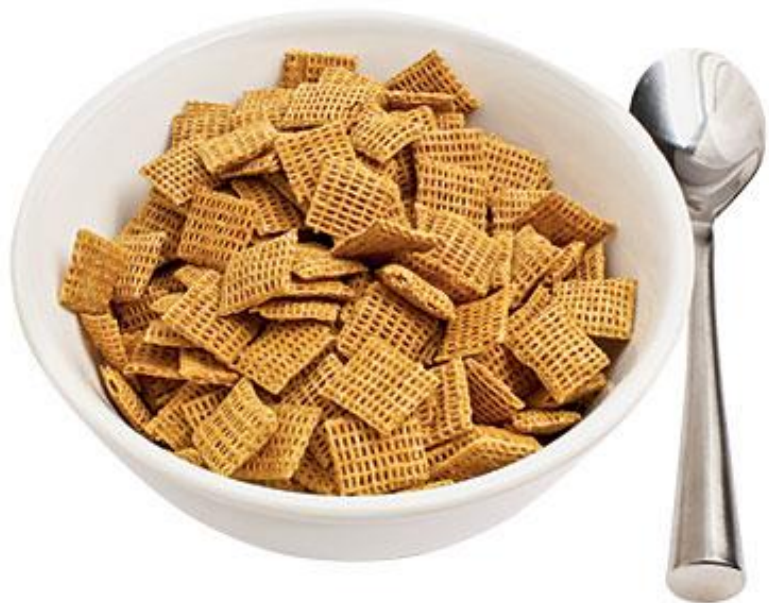


Ingredients:

Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.



Ready-to-Eat Cereal



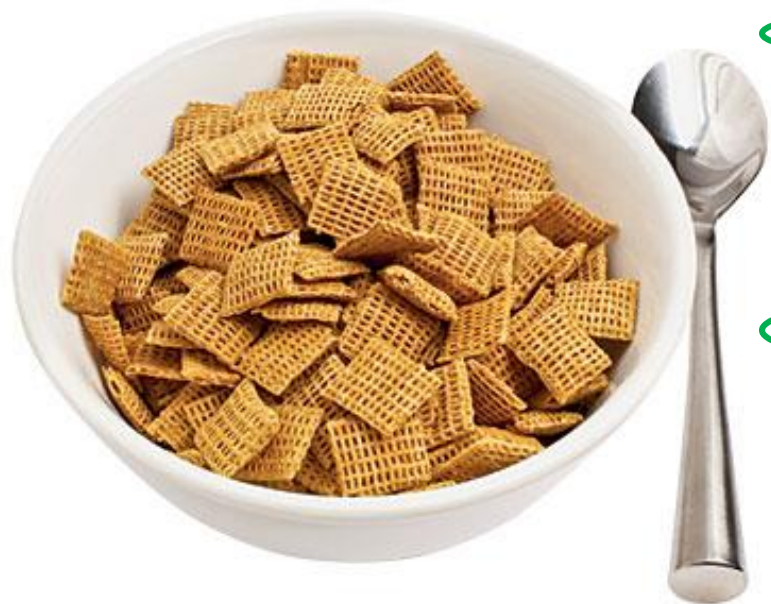
Ingredients:

Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.



Answer: YES



Ingredients:

Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.



Resources



NATIONAL ARCHIVES

FEDERAL REGISTER

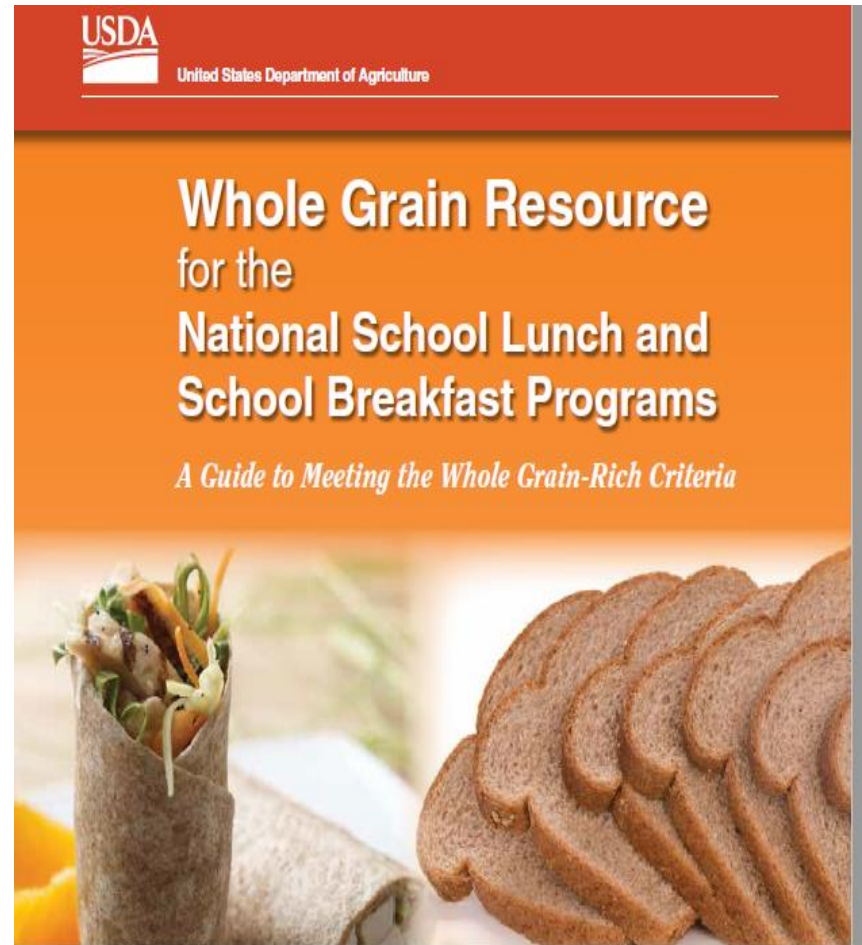
The Daily Journal of the United States Government



® Rule

Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements

A Rule by the Food and Nutrition Service on 12/12/2018





Questions???





Contact Us

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