



# National School Lunch Program

## Meal Pattern Guidance

Illinois State Board of Education  
Nutrition Division





## Agenda



Dietary  
Specifications



Meal Pattern  
Components



Menu Planning  
Resources



## Dietary Specifications

	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
Calories	550-650	600-700	750-850
Sodium	≤1,230*	≤1,360*	≤1,420*
Saturated Fat	<10%	<10%	<10%
Trans Fat	0 g	0 g	0 g

\*Sodium Target 1 will be retained through school year 2023-24



# Meal Pattern Components



Fruit



Vegetable



Grain



Meat/Meat  
Alternate



Milk



## Fruits

	K-5	6-8	K-8	9-12
Weekly	2 ½ cups	2 ½ cups	2 ½ cups	5 cups
(Daily)	(1/2 cup)	(1/2 cup)	(1/2 cup)	(1 cup)





# Fruit Component

- Can be fresh, frozen, canned, or dried
  - Canned fruit can be packed in water, full-strength juice, or light syrup
- Full-strength juice
- Does **not** include:
  - Snack-type foods made from fruit strips, fruit drops, or fried banana chips
  - Jam or jelly
  - Home canned products (for safety reasons)



# Fruit Crediting

- All servings of fruit are based on the actual volume served
  - **Exception:** Dried fruit credits at twice the volume servedExample: Raisins → 1/4 cup credits as 1/2 cup
- The minimum amount of any fruit that can credit towards daily or weekly totals is 1/8 cup



# Fruit Juice

- No more than half of the fruit component offered for the week may be in the form of juice at lunch.
- All juice must be 100% full-strength without added sweeteners.
- Smoothies and slushies (ie. Pureed) are considered “juice”

Fruit Component	Total Weekly Fruit Offering	Allowable Juice per week
K-8	2 ½ cups	1 ¼ cups
9-12	5 cups	2 ½ cups







# Vegetables

	K-5	6-8	K-8	9-12
Weekly	3 <sup>3</sup> / <sub>4</sub> cups	3 <sup>3</sup> / <sub>4</sub> cups	3 <sup>3</sup> / <sub>4</sub> cups	5 cups
(Daily)	(3/4 cup)	(3/4 cup)	(3/4 cup)	(1 cup)





## Vegetables

- Daily lunch serving reflects variety over week
- Variety of types and preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers a variety of no salt added or lower sodium products
  - Method of preparation does not change the sub-group
- Menus must meet weekly Vegetable Sub-Groups



## Vegetable Subgroups

	Grades K-8	Grades 9-12
Dark Green	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Red/orange	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
Legumes	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Starchy	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Other	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Additional to reach total	1 cup	1 $\frac{1}{2}$ cup



# Dark Green Subgroup

## Dark Green Vegetables

- 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





# Red/Orange Subgroup

## Red & Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pimentos (cherry pepper)
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

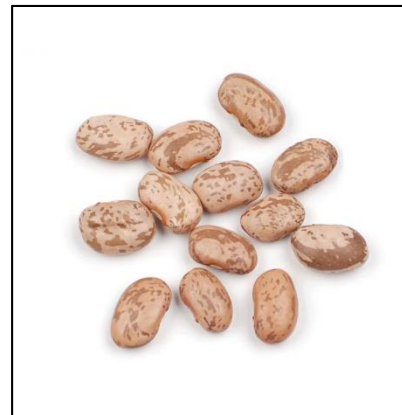




## Beans and Peas (Legumes) Subgroup

### Beans and Peas\*

- 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





## Starchy Subgroup

### Starchy Vegetables

- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- jicama
- malanga or yautia (tannia, tannier)
- parsnips
- plantains
- poi (undiluted)
- potatoes
- taro
- water chestnuts





# “Other” Subgroup



Asparagus



Eggplant



Avocado



Zucchini



Green Beans



Mushrooms



Iceberg Lettuce



Brussels Sprouts



Cauliflower



Cucumber<sup>3</sup>





# Vegetable Crediting



- 1/8 cup is minimum creditable amount
- For uncooked leafy greens,
  - 1 cup credits as 1/2 cup
- Legumes may be credited as vegetable OR meat alternate but cannot be credited as both during the same meal
  - Example → Chili – are the beans counted as a meat/meat alternative OR vegetable?



## Vegetable Crediting (continued)

- Food items that **cannot** be credited towards vegetable meal pattern requirements:
  - Snack-type foods made from vegetables, such as potato chips
  - Pickle relish, jam, or jelly
  - Tomato catsup and chili sauce (tomato paste in chili is creditable)
  - Home canned products (for safety reasons)
  - Dehydrated vegetables used for seasoning



## More on Vegetables

- No more than half of the vegetable offerings over the week may be in the form of 100% full-strength vegetable juice.
- Vegetable subgroup weekly minimum requirements for each serving line
- No maximum on vegetable servings
- USDA Food Buying Guide has been updated to reflect subgroups





## Grain/Bread

	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)





# 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



## Whole Grain-Rich

- Refers to food items that are 100% whole grain OR a blend of whole and enriched grains
- In order to be considered whole grain-rich, a whole grain/enriched grain blend must meet the following requirements:
  - Contain at least 50% whole grains
  - The remaining 50% or less of grains must be enriched







# 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







# More on Grain Crediting

- Grains round down to the nearest 0.25 oz eq<sup>8</sup>
- Example:

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (whole wheat or whole grain-rich)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (whole wheat or whole grain-rich)</li> <li>• Tortillas (whole wheat or whole corn)</li> <li>• Tortilla chips (whole wheat or whole corn)</li> <li>• Taco shells (whole wheat or whole corn)</li> </ul>	<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>



# Activity

## How many oz eq is a hamburger bun?

- Remember, 1 oz eq = 28 g for products that fall in Group B
- 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**

### 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.



# How many packages of crackers do I need to serve for a 10z eq G/B?

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Savory Crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 22 gm or 0.8 oz</li> <li>3/4 oz eq = 17 gm or 0.6 oz</li> <li>1/2 oz eq = 11 gm or 0.4 oz</li> <li>1/4 oz eq = 6 gm or 0.2 oz</li> </ul>

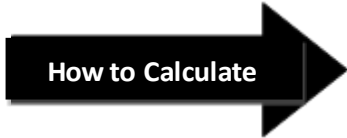


## Nutrition Facts

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) pkgs**



# 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					<u>Total Grains Offered</u>
	Mon.	Tues.	Wed.	Thurs.	Fri.	
Choice 1	2 WGR	2 ENR	1.5 WGR	1.5 ENR	1 WGR	<b>23</b>
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)

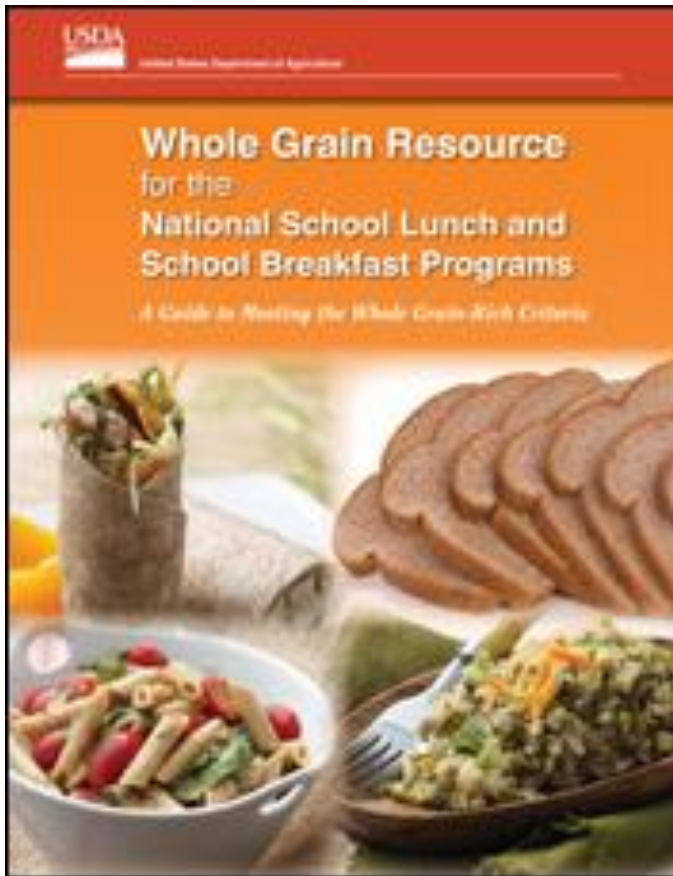
#### Ounce Equivalents Offered

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	



# For More Information...

Whole Grain Resource for the National School Lunch and School Breakfast Programs



**Attachment A**

**Exhibit A: School Lunch and Breakfast**

Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs<sup>1,2</sup>

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Savory crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: Weights apply to bread in stuffing.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 22 g or 0.8 oz</li> <li>3/4 oz eq = 17 g or 0.6 oz</li> <li>1/2 oz eq = 11 g or 0.4 oz</li> <li>1/4 oz eq = 6 g or 0.2 oz</li> </ul>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (sliced whole wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet crackers<sup>3</sup> (graham crackers - all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (whole wheat or whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (whole wheat or whole grain-rich)</li> <li>Tortillas (whole wheat or whole corn)</li> <li>Tortilla chips (whole wheat or whole corn)</li> <li>Taco shells (whole wheat or whole corn)</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 28 g or 1.0 oz</li> <li>3/4 oz eq = 21 g or 0.75 oz</li> <li>1/2 oz eq = 14 g or 0.5 oz</li> <li>1/4 oz eq = 7 g or 0.25 oz</li> </ul>
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>Cookies<sup>4</sup> (plain - includes vanilla wafers)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies,<sup>5</sup> cobbler,<sup>5</sup> fruit turnovers,<sup>4</sup> and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	<ul style="list-style-type: none"> <li>1 oz eq = 34 g or 1.2 oz</li> <li>3/4 oz eq = 26 g or 0.9 oz</li> <li>1/2 oz eq = 17 g or 0.6 oz</li> <li>1/4 oz eq = 9 g or 0.3 oz</li> </ul>


<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

*continued on next page*

Whole Grain Resource 23 

<https://www.fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-school-breakfast-programs-0>





## Meat/ Meat Alternates

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

Includes a variety of protein foods, such as meat, poultry, seafood, cheese, tofu, eggs, nuts, nut butters, and legumes



# M/MA Crediting

Ounce equivalents for commonly served meat alternates

Meat Alternate	Portion Size	Ounce Equivalent
Peanut butter	2 tablespoons	1 oz eq
Cheese	1 ounce	1 oz eq
Yogurt	4 ounces	1 oz eq
Egg, large	½	1 oz eq
Legumes	¼ cup	1 oz eq

Nuts and seeds may be used to meet no more than half of the meat/meat alternate component



# Question

**How do you determine the  
m/ma equivalents?**





# CN Label

## Chicken Stir-Fry Bowl

### Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements.

CN

CN

(Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN

Net Wt.: 18 pounds



Chicken Wok Company

1234 Kluck Street Poultry, PA 12345

**MUST** have a CN Label or PFS for ALL Processed Items



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

[Print This Page](#)

**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.

**NOT**  
**acceptable**  
**CN Label →**  
**Must come**  
**directly from**  
**the MFR**

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, FURMARIC ACID. BREADING SET IN VEGETABLE OIL.	<p>Serving Size 5ea(84g,3oz) Servings Per Case 144.00</p> <p><b>Amount Per Serving</b> % DV*</p> <p><b>Calories</b> 180.0 <b>9%</b></p> <p>Fat Calories 72.0</p> <p><b>Total Fat</b> 8.0g <b>12%</b></p> <p>Saturated Fat 1.5g <b>8%</b></p> <p>Polyunsaturated Fat 3.5g</p> <p>Monounsaturated Fat 2.5g</p> <p><b>Cholesterol</b> 20.0mg <b>7%</b></p> <p><b>Sodium</b> 450.0mg <b>19%</b></p> <p><b>Total Carbohydrates</b> 14.0g <b>5%</b></p> <p>Dietary Fiber 2.0g <b>8%</b></p> <p>Sugars 1.0g <b>0%</b></p> <p><b>Protein</b> 13.0g <b>26%</b></p> <p><b>Calcium</b> 40.0mg <b>4%</b></p> <p><b>Iron</b> 1.8mg <b>10%</b></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 Standardized Recipe

## Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

**SERVING:**

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** 3 medium half-steamtable pans

**100 Servings:** 6 medium half-steamtable pans

**VOLUME:**

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

Edited 2004



# USDA Commodity Fact Sheets

**100121 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN,  
9-11 LB**

<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>• 4/9-11 lb turkey breasts per case.</li><li>• One lb AP provides about 10.0 1.6-oz servings of deli style turkey breast.</li><li>• CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.</li></ul>
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# Food Buying Guide

## Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF GROUND fresh or frozen<sup>7, 8</sup> (continued)</b>					
Beef, Ground, fresh or frozen <sup>7, 8</sup> <i>no more than 26% fat (Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	





## Crediting

Ounce equivalents for commonly served meat products

Meat Product	Portion Size	Ounce Equivalent
Turkey ham, fully cooked	1.4 ounces	1 oz eq
Turkey ham, fully cooked, with 15% added ingredients	1.7 ounces	1 oz eq
Ham with natural juices, fully cooked	1.12 ounces	1 oz eq
Ham, water added, fully cooked	1.22 ounces	1 oz eq



# Weekly M/MA Calculations

Activity – Does this meet the weekly M/MA requirements?

## Lunch Menu For Meat/Meat Alternates (Grades 6-8)

Daily Requirement: 1 ounce equivalents

Weekly Requirement: 9 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered					
	Mon.	Tues.	Wed.	Thurs.	Fri.	<b><u>Total</u></b>  <b>???</b>
Choice 1	2	2.25	2	2	2	
Choice 2	1	1.5	2	1.5	2	
Choice 3	1.5	1.5	1.75	2	2	



# Weekly M/MA Calculations

## ANSWER

### Lunch Menu For Meat/Meat Alternates (Grades 6-8)

Daily Requirement: 1 ounce equivalents

Weekly Requirement: 9 ounce equivalents (minimum)

Daily Choices	Ounce Equivalents Offered						Acceptable?
	Mon.	Tues.	Wed.	Thurs.	Fri.	Total	
Choice 1	2	2.25	2	2	2	9.0 oz eq	YES
Choice 2	1.75	2	2	1.5	2		
Choice 3	1.75	2	1.75	2	2		



## For More Information...

### Food Buying Guide for Child Nutrition Programs

#### WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Exhibit A Grains Tool	Download Food Buying Guide
FBG Calculator		Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

<https://https://foodbuyingguide.fns.usda.gov/>



# Milk Component

Food Components	Grade K - 12
Milk	5 cups/week (1 cup daily)



- At least 2 choices must be offered
- Allowable options:
  - Fat-free, unflavored or flavored
  - Low-fat, unflavored or flavored
  - Low-fat or fat-free lactose-free or reduced-lactose
- Offer Versus Serve - student does not need to select this component
- Beginning **July 1, 2019**:
  - Unflavored milk must be offered at each meal service



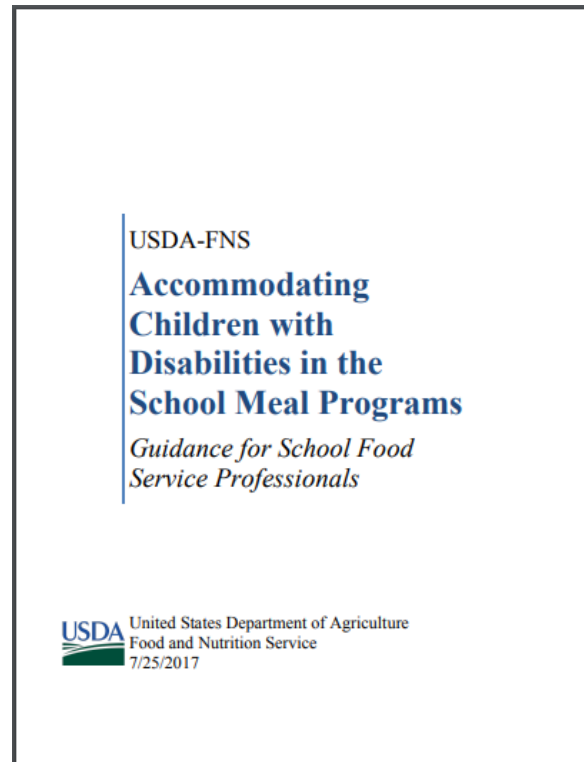
## Milk Substitutions

- Required for children with disabilities
  - Must have a medical statement on file from a state-licensed physician
- Options:
  - Lactose-free or lactose-reduced milk (low-fat or fat-free, flavored or unflavored)
  - Nondairy milk substitutes that meet USDA nutrition standards for fluid milk substitutes
  - Juice and water cannot be offered as milk substitutes for children without disabilities



# For More Information...

Accommodating Children with Disabilities in the School Meal Programs: Guidance for School Food Service Professionals



<https://www.fns.usda.gov/2017-edition-accommodating-children-disabilities-school-meal-programs>



## Water

- 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 clearly indicate that water is not a component of a reimbursable meal





# Offer Versus Serve

- OVS is optional for grades K-8 and required for grades 9-12
- Students must be offered all 5 of the required components
- Students can deny up to 2 of the components
- Students must take at least 3 of the components
- 1 of those components must be at least  $\frac{1}{2}$  cup of fruit and/or vegetable









# OVS Signage


**The 5 Components of a School Lunch**



meat/meat alternate




grain




milk

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!



fruit



vegetable

*This institution is an equal opportunity provider.*


<https://www.isbe.net/Pages/MenuBoardSignageResources.aspx>



# Offer versus Serve Tip Sheet

USDA United States Department of Agriculture  
Food and Nutrition Service

## OFFER VERSUS SERVE (OVS) Tip Sheet for School Food Service Managers



### National School Lunch Program

#### What is OVS?

The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all five food components in at least the minimum required quantities:

- A **food component** is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk\*.
- A **food item** is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Under OVS, students must select *three meal components* to ensure they get the nutritional benefits of a meal. OVS is required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.

The required five food components must be offered for school lunch. Students must select at least three of the five required food components, including at least 1/2 cup of fruit and/or vegetable, to have a reimbursable lunch. See the **Required Food Components** table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq is considered the amount of food product that is equal to 1 ounce).

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	1/2 cup	1/2 cup	1/2 cup	1 cup
Fruits	1/2 cup	1/2 cup	1/2 cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

#### Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal **offered to students** include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal **selected by the student** contain at least three components, including at least 1/2 cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.  
\*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

## NEW from USDA

Intended for use by school foodservice staff to enhance their understanding of OVS requirements at lunch.



# Offer versus Serve Technical Assistance Guidance (SY 2015-16)

EFFECTIVE BEGINNING SCHOOL YEAR 2015-2016

OFFER VERSUS SERVE  
GUIDANCE FOR THE NATIONAL SCHOOL LUNCH PROGRAM  
AND THE SCHOOL BREAKFAST PROGRAM

FOOD AND NUTRITION SERVICE U.S.  
DEPARTMENT OF AGRICULTURE



# Menu Planning Resources





## **Before you plan your lunch menus, you need....**

- CN labels OR PFS (required for processed items)
- Nutrition fact labels (all food items except fresh produce)
- Standardized Recipes (required for 2 or more ingredients)
- Calculator
- Menu Planning Worksheet



# Menu Planning Tool

Lunch Weekly & Daily Menu Planner							
School Site Name:			Grade Group(s):				
Component	Weekly Requirements (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
*at least 2 varieties must be offered daily	All Grades: 5 C (1C)						
Meat/Meat Alternate							
	K-5: 8-10 (1)						
	6-8: 9-10 (1)						
	9-12: 10-12 (2)						
Grain							
*whole grain rich	K-5: 8-9 (1)						
	6-8: 8-10 (1)						
	9-12: 10-12 (2)						
Vegetable	K-5: 3 3/4 C (3/4C) 6-8: 3 3/4 C (3/4C) 9-12: 5 C (1C)						
Dark Green	K-12: 1/2 C						
Red/Orange	K-8: 3/4C 9-12: 1 1/4 C						
Beans/Peas (legumes)	K-12: 1/2 C						
Starchy	K-12: 1/2 C						
Other	K-8: 1/2 C 9-12: 3/4 C						
Fruit							
	K-8: 2 1/2 C(1/2C)						
	9-12: 5 C (1C)						







# Weight (G/B & M/MA)



**VS**

# Measurement (F/V)



Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

# Scoops (Dishers)



Size/No. <sup>1</sup>	Level Measure	Color Code <sup>2</sup>
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	



## Menu Signage Resources

**AUGUST 2019** [Enter school name] [Breakfast or Lunch and Other Additional Menu Details Here]

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 [Enter Menu Items] 5	<b>SPECIAL ANNOUNCEMENT</b> [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notices]	<b>FUN FACT!</b> [Enter Special Announcement, Fun Fact, Menu Notes, Additional Information, or Notices]	[Enter Menu Items] 1	[Enter Menu Items] 2
[Enter Menu Items] 6	[Enter Menu Items] 7	[Enter Menu Items] 8	[Enter Menu Items] 15	[Enter Menu Items]
[Enter Menu Items] 12	[Enter Menu Items] 13	[Enter Menu Items] 14	[Enter Menu Items]	[Enter Menu Items]

**THIS WEEK FOR LUNCH** [Enter school name]

MONDAY	TUESDAY	WEDNESDAY
[Enter] [Enter] [Enter] [Enter]	[Enter] [Enter] [Enter] [Enter]	[Enter] [Enter] [Enter] [Enter]
THURSDAY	FRIDAY	<b>[SPECIAL NOTICE]</b> [Use this box for

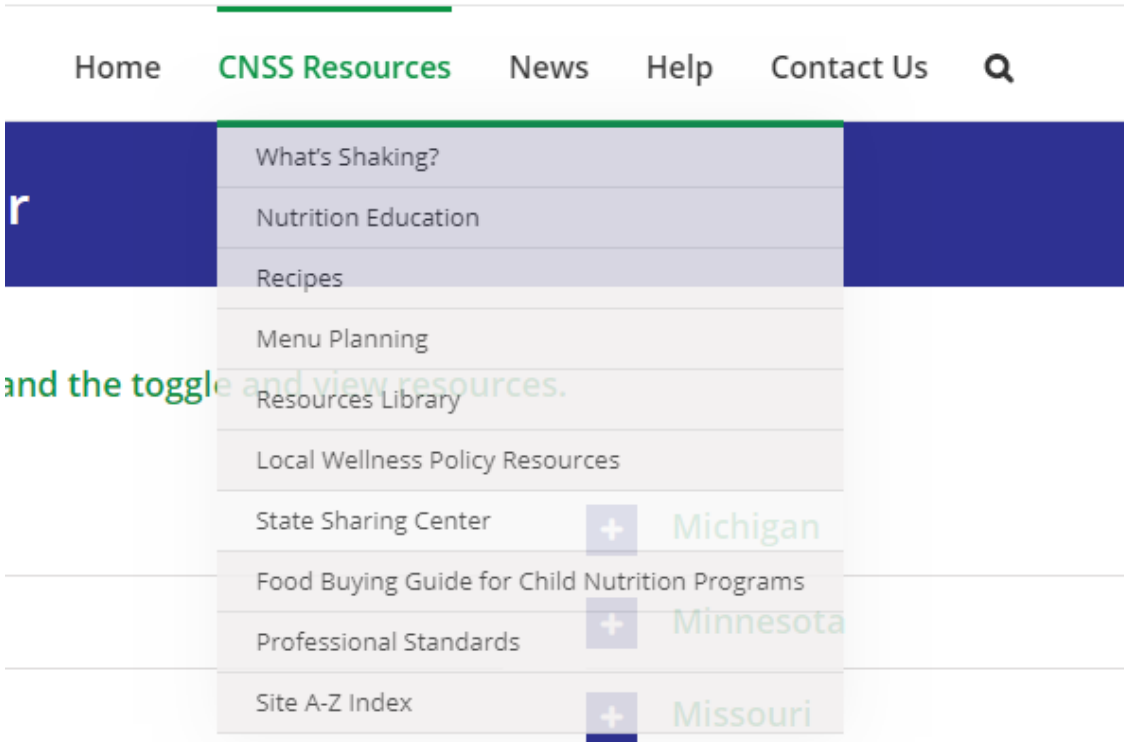
**TODAY'S LUNCH MENU** [Enter school name]

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



# Facebook Resource





## PURPOSE:

A centralized place to store, organize, manage, and share knowledge and tools with your peers.

<https://theicn.org/cnss/>



# Thank you!

## Contact Information

Nutrition Division

800.545.7892 or

217.782.2491

[cnp@isbe.net](mailto:cnp@isbe.net)

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

