

MEAL PATTERNS

Participant Guide

This participant guide provides resources, hand-outs, activities, and space to write notes during class. It is designed to supplement the class rather than directly mirror the PowerPoint slides in a one-to-one manner.

Training Overview

Length	6 Hours
Description	Review of NSLP, SBP, ASCP, CACFP Pre-K, CACFP-Snack Meal Patterns. Overview of Offer vs. Serve and Reimbursable meals and how it applies in the listed programs.
USDA Key Areas	1000 – Nutrition 2000 – Operations
USDA Professional Standards Codes	Menu Planning: 1100, 1120, 1140,1170 Nutrition Education:1210 Food Production: 2100, 2200,2150
Learning Objective(s)	<ul style="list-style-type: none">• Review updates for SY 2023-2024 meal pattern requirements• Describe the USDA meal pattern requirements for lunch & Breakfast• Describe the USDA meal pattern requirements for supper & snack• Identify required meal pattern offerings for Pre-K students• Review the legislative process and Proposed Rule for school meal standards• Offer Vs. Serve (OVS)



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Common Acronyms

ASCP	After School Care Program
SBP	School Breakfast Program
CACFP	Child & Adult Care Food Program
CE	Contracting Entity (same as RA)
FND/F&N	Food & Nutrition
NSLP	National School Lunch Program
OVS	Offer vs. Serve
RA	Recipient Agency (same as CE). This term is more common in USDA
TDA	Texas Department of Agriculture
USDA	United States Department of Agriculture

Resources

SquareMeals.org	TDA Food & Nutrition Website	News, resources, and trainings for all 12 Food & Nutrition programs in Texas
ARM	Administrative Review Manual (located on SquareMeals.org)	A reference document used to provide guidance on the administration of federally funded programs.

TASB.org	Texas Association of School Boards Website	TASB is a voluntary, nonprofit, statewide educational association that serves and represents local Texas school boards to share information through publications and training to help Texas board members serve their communities more effectively.
TheICN.org	Institute of Child Nutrition Website	The ICN is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs.

Why does this Matter?

Me

- How will this class help me?

My Organization

- Which specific areas within this course topic does their organization needs help or guidance with?

My Food Program Participants

- How will this class help the recipients of my food program?

Notes

SY 2023-24 Meal Pattern Chart

School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk: Unflavored Age 1-2, whole milk Age 3-5, 1% low fat or fat free unflavored	½ cup	¾ cup
Fruits and Vegetables	¼ cup	½ cup
^{1,2} Grains: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Pasta	¼ cup	
Cooked Breakfast Cereal, Cereal Grain, ³ Ready-To-Eat Breakfast Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	½ cup ¾ cup ⅓ cup	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
⁴ Milk Unflavored/flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables ⁵ Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
⁶ Grains 80 % WG-Rich	7 – 10 (1 oz eq)	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)
Nutrient Specifications: Daily Amount Based on Averages 5-Day Week				
Min.–Max. Calories (kcal)	350–500	400–550	450–600	450–500
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 540	≤ 600	≤ 640	≤ 540
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

¹CACFP: grain-based desserts are not creditable toward the grains component

²CACFP: one whole-grain rich food item must be served each day across all meals

³CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

⁴One choice of milk must be unflavored at each meal service.

⁵Through SY 2023-24, CEs may substitute any vegetable from any subgroup in place of a fruit.

⁶At least 80% of weekly grains offered must be whole grain rich.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.

SY 2023-24 Meal Pattern Chart

National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Milk: Unflavored Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free unflavored	½ cup	¾ cup	⁴ Milk Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	⅛ cup	¼ cup	Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	⅛ cup	¼ cup	Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
^{1,2} Grains: Whole Grain-Rich or Enriched			Dark Greens	½ cup	½ cup	½ cup	½ cup
Bread product (e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq	Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Pasta	¼ cup		Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Meat/Meat Alternates			Starchy	½ cup	½ cup	½ cup	½ cup
Lean meat, poultry, or fish	1 oz	1.5 oz	Other	½ cup	½ cup	½ cup	¾ cup
Tofu, soy product, or alternate protein products	1.1 oz	1.5 oz	Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Cheese	1 oz	1.5 oz	⁵ Grains 80 % Whole Grain-Rich	8 – 9 (1 oz eq)	8 – 10 (1 oz eq)	8 – 9 (1 oz eq)	10 – 12 (2 oz eq)
Large egg	½ egg	¾ egg	Meat/Meat Alternates	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq)
Cooked dry beans or peas	¼ cup	⅜ cup	Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp	Min.–Max. Calories(kcal)	550–650	600–700	600–650	750–850
³ Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz	Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz	Sodium Target (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
			Trans Fat	Product nutrition label/manufacture specification must indicate 0 grams of <u>trans fat</u> per serving.			

¹CACFP: grain-based desserts are not creditable toward the grains component

²CACFP: one whole-grain rich food item must be served each day across all meals

³CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

⁴One choice of milk must be unflavored at each meal service

⁵At least 80% of weekly grains offered must be whole grain rich with the remaining enriched

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual [Sections 7, 8, and 9](#).

VEGETABLE SUBGROUPS

The National School Lunch Program meal patterns for grades K-12 require weekly servings of 5 vegetable subgroups. The chart below identifies items in each subgroup. Raw leafy greens credit as half the volume served, and tomato paste/puree credits based on volume if reconstituted. Vegetable juice must be pasteurized 100% full-strength juice that cannot exceed half the weekly vegetables served. Check the USDA's [Food Buying Guide](#) for crediting information.

DARK GREEN fresh, frozen, canned

- Boston Bibb lettuce
- Broccoli
- Cilantro
- Collard greens
- Dark green leafy lettuce
- Kale
- Mustard greens
- Romaine lettuce
- Spinach

RED/ORANGE fresh, frozen, canned

- Butternut squash
- Carrots
- Cherry tomatoes
- Orange bell peppers
- Pumpkin
- Red bell peppers
- Salsa
- Spaghetti sauce
- Sweet potatoes
- Tomatoes
- Tomato sauce

LEGUMES Dry (cooked), frozen, canned

- Black (turtle) beans
- Edamame
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Refried beans
- Soybeans (mature, dry)

STARCHY fresh, frozen, canned

- Black-eyed peas
- Corn
- Green peas
- Hominy
- Jicama
- Lima beans (green, not dry)
- Plantains
- Potatoes (white, russet, red)
- Succotash (corn and lima beans)

OTHER fresh, frozen, canned

- Anaheim peppers (green chilies)
- Asparagus
- Avocado
- Bean sprouts (cooked only)
- Beets
- Brussels sprouts
- Cabbage
- Cactus (nopalitos)
- Cauliflower
- Celery
- Chayote (mirliton)
- Cucumbers
- Eggplant
- Green/yellow beans
- Green bell peppers
- Iceberg lettuce
- Jalapeno peppers
- Mixed greens lettuce
- Mixed vegetables
- Mushrooms
- Okra
- Olives
- Onions
- Pepperoncini
- Pickles
- Radishes
- Salad mix (with carrots, red cabbage)
- Sauerkraut
- Snap/snow peas
- Spaghetti squash
- Tomatillos
- Yellow bell peppers
- Yellow peppers
- Yellow squash
- Zucchini



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Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
National School Lunch Program

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Helpful Formulas

When planning how much to prepare or purchase:

$$\frac{\text{\# of Servings Needed}}{\text{Helper Sheets Factor}} = \text{Amount of Purchased Units Needed}$$

Example: 450 Servings of Applesauce, #10 can

$$\frac{450 - \frac{1}{2}c \text{ servings}}{23.8 - \frac{1}{2}c \text{ servings} / \#10 \text{ can (Helper Sheets Factor)}} = 18.9 \#10 \text{ cans needed (if a decimal, round up)} = 19 \#10 \text{ cans needed}$$

When identifying how many servings you have on hand and check your math:

$$\text{\# of Purchased Units On Hand} \times \text{Helper Sheets Factor} = \text{\# of Servings On Hand}$$

Example: Applesauce, #10 Can

$$20 \#10 \text{ cans of Applesauce} \times 23.8 - \frac{1}{2}c \text{ servings} / \#10 \text{ can (Helper Sheets Factor)} = 476 - \frac{1}{2}c \text{ servings (always round down, if a decimal)}$$

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Foods

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 200 mg*
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: $\leq 35\%$ of calories
- Saturated fat: $< 10\%$ of calories
- Trans fat: zero grams

Sugar limit:

- $\leq 35\%$ of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Definitions

- School Campus – all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- School Day – the period from the midnight before, to 30 minutes after the end of the official school day

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored fat-free or 1% milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. **NOTE: Caffeinated beverages are only permitted at the High School level.**

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and

No more than 12-ounce portions of

- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

Fundraisers / Vending Machines

- The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Exempt Fundraiser Days

- Texas allows up to 6 fundraisers per campus, per year.
- Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

Alternative standards must be included in the Local Wellness Policy but must not be less restrictive than the federal standards

Sodium Best Practices

Tips for Meeting Sodium Interim Target 1A for NSLP for School Year 2023 - 2024.



Sodium Requirements

Interim Target 1A: Lunch Effective July 1, 2023

Grade Group	Target
K-5	1110 mg
6-8	1225 mg
9-12	1280 mg
K-8	1110 mg

USDA's 2019 Success Approaches to Reduce Sodium in School Meals Study

reported the top strategies schools are already using to meet reduced sodium regulations.

USDA Foods and USDA DoD Programs

Utilize USDA foods and USDA DoD Programs to increase access to lower sodium food items.

Menu Planning

Balance out higher sodium items and recipes with lower sodium items. Menu fresh and frozen fruits and vegetables.

Food Preparation Methods

Cook recipes with more herbs and spices. Increase the amount of scratch cooking to control amount of added salt in recipes.







Taste Testing







Identify student taste preferences with taste testing. Customize menus to regional flavors and student favorites.



Vegetable Subgroup Substitutions

Something went wrong in the kitchen. You don't have the vegetable on the menu for today's lunch. For each vegetable below, (1) identify the vegetable subgroup of the menu item and (2) choose 2 vegetables from that subgroup to substitute.

MENU ITEM	VEGETABLE SUBGROUP	VEGETABLE SUBSTITUTION
Spinach 		1. 2.
Corn 		1. 2.
Zucchini 		1. 2.
Sweet Potato Tots 		1. 2.
Red Bell Peppers 		1. 2.
Pinto Beans 		1. 2.

MENU ITEM	VEGETABLE SUBGROUP	VEGETABLE SUBSTITUTION
Green Beans 		1. 2.
Salad Mix 		1. 2.
Brussels sprouts 		1. 2.
Edamame 		1. 2.
Jicama 		1. 2.
French Fries 		1. 2.

SCHOOL NAME GOES HERE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAR MENU

PADRE ISLAND



ANNOUNCEMENTS:

- TBD

4TH

5TH

6TH

7TH

8TH

11TH

12TH

13TH

14TH

15TH

18TH

19TH

20TH

21ST

22ND

25TH

26TH

27TH

28TH

29TH



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Short and Long Week Calculations (rounded to nearest 0.5 oz eq and 0.25 cup)

(Applies to schools who **regularly** operate on a shorter or longer weekly cycle)

- Since the dietary specifications are based on an average daily amount, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)
- Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the “Additional Vegetable” category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement.

Three Day School Week Meal Component Adjustments

3-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)
Grains (oz eq)	4-6 (1)	5-6 (1)	5.5-6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

3-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	3 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.25	0.25	0.5
Additional Veg to Reach Total	0	0	0
Grains (oz eq)	5- 5.5 (1)	5-6 (1)	6-7 (2)
Meats/Meat Alts (oz eq)	5-6 (1)	5.5-6 (1)	6-7 (2)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Four Day School Week Meal Component Adjustments

4-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	4 (1)	4 (1)	4 (1)
Grains (oz eq)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

4-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	4 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	0.25	0.25	0.5
Grains (oz eq)	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
Meats/Meat Alts (oz eq)	6.5-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	10-14 (1)	11-14 (1)	12.5-14(1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

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

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

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁵ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³ , cobbler³ , fruit turnovers⁴ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

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

² For the NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/breads servings. Beginning Oct. 1, 2021, grain quantities in the CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. 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.

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) ^{6,7}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

- ³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- ⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- ⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
- ⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Monday FPR

Menu Analysis Activity: Review the following Food Production Records to determine if the CE's planned menu and the corresponding meal pattern contributions meet the daily and weekly meal pattern requirements. Complete the Menu Analysis Worksheet and compare the results with the lunch meal pattern requirements for age/grade group 9-12.

1. Contracting Entity (CE) Name: <u>Redwood Academy</u>		3a. Type of S
2. Site Name: <u>Redwood Academy High School</u>		
3. Meal Service: <input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Lunch <input type="checkbox"/> Snack <input type="checkbox"/> Supper		
5. Date: <u>Monday May 3, 2021</u>		
Abbreviations used:		
Food Item	12. Meal Contri-bution	
6. Meat/Meat Alternate		
Chicken Sandwich	1 oz eq M/MA 1 oz eq G	
7. Grain		
8. Vegetable		
French Fries	1/2 cup S	
Spinach Salad	1/2 cup DG	
9. Fruit		
Apple Juice	1/2 cup	
Orange Smiles	1/2 cup	
10. Milk		
1% white	1 pint	
FF chocolate	1 pint	
11. Other/ Condiment		
Mayo	n/a	

Tuesday FPR

1. Contracting Entity (CE) Name: <u>Redwood Academy</u>		3a. Type of S
2. Site Name: <u>Redwood Academy High School</u>		
3. Meal Service: <input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Lunch <input type="checkbox"/> Snack <input type="checkbox"/> Supper		
5. Date: <u>Tuesday May 4, 2021</u>		
Abbreviations used:		
Food Item	12. Meal Contri-bution	
6. Meat/Meat Alternate		
Chesseburger	1.5 oz eq M/MA 2 oz eq G	
7. Grain		
8. Vegetable		
Cucumber/Tomato Salad	1/4 O 1/4 R/O	
9. Fruit		
Apples	1/2 cup	
Diced Pears	1/4 cup	
10. Milk		
1% white	1 pint	
FF chocolate	1 pint	
11. Other/ Condiment		
Mayo	n/a	
Ketchup	n/a	

Wednesday FPR

1. Contracting Entity (CE) Name: <u>Redwood Academy</u>		3a. Type of Serv
2. Site Name: <u>Redwood Academy High School</u>		
3. Meal Service: <input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Lunch <input type="checkbox"/> Snack <input type="checkbox"/> Supper		
5. Date: <u>Wednesday May 5, 2021</u>		
Abbreviations used:		
Food Item	12. Meal Contri-bution	1 Re e
6. Meat/Meat Alternate		
Chalupa	1 oz eq G 1 oz eq M/MA	
7. Grain		
Rice	1 oz eq G	
8. Vegetable		
Street Corn	1/2 O	
9. Fruit		
Watermelon	1/2 cup	
Diced Pears	1/4 cup	
10. Milk		
1% white	1 pint	
FF chocolate	1 pint	
11. Other/ Condiment		

Thursday FPR

Friday FPR

1. Contracting Entity (CE) Name: Redwood Academy
 2. Site Name: Redwood Academy High School
 3. Meal Service: Breakfast Lunch Snack Supper
 5. Date: Thursday May 6, 2021 3a. Type of
 Abbreviations used:

Food Item	12. Meal Contribution
6. Meat/Meat Alternate	
Popcorn Chicken	1 oz eq M/MA 1 oz eq G
7. Grain	
Dinner Roll	2 oz eq G
8. Vegetable	
Mashed Potatoes	1/2 cup S
9. Fruit	
Rosy Applesauce	1/2 cup
Pineapple Tidbits	1/2 cup
10. Milk	
1% white	1 pint
FF chocolate	1 pint
11. Other/ Condiment	

1. Contracting Entity (CE) Name: Redwood Academy
 2. Site Name: Redwood Academy High School
 3. Meal Service: Breakfast Lunch Snack Supper
 5. Date: Friday May 7, 2021 3a. Type of Ser
 Abbreviations used:

Food Item	12. Meal Contribution
6. Meat/Meat Alternate	
Cheese Pizza	1 oz eq M/MA 1 oz eq G
7. Grain	
Mac-n-cheese	1 oz eq G
8. Vegetable	
Celery Sticks	1/2 O
9. Fruit	
Peaches	1/2 cup
Strawberries	1/2 cup
10. Milk	
1% white	1 pint
FF chocolate	1 pint
11. Other/ Condiment	
Ranch	n/a

Menu Analysis Worksheet

Site Name: Redwood Academy High School

Component	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Did they meet Weekly Requirements?
Meat/Meat Alternate (oz eq)							
Grains (oz eq)							
Grain Based Desserts (oz eq)							
Total Fruit Offered (cups)							
Fruit Juice (cups)							
Total Vegetables Offered (cups)							
Vegetable Juice (cups)							
1. Dark Green (cups)							
2. Red/Orange (cups)							
3. Beans/Peas (cups)							
4. Starchy (cups)							
5. Other (cups)							
6. Additional (cups)							
Milk (cups)							
Did they meet Daily Requirements? If no, what is short?							

Next Steps

1. Identify Key Take-Aways

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2. Create a Plan

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3. Contact for TA

- My ESC Number:
- My ESC Contact Name:
- My ESC Contact Email:
- My ESC Contact Phone Number
- Other Info:

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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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