Overview of National School Lunch Program
School Breakfast Program

Marisol Benesch, Rachel Hayes,
Debbie Nigri, William Wagoner
USDA Food and Nutrition Service

Presentation to Expert Committee for Review
of NSLP and SBP Meal Patterns and Nutrient Standards

June 10, 2008
Institute of Medicine, Washington, DC
Program Background/Nutritional Standards

- Goal and history
- Administration
- Overall nutrition standards
- Menu planning approaches
  - Meal patterns
  - Nutrient and calorie levels
  - Age/grade groups
  - Offer versus Serve
Resources for Program Operators

- Reimbursement
- Commodities
- Technical assistance and other resources
  - CN Labeling Program
  - Food Buying Guide
  - A Menu Planner for Healthy School Meals
  - Team Nutrition/Healthier US School Challenge
  - National Food Service Management Institute
Operational Issues

- Resources
  - Facilities and equipment
  - Labor
  - Funding
  - Procurement

- Accountability/Monitoring
  - Results of SMI accompanied reviews
  - Challenges in the current system

- HealthierUS School Challenge
  - Criteria overview
  - Upcoming changes
  - Linkage to Dietary Guidelines
Program Background/Nutritional Standards

- Goal and history
- Administration
- Overall nutrition standards
- Menu planning approaches
  - Meal patterns
  - Nutrient and calorie levels
  - Age/grade groups
  - Offer versus Serve
Goal

“…to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities…”

- Provide meals to children age two and older
- Operate in public and non-profit private schools, and residential child care institutions
History: 1800s - 1940

- School feeding efforts in the United States began in late 1800s
- Hunger and malnutrition deepened in 1930s
  - Federal aid through commodities
- Young men were turned down for military service during World War II due to malnutrition
1946: National School Lunch Program

- Established as a permanent program
- Original meal pattern
  - Whole milk \( \frac{1}{2} \text{ pint} \)
  - Meat/meat alternate \( 2 \text{ oz} \)
  - Vegetables and/or fruit \( \frac{3}{4} \text{ cup} \)
  - Bread \( 1 \text{ portion} \)
  - Butter or fortified margarine \( 2 \text{ tsp} \)
- 1/3 to 1/2 of daily nutrition needs
**1966: School Breakfast Program**

- Began as a pilot project
  - Under the Child Nutrition Act
  - To assist schools serving breakfasts to "nutritionally needy" children
- Meal pattern
  - Whole milk
  - Fruit and/or vegetable
  - Grains/breads and/or Meat/meat alternate (2 servings)
1973

- Schools allowed to serve low-fat or skim milk in place of whole milk
1975

- School Breakfast Program
  - Became permanent
  - Available to all schools, where needed
  - Higher reimbursement for schools serving low income households
1976

- Butter/fortified margarine dropped
- Meal pattern components
  - Milk
  - Meat/meat alternate
  - Vegetables and/or fruit
  - Bread
- Offer vs. Serve established
1977

- USDA proposed rule
  - Minimum lunch quantities for five age groups
  - Lunches to provide 1/3 of the Recommended Dietary Allowances (RDAs) over a week
  - Quantity requirements to be met over a week’s time
  - Nutrient standard menu planning concept introduced
  - Low-fat milk, skim milk and buttermilk to be allowed
1978

- USDA interim rule
  - Field testing of new lunch meal patterns for five age/grade groups
    - Ages 1-2
    - Ages 3-4
    - Grades K-3 (ages 5-8)
    - Grades 4-6 (ages 9-11)
    - Grades 7-12 (ages 12 and above)
  - Meet 1/3 of the RDAs over a week’s time
1979

- USDA final rule
  - Bread alternates expanded to include rice and pasta products
  - Low-fat, skim milk or buttermilk required in addition to whole milk
  - Term “Type A” meal pattern discontinued
  - Full implementation of five age/grade groups delayed
USDA final rule

Recommended (rather than required) that schools vary portion sizes for four groups

- Ages 1-2
- Ages 3-4
- Grades K-3 (ages 5-8)
- Grades 4-12 (ages 9 and older)
- Recommended: Grades 7-12 (larger portion sizes)

- Schools allowed to serve one meal pattern (grades 4-12) to all children
1981

- USDA proposed rule to simplify the age/grade groups and to change crediting requirements
- Proposal withdrawn due to unfavorable public response
1988–1992

- 1988 Surgeon General report
  - Showed benefits of a diet low in fat, saturated fat, cholesterol and sodium
- 1990 Dietary Guidelines for Americans
  - Recommended limits on fat and saturated fat
- National Research Council’s Diet and Health
  - Set recommendations on sodium, cholesterol and carbohydrate intake
1993

- USDA sought alternative to meet Program goals
- Nutrient Standard Menu Planning demonstration project
  - Menu planning based on analysis of nutrients
- School Nutrition Dietary Assessment Report (SNDA)
  - First issue
  - School meals not meeting recommended levels for fat, saturated fat, sodium and carbohydrates
1994

- USDA proposed rule to update nutrition standards
  - Compliance with the *Dietary Guidelines for Americans*
  - Nutrient-based menu planning in lieu of meal pattern
  - Minimum levels for key nutrients and calories
- Federal law required allowing food-based menu planning and earlier compliance with *Dietary Guidelines*
January 1995

- USDA proposed rule to:
  - Require compliance with *Dietary Guidelines*
  - Allow food-based menu planning
  - Revise meal pattern
    - More vegetables, fruit and breads/grains
  - Establish age/grade groups for younger/older children
    - Age/grade K-6
    - Age/grade 7-12
    - Optional age/grade K-3
June 1995

- USDA final rule phased out “traditional” meal pattern
- *Dietary Guidelines for Americans* as the foundation
  - Nutrition standards
  - Minimum levels for key nutrients and calories
  - Limit on fat and saturated fat
  - Effort to reduce sodium and cholesterol
- Nutrient-based and food-based menu planning allowed
- Same age/grade groups: Pre-K, Grades K-6, Grades 7-12, Optional Grades K-3
1998

- Legislation required:
  - Traditional food-based menu planning and “any reasonable approach”
  - School lunches and breakfasts provide, on the average over each week, 1/3 and 1/4, respectively, of the Recommended Dietary Allowances (RDAs)

- USDA proposed rule to:
  - Reinstate traditional menu planning approach and allow “any reasonable approach”
  - Apply required RDAs and calorie levels to meals served under traditional meal pattern
2000

- USDA final rule reinstated traditional food-based menu planning and established alternate approach
- Expanded menu planning approaches to five options:
  - Two food-based menu planning approaches
  - Two nutrient-based menu planning approaches
  - Alternate menu planning approach
    - Modifications to food-based or nutrient-based approaches
    - Same nutrition standards (DGAs and RDAs)
- Cited the 1995 Dietary Guidelines
2001

- SNDA II findings about school lunches
  - Lower in total fat and saturated fat but exceeded DGA recommendations
  - Met cholesterol recommendation
  - Did not meet sodium and carbohydrate recommendations
2004

Child Nutrition and WIC Reauthorization Act

- Rule with specific recommendations to increase the consumption of food groups emphasized by the *Dietary Guidelines for Americans*
  - Serving recommendations
Dietary Guidelines for Americans 2005

U.S. Department of Health and Human Services
U.S. Department of Agriculture
www.health.gov/dietaryguidelines
Program Evolution

- From …
  - Preventing hunger and malnutrition
- To …
  - Preventing hunger and malnutrition
  - Providing meals that closely meet the nutritional needs of various age/grade groups
  - Promoting healthy eating behavior
Program Administration

- **Average daily participation (FY 2007)**
  - 30 million children in NSLP
  - 10 million children in SBP

- **School participation (FY 2007)**
  - Over 101,000 schools in NSLP
  - Over 85,000 schools in the SBP

- **Federal cost of the Programs, combined (FY 2007)**
  - Over $10.8 billion
Administrative Flow

- FNS Headquarters
- 7 FNS Regions
- 57 State Agencies
- School Food Authorities
  - nearly 21,000
- Schools
  - over 101,000
Food and Nutrition Service

- FNS administers the programs at the Federal level
  - Issues program policy, regulations and guidance
  - Establishes nutrition standards and other program requirements
  - Provides cash reimbursement for each school meal
  - Provides USDA commodities
  - Monitors State Agency management of programs
Food and Nutrition Service

- Develops technical assistance & educational resources
  - Regulations and Instructions
  - Child Nutrition Database
  - CN Labeling
  - Team Nutrition materials
    - Food Buying Guide
    - A Menu Planner for Healthy School Meals
State Agencies

State’s agreement with School Food Authorities

- Agree to develop policy consistent with Federal requirements
- Provide technical assistance and training to SFAs
- Conduct program reviews to assess schools’ compliance with requirements
- Order USDA commodities
- Contribute funds
Local Administration

- SFAs and schools are responsible for the daily operation of the meal programs
  - Purchase foods
  - Plan, prepare and serve meals
  - Ensure that students receive a reimbursable meal
  - Impart nutrition education through meal service
  - Maintain a non-profit food service
  - Keep food production and menu records
  - Set meal prices
  - Claim meal reimbursement
General Nutrition Requirements

- Meet the RDAs for key nutrients for each age/grade group
- Provide minimum calorie levels for each age/grade group
- Reflect 1995 Dietary Guidelines for Americans
  - Meet specific limits on total fat, saturated fat
  - Reduce sodium and cholesterol
  - Increase dietary fiber
Nutrition Standards: Nutrients

- As required by law, lunches must provide, over a school week, at least 1/3 of the RDAs
  - Protein
  - Calcium
  - Vitamins A and C
  - Iron
- Breakfasts must provide 1/4 of the same nutrients
Nutrition Standards: Calories

- Lunches must provide $\frac{1}{3}$ of the calories (Recommended Energy Intake) for each age or grade
- Breakfasts must meet $\frac{1}{4}$ of the recommended calories
- Schools can exceed this minimum requirement
**Nutrition Standards: DGAs**

- Meals must reflect the latest *Dietary Guidelines*
- Current standards reflect the 1995 DGAs
  - Limit percent of calories from total fat (30%) and saturated fat (<10%)
  - Reduce sodium and cholesterol levels, and increase the dietary fiber level over time
    - No quantitative standards
Nutrition Standards

- SAs/SFAs conduct nutrient analysis to assess levels of:
  - Calories
  - Required nutrients (5)
  - Total fat and saturated fat
  - Sodium
  - Cholesterol
  - Dietary fiber

- Menus are adjusted according to results of analysis
Menu Planning Approaches

- Food-based
  - Traditional Menu Planning
  - Enhanced Menu Planning
    - Both have meal patterns with required food components in specific quantities

- Nutrient-based
  - Nutrient Standard Menu Planning
  - Assisted Nutrient Standard Menu Planning
    - Focus on nutrition content of the entire meal
    - Require computerized nutrient analysis

- Alternate
  - A reasonable modification of any of the above
## Nutrient Standards: Calories & Nutrients

<table>
<thead>
<tr>
<th>Minimum levels</th>
<th>Maximum levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Calories</td>
<td>• Percentage of calories from total fat (≤ 30%)</td>
</tr>
<tr>
<td>• Protein</td>
<td>• Percentage of calories from saturated fat (&lt;10%)</td>
</tr>
<tr>
<td>• Calcium</td>
<td></td>
</tr>
<tr>
<td>• Iron</td>
<td></td>
</tr>
<tr>
<td>• Vitamin A</td>
<td></td>
</tr>
<tr>
<td>• Vitamin C</td>
<td></td>
</tr>
</tbody>
</table>
Lunch
### Comparison of Menu Planning Approaches

<table>
<thead>
<tr>
<th></th>
<th>Food-Based Menu Planning</th>
<th>Nutrient-Based Menu Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Traditional</td>
<td>Enhanced</td>
</tr>
</tbody>
</table>

#### Minimum Nutrient and Calorie Levels for School Lunches

<table>
<thead>
<tr>
<th></th>
<th>PreK</th>
<th>K-3</th>
<th>4-12</th>
<th>Option 7-12</th>
<th>Pre-K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
<th>Pre-K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>633</td>
<td>785</td>
<td>825</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
</tr>
<tr>
<td>Fat</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
<td>≤30% of cals</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
<td>&lt;10% of cals</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>9</td>
<td>15</td>
<td>16</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>267</td>
<td>370</td>
<td>400</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.3</td>
<td>4.2</td>
<td>4.5</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Vit A (RE)</td>
<td>150</td>
<td>200</td>
<td>285</td>
<td>300</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
</tr>
<tr>
<td>Vit C (mg)</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>18</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
</tr>
</tbody>
</table>
Traditional Food-Based Menu Planning

- Based on meal patterns with specific food components:
  - Fluid milk
  - Meat/meat alternate
  - Grains/breads
  - Fruits/vegetables
- Specific portion sizes for each age/grade group
## Minimum Nutrient and Calorie Levels
### Traditional Food Based Menu Planning

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Pre-school</th>
<th>Grades K-3</th>
<th>Grades 4-12</th>
<th>Grades 7-12 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>633</td>
<td>785</td>
<td>825</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>9</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>267</td>
<td>370</td>
<td>400</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.3</td>
<td>4.2</td>
<td>4.5</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>150</td>
<td>200</td>
<td>285</td>
<td>300</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>18</td>
</tr>
</tbody>
</table>
## Milk Requirement

Traditional Food Based Meal Pattern for Lunch

<table>
<thead>
<tr>
<th>Pre-school</th>
<th>Grades K-3</th>
<th>Grades 4-12</th>
<th>Grades 7-12 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 fluid ounces</td>
<td>6 fluid ounces</td>
<td>8 fluid ounces</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td></td>
<td>Pre-school</td>
<td>Grades K-3</td>
<td>Grades 4-12</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Lean meat, poultry or fish, Alternate Protein Products, cheese</td>
<td>1.5 oz</td>
<td>1.5 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Large egg</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>3/8 cup</td>
<td>3/8 cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut butter or other nut or seed butters</td>
<td>3 Tbsp.</td>
<td>3 Tbsp.</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Yogurt, plain or flavored, un-sweetened or sweetened</td>
<td>6 oz. or ¾ cup</td>
<td>6 oz. or ¾ cup</td>
<td>8 oz. or 1 cup</td>
</tr>
<tr>
<td>Peanuts, soynuts, tree nuts, or seeds</td>
<td>¾ oz = 50%</td>
<td>¾ oz = 50%</td>
<td>1 oz = 50%</td>
</tr>
</tbody>
</table>
# Vegetable or Fruit

Traditional Food Based Meal Pattern

<table>
<thead>
<tr>
<th>2 or more servings of vegetables, fruits, or both</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-school</td>
</tr>
<tr>
<td>½ cup (1 serving)</td>
</tr>
<tr>
<td>Pre-school</td>
</tr>
<tr>
<td>----------------------------</td>
</tr>
<tr>
<td>8 servings/week</td>
</tr>
<tr>
<td>Minimum = 1 serving/day</td>
</tr>
</tbody>
</table>
Typical Lunch

- Choice of meat/meat alternate and grain/bread
  - Cheese Pizza or
  - Salisbury Steak & Gravy (with or without wheat breadstick)
- Fruit/Vegetable
  - Mashed Potatoes
  - Corn
  - Chilled Peaches
  - Fruit Cocktail
- Choice of Milk
## Minimum Nutrient and Calorie Levels
Enhanced Food Based Menu Planning

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of</td>
<td>≤ 30% of</td>
<td>≤ 30% of</td>
<td>≤ 30% of</td>
</tr>
<tr>
<td></td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of</td>
<td>&lt; 10% of</td>
<td>&lt; 10% of</td>
<td>&lt; 10% of</td>
</tr>
<tr>
<td></td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
</tr>
</tbody>
</table>
Enhanced Food-Based Menu Planning

- Based on meal patterns with specific food components:
  - Fluid milk
  - Meat/meat alternate
  - Grains/breads
  - Fruits/vegetables
- Specific portion sizes for each age/grade group
- Increased quantities of fruits/vegetables and grains/breads
### Comparison of Menu Planning Approaches

<table>
<thead>
<tr>
<th></th>
<th>Food-Based Menu Planning</th>
<th>Nutrient-Based Menu Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Traditional</td>
<td>Enhanced</td>
</tr>
</tbody>
</table>

#### Minimum Nutrient and Calorie Levels for School Lunches

<table>
<thead>
<tr>
<th></th>
<th>PreK</th>
<th>K-3</th>
<th>4-12</th>
<th>Optiona l 7-12</th>
<th>Pre- K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
<th>Pre-K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>633</td>
<td>785</td>
<td>825</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td>≤ 30% of cals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Fat</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td>&lt; 10% of cals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>9</td>
<td>15</td>
<td>16</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>267</td>
<td>370</td>
<td>400</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.3</td>
<td>4.2</td>
<td>4.5</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Vit A (RE)</td>
<td>150</td>
<td>200</td>
<td>285</td>
<td>300</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
</tr>
<tr>
<td>Vit C (mg)</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>18</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
</tr>
</tbody>
</table>
# Milk Requirement

## Enhanced Food Based Meal Pattern for Lunch

<table>
<thead>
<tr>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 fluid ounces</td>
<td>8 fluid ounces</td>
<td>8 fluid ounces</td>
<td>8 fluid ounces</td>
</tr>
</tbody>
</table>
# Meat/Meat Alternate
Enhanced Food Based Meal Pattern for Lunch

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean meat, poultry or fish, Alternate Protein Products, cheese</td>
<td>1.5 oz</td>
<td>2 oz</td>
<td>2 oz</td>
<td>1.5 oz</td>
</tr>
<tr>
<td>Large egg</td>
<td>¾</td>
<td>1</td>
<td>1</td>
<td>¾</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>3/8 cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>3/8 cup</td>
</tr>
<tr>
<td>Peanut butter or other nut or seed butters</td>
<td>3 Tbsp.</td>
<td>4 Tbsp.</td>
<td>4 Tbsp.</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Yogurt, plain or flavored, un-sweetened or sweetened</td>
<td>6 oz. or ¾ cup</td>
<td>8 oz. or 1 cup</td>
<td>8 oz. or 1 cup</td>
<td>6 oz. or ¾ cups</td>
</tr>
<tr>
<td>Peanuts, soynuts, tree nuts, or seeds</td>
<td>¾ oz = 50%</td>
<td>1 oz = 50%</td>
<td>1 oz = 50%</td>
<td>¾ oz = 50%</td>
</tr>
</tbody>
</table>
## Vegetable or Fruit

Enhanced Food Based Meal Pattern

<table>
<thead>
<tr>
<th></th>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 or more servings of vegetables, fruits, or both</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>(1 serving)</td>
<td>(1 serving)</td>
<td>(1 serving)</td>
<td>(1 serving)</td>
<td>(1 serving)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>and an additional ½ cup over a week</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Grains/Breads

**Enhanced Food Based Meal Pattern**

<table>
<thead>
<tr>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 servings/week</td>
<td>12 servings/week</td>
<td>15 servings/week</td>
<td>10 servings/week</td>
</tr>
<tr>
<td>Minimum = 1 serving/day</td>
<td>Minimum = 1 serving/day</td>
<td>Minimum = 1 serving/day</td>
<td>Minimum = 1 serving/day</td>
</tr>
</tbody>
</table>
Modification to Meat/Meat Alternate

May be offered as a weekly total with a one ounce minimum daily serving size
Modification Available
Traditional and Enhanced FBMP

- Modification for the majority of the children
  - If only one age/grade is outside, an SFA may use both the meal pattern portion sizes and the nutrient standards for the majority of the children.
  - If more than one age/grade is outside, must use two meal patterns and nutrient standards.
## Comparison of Menu Planning Approaches

<table>
<thead>
<tr>
<th></th>
<th>Food-Based Menu Planning</th>
<th>Nutrient-Based Menu Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Traditional</td>
<td>Enhanced</td>
</tr>
</tbody>
</table>

### Minimum Nutrient and Calorie Levels for School Lunches

<table>
<thead>
<tr>
<th></th>
<th>PreK</th>
<th>K-3</th>
<th>4-12</th>
<th>Optiona</th>
<th>Pre- K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
<th>Pre-K</th>
<th>K-6</th>
<th>7-12</th>
<th>Opt K-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>633</td>
<td>785</td>
<td>825</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
</tr>
<tr>
<td>Fat</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
<td>≤30%</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>9</td>
<td>15</td>
<td>16</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>267</td>
<td>370</td>
<td>400</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.3</td>
<td>4.2</td>
<td>4.5</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Vit A (RE)</td>
<td>150</td>
<td>200</td>
<td>285</td>
<td>300</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
</tr>
<tr>
<td>Vit C (mg)</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>18</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
</tr>
</tbody>
</table>
Nutrient-Based Menu Planning

- No meal patterns and required food portions
- No required foods other than milk
- Meal structure:
  - Entrée - combination of foods or a single food item that is offered as the main course
  - Side-dish
  - Fluid milk
- Required levels of nutrients and calories
- Nutrient analysis required for menu planning
## Minimum Nutrient and Calorie Levels

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Pre-school</th>
<th>Grades K-6</th>
<th>Grades 7-12</th>
<th>Grades K-3 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>517</td>
<td>664</td>
<td>825</td>
<td>633</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>10</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>267</td>
<td>286</td>
<td>400</td>
<td>267</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>3.3</td>
<td>3.5</td>
<td>4.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>150</td>
<td>224</td>
<td>300</td>
<td>200</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>14</td>
<td>15</td>
<td>18</td>
<td>15</td>
</tr>
</tbody>
</table>
Modifications Available to Nutrient Standard Menu Planning
Modification Available to NSMP/ANSMP

- Modification for the majority of the children
  - If only one age/grade is outside, an SFA may use both the meal pattern portion sizes and the nutrient standards for the majority of the children.
  - If more than one age/grade is outside, must use two meal patterns and nutrient standards.
Alternate Menu Planning Approach
Breakfast
## Minimum Nutrient and Calorie Levels

### Traditional Food Based Menu Planning

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>Pre-school</th>
<th>Grades K-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>388</td>
<td>554</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>200</td>
<td>257</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>2.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>113</td>
<td>197</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>11</td>
<td>13</td>
</tr>
</tbody>
</table>
**Minimum Nutrient and Calorie Levels**
Enhanced Food Based Menu Planning

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>Pre-school</th>
<th>Grades K-12</th>
<th>Grades 7-12 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>388</td>
<td>554</td>
<td>618</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of</td>
<td>≤ 30% of</td>
<td>≤ 30% of</td>
</tr>
<tr>
<td></td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of</td>
<td>&lt; 10% of</td>
<td>&lt; 10% of</td>
</tr>
<tr>
<td></td>
<td>calories</td>
<td>calories</td>
<td>calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>5</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>200</td>
<td>257</td>
<td>300</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>2.5</td>
<td>3.0</td>
<td>3.4</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>113</td>
<td>197</td>
<td>225</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>11</td>
<td>13</td>
<td>14</td>
</tr>
</tbody>
</table>
Food-Based Menu Planning (Enhanced and Traditional)

- Four required food items for a daily breakfast
  - Two servings of grains/breads or two servings of meat/meat alternates (or one serving of each)
  - One serving of milk
  - One serving of juice/fruit/vegetables
Typical Breakfast

- Grain/Bread and/or Meat/Meat Alternate
  - French Toast Sticks or
  - Cereal & Breakfast Grahams
- Fruit/Vegetable
  - Seasonal Fresh Fruit –or– Juice
- Milk
  - Choice of Milk
<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>Pre-school</th>
<th>Grades K-12</th>
<th>Grades 7-12 (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>388</td>
<td>554</td>
<td>618</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
<td>≤ 30% of calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
<td>&lt; 10% of calories</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>5</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Calcium (mg)</td>
<td>200</td>
<td>257</td>
<td>300</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>2.5</td>
<td>3.0</td>
<td>3.4</td>
</tr>
<tr>
<td>Vitamin A (RE)</td>
<td>113</td>
<td>197</td>
<td>225</td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>11</td>
<td>13</td>
<td>14</td>
</tr>
</tbody>
</table>
Nutrient Standard Menu Planning

- Three required food items for a daily breakfast
  - One serving of milk
  - Two side dishes
Offer vs. Serve

- Allows students to decline food items they don’t intend to eat
- Reduces plate waste
- Mandatory in high schools in the NSLP
- Optional in lower grades and in the SBP
- Declining an item does not affect meal price
Offer vs. Serve: Lunch

- Food Based Menu Planning
  - Students must take at least three of the five food items

- Nutrient Standard Menu Planning
  - Students must take at least two of the three menu items, including the entrée

- Allows students to decline one or more items, depending on the number of items offered
Meal Delivery Methods

- Regardless of delivery method, all school meals must meet the nutrition standards
  - Traditional cafeteria lines
  - Pre-plated meals
  - Vending machines
  - Grab and Go/brown bag
Resources for Program Operators

- Reimbursement
- Commodities
- Technical assistance and other resources
  - CN Labeling Program
  - Food Buying Guide
  - A Menu Planner for Healthy School Meals
  - Team Nutrition
  - National Food Service Management Institute
Reimbursement Rate: SY2007-2008

<table>
<thead>
<tr>
<th>Benefit Level</th>
<th>Lunch</th>
<th>Percentage</th>
<th>Breakfast</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Meal</td>
<td>$2.47</td>
<td>49%</td>
<td>$1.35 ($1.61 severe need)</td>
<td>71% (64% severe need)</td>
</tr>
<tr>
<td>Reduced-Price Meal</td>
<td>$2.07</td>
<td>10%</td>
<td>$1.05 ($1.31 severe need)</td>
<td>10% (8% severe need)</td>
</tr>
<tr>
<td>Paid Meal</td>
<td>$0.23</td>
<td>41%</td>
<td>$0.24</td>
<td>19%</td>
</tr>
</tbody>
</table>

Entitlement and Commodity Benefits

$0.1875 per lunch
USDA Commodities

- Commodities available for the NSLP
- Make up 15-20% of food served on school lunch line
- State purchases with entitlement funds (FY 2006)
  - Beef, pork and fish – 27%
  - Grains, peanuts, dairy and oil – 26 %
  - Fruits and vegetables – 24%
  - Poultry and eggs – 23%
- Products must meet specifications
Commodity Processing

- Convert raw bulk commodities into ready-to-use end products
- Convenience and efficiency
USDA Commodities Aligned with DGAs

- Lower fat, sodium and sugar in selected commodities
  - Canned fruits in light syrup, water, or natural juices
  - Beef patties with a fat level as low at 10%
  - 97% fat-free ham
  - 95% fat-free turkey ham
  - Turkey taco filling
  - Low-fat/reduced fat/lite cheeses

- Whole grains
  - Whole wheat flour, brown rice and rolled oats
Technical Assistance & Resources

- CN Labeling Program
  - What?
    - Voluntary Federal labeling program
    - Reviews and approves product formulations for processed food products
  - Why?
    - Documents meal components served under traditional and enhanced menu planning
    - USDA warranty
    - Guaranteed credit
Precooked Chicken Patties

Ingredient Statement:
Chicken, water, spices

Each 2.3 oz. fully cooked chicken patty provides 2.0 oz. equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05/02).

Net Wt.: 18 pounds

Chicken Company
1234 Kluck Street  Poultry, PA 12345
Technical Assistance & Resources

• Products eligible for CN label
  • ½ oz meat/meat alternate
  • 50% juice drink products
  • other components when part of an entrée
CN Labeling Program

Combination label statement

HOW DO I IDENTIFY A CN LABEL?

This 5.00 oz. Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/98**)
Food Buying Guide
for Child Nutrition Programs

Food Buying Guide
for Child Nutrition Programs

U.S. Department of Agriculture
Food and Nutrition Service
Technical Assistance & Resources
Food Buying Guide for Child Nutrition Programs

- For meal planning and preparation under FBMP
- Help purchasing agent buy right amount of food
- Yield data included
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork, Mild Cured, Ready-to-cook, chilled or frozen Canadian bacon</td>
<td>Pound</td>
<td>11.0</td>
<td>1 oz cooked lean meat</td>
<td>9.1</td>
<td>1 lb AP = 0.69 lb cooked lean meat</td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>7.36</td>
<td>1-1/2 oz cooked lean meat</td>
<td>13.6</td>
<td></td>
</tr>
<tr>
<td>Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt</td>
<td>Pound</td>
<td>8.64</td>
<td>1 oz cooked lean meat</td>
<td>11.6</td>
<td>1 lb AP = 0.54 lb cooked lean meat</td>
</tr>
<tr>
<td>With bone</td>
<td>Pound</td>
<td>5.76</td>
<td>1-1/2 oz cooked lean meat</td>
<td>17.4</td>
<td></td>
</tr>
<tr>
<td>Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt</td>
<td>Pound</td>
<td>9.60</td>
<td>1 oz cooked lean meat</td>
<td>10.5</td>
<td>1 lb AP = 0.60 lb cooked lean meat</td>
</tr>
<tr>
<td>Without bone</td>
<td>Pound</td>
<td>6.40</td>
<td>1-1/2 oz cooked lean meat</td>
<td>15.7</td>
<td></td>
</tr>
<tr>
<td>Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Picnic</td>
<td>Pound</td>
<td>6.72</td>
<td>1 oz cooked lean meat</td>
<td>14.9</td>
<td>1 lb AP = 0.42 lb cooked lean meat</td>
</tr>
<tr>
<td>With bone</td>
<td>Pound</td>
<td>4.48</td>
<td>1-1/2 oz cooked lean meat</td>
<td>22.4</td>
<td></td>
</tr>
</tbody>
</table>
Technical Assistance & Resources

A Menu Planner for Healthy School Meals

• For school foodservice staff
• Presents the SMI concepts in a practical manner and various options to meet the nutrition requirements
• Discusses the DGAs, the menu planning approaches, nutrient analysis, and basic principles and processes for menu planning
Goal
- to improve children's lifelong eating and physical activity habits using the principles of the Dietary Guidelines and MyPyramid

Provides
- Training and technical assistance for school foodservice
- Nutrition education for children
- School and community support for healthy eating and physical activity
Team Nutrition

- Nutrition education and technical assistance materials include:
  - DGAs Fact Sheets
    - Jazz Up Your Menus With Fruits
    - Use Low-Fat Milk, Cheese and Yogurt
    - Serve More Whole Grains
    - Trim Trans Fat
    - Meeting the Challenge of Rising Food Costs
  - Food Buying Guide
  - Nutrient Analysis Protocols
  - Recipes for Schools
  - Serving it Safe: A Manager’s Toolkit
National Food Service Management Institute

- Provides training and technical assistance to school food service operations
- Offers information through Help Desk
  - Planning healthy meals
  - Recipes
  - Procurement
  - Food production
  - Meal service equipment
  - Food safety
  - Quality assurance
NFSMI Training

Training, workshops and seminars
- Food Buying Guide
- Nutrition Update
- Tools for Menu Planning
- Healthy Cuisine for Kids
- Orientation to Child Nutrition Management
- Food Safety
Operational Issues

- Resources
  - Facilities and equipment
  - Labor
  - Funding
  - Procurement
- Accountability/Monitoring
  - Results of SMI accompanied reviews
  - Challenges in the current system
- HealthierUS School Challenge
  - Criteria overview
  - Upcoming changes
  - Linkage to Dietary Guidelines
Real World Application
School Meal Environment

- Reimbursable Meals
  - Food preparation
  - Food service
- Competitive Foods
- Open Campuses
Real-World Factors Influencing School Meals

- FUNDING
- FACILITIES
- PROCUREMENT
- LABOR
- EQUIPMENT

School Meals
Procurement

- Products that are “in demand”
- Availability from distributor/supplier
- Industry adapting to program needs
- Use of commodity foods
- Rising food costs
- Dependent upon labor, equipment, facilities and funding
Labor

- Program management
- Available labor pool
- Training
- Compensation
- Dependent upon equipment, facilities and funding
Equipment

- Currently available within a given school
- Preparing and serving
- Dependent upon facilities and funding
Facilities

- Storage/preparation space
- Serving space
- Distance between central kitchen and satellite schools
Funding

- Critical component influencing all other factors
- Federal reimbursement rate
- Price of meals (for paid students)
- Other sources of revenue
- Indirect costs
- Economies of Scale
Challenges with Current Menu Planning Systems
## Differences in Menu Planning Systems

<table>
<thead>
<tr>
<th>Food Based</th>
<th>Nutrient Based</th>
</tr>
</thead>
<tbody>
<tr>
<td>• CN Labels or manufacturers’ statements</td>
<td>• Nutrition Facts Labels</td>
</tr>
<tr>
<td>• Minimum daily and weekly food quantities and portion sizes</td>
<td>• No minimum portion</td>
</tr>
<tr>
<td>• At least two different fruits/vegetables</td>
<td>• No fruit/vegetable requirements</td>
</tr>
</tbody>
</table>
Other Challenges: Whole Grains

- Identifying whole grain products
- Quantifying the level of whole grain within a product
- Access to whole grain products through current distributors
Which is “Whole-Grain?”

**Ingredients:** Whole grain wheat, whole grain brown rice, white rice, whole grain oats, wheat gluten, crystallized cane juice, natural flavor (soybean oil, natural flavoring), wheat bran.

**Ingredients:** Untreated high gluten wheat flour, filtered water, stone ground whole wheat flour, crystalline corn fructose, oats, ground flaxseed, sorghum flour, wheat fiber, wheat germ, sunflower oil, barley malt, yeast, potato flour, salt, cornmeal.
Other Challenges: Nutrients of Concern

- Do the nutrients of concern help schools to focus on the kinds of foods to offer?
- How should nutrients of concern be addressed, particularly those not on the food label?
Other Challenges: Breakfast

- Meeting calorie levels
- Appropriateness of grade groupings
Other Challenges: Monitoring

- Once every 5 years
- Review one school for each SFA menu planning option
- On-site visit not required
- Analyze one week’s lunch menus
- States may establish targets for fiber, sodium, cholesterol
SMI Accompanied Reviews

- Observe how States monitor districts
- Determine barriers to meeting the nutrition standards
- Progress in meeting 2005 Dietary Guidelines
State-level Observations

- Inaccurate nutrient analyses
- Focus on schools meeting numeric targets
- Less emphasis on DGA implementation, meal quality
- Reluctance to require corrective action or take fiscal action
School-level Observations

- Not following standardized recipes
- Serving incorrect portion sizes
- Incomplete production records to document menu items
- Incorrect nutrient analysis (for NSMP schools)
Conclusion

• Difficult to determine whether schools are actually meeting the nutrition standards
HealthierUS School Challenge
How Does It Work?

- Elementary school
- Enroll as a Team Nutrition School
- Offer reimbursable lunches
- Provide nutrition education
- Offer physical activity
- Maintain average daily participation
- Adhere to a la carte/seconds/competitive foods requirements
Benefits of the Award

- Send a positive message to the community
- Receive an award from a USDA official
- Obtain local media attention
The Challenge Menu Criteria

- At least 5 different vegetables offered each week
  - Minimum ¼ cup serving
The Challenge Menu Criteria

- Dark green or orange vegetables offered 3 or more days per week
  - At least 2 must be different
The Challenge Menu Criteria

- Cooked dried beans and peas offered each week
  - Minimum ¼ cup serving
The Challenge Menu Criteria

- At least 5 different fruits offered each week
  - Minimum ¼ cup serving
The Challenge Menu Criteria

- At least 1 serving of fruit/week must be fresh (Silver/Bronze)
  OR
- At least 2 servings of fruit/week must be fresh (Gold)
The Challenge Menu Criteria

- At least 1 serving of a whole-grain food offered 3/week (Silver/Bronze)
  OR
- At least 1 serving of a whole-grain food offered daily (Gold)
The Challenge Menu Criteria

- Only low-fat (1%) or nonfat (skim) milk offered each day
Objective of the HealthierUS School Challenge Menu Criteria

- Every student should be able to select a HealthierUS School Challenge menu.
Criteria for A La Carte, Seconds, and Competitive Foods
Additional Criteria

- Wellness Policy
- Fundraising Activities
- Physical Education/Activity
- Nutrition Education
- Food Rewards
For More Information

www.fns.usda.gov/cnd