



Meal Pattern

SBP, NSLP, ASCP, CACFP-PreK, CAFPA
At-Risk Snack



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



Updated 10/9/2023
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Welcome!

Housekeeping

Acknowledgement Statement

You understand and acknowledge that:

- The training you are about to take does not cover the entire scope of the program; and that
- You are responsible for knowing and understanding all handbooks, manuals, alerts, notices, and guidance, as well as any other forms of communication that provide further guidance, clarification, or instruction on operating the program.

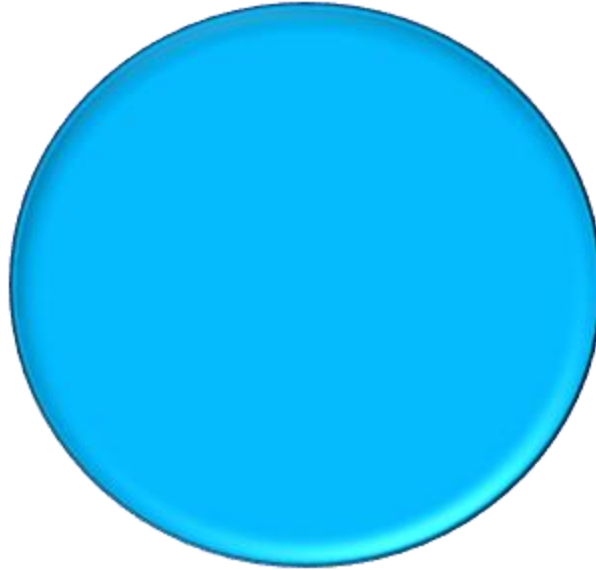
Meal Pattern (Breakfast, Lunch,
Snack for Pre-K, K-5, 6-8, 9-12)



Pre-assessment

- Use a unique, 4-digit identifier (last 4 of cell #)
- You will use the same ID # for the post-assessment
 - So TDA can collect and analyze data to improve training effectiveness.
 - Anonymous

Why does this matter?



5 minute
Countdown Timer

Benefits to Policies and Procedures

Effective
compliance

Proactive
Mindset

Workplace
Culture

Course Materials

Learning Objectives

By the end of this course, participants will be able to do the following:

- ❑ Understand the 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 and understand the legislative process and Proposed Rule for school meal standards
- ❑ Know and Understand Offer vs. Serve and Reimbursable Meals

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



Course Overview

01

Definitions
Updates

02

Lunch (NSLP)
Meal Pattern
Requirements

03

Breakfast (SBP)
Meal Pattern
Requirements

04

Additional
Pre-K (CACFP)
Proposed Rule

05

After School
Meal Pattern
Requirements
(ASCP & CACFP At-Risk)

06

Offer VS. Serve
Breakfast , Lunch , Supper

School Nutrition Programs Meal Pattern Class Outline



01

Definitions
Updates for
SY 2023-24



02

Age/Grade groups



03

Meal Components



04

Nutrient
specifications

Top Menu/Meal Pattern Findings:

01

Meal Components and Quantities

The **daily and weekly components** served or offered do not meet the minimum meal pattern requirements.

02

Meal Components and Quantities

The planned menu was not served, and the items substituted do not meet meal pattern requirements.

03

Meal Components and Quantities

The CE does not have the required supporting documentation needed to determine crediting information to ensure menus meet the various menu pattern requirements.

RESOURCES

- [2023-24 Meal Pattern Charts](#)
- [TDA Meal Pattern Support](#)
- [TDA Administrators Reference Manual](#)
 - Section 7: Breakfast
 - Section 8: Lunch
 - Section 9: Pre-K Meals
 - Section 10. Afterschool Snacks & Meals
- [Food Buying Guide for Child Nutrition Programs](#)



Administrative Review

What Does TDA Review?

- **DSAT** –Dietary Specifications Assessment tool
- **MCRAT**-Meal Compliance Risk Assessment Tool

01

Definitions & Updates for 2023-24



15

CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM

Definitions

What are the differences?

- Food Items
- Menu Items
- Food Components

Match the term with the example

-
- Blueberry Muffin
 - Apple
 - Fruit
 - Food Item
 - Meal Component
 - Menu Item

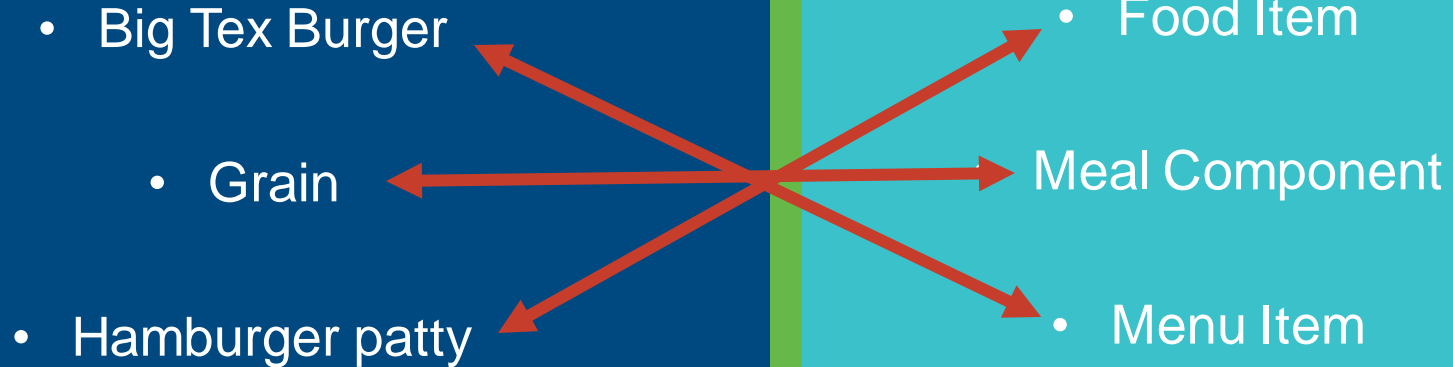
Match the term with the example

-
- Porcupine Pancakes
 - Grain
 - Sausage patty
 - Food Item
 - Meal Component
 - Menu Item

Match the term with the example

- Super Salad with Chicken Strips
 - Lettuce
 - Vegetable
 - Food Item
 - Meal Component
 - Menu Item
-
- The diagram shows four red arrows indicating matches. One arrow points from 'Super Salad with Chicken Strips' to 'Meal Component'. Another arrow points from 'Lettuce' to 'Food Item'. A third arrow points from 'Vegetable' to 'Menu Item'. A fourth arrow points from 'Food Item' to 'Meal Component'.

Match the term with the example



01

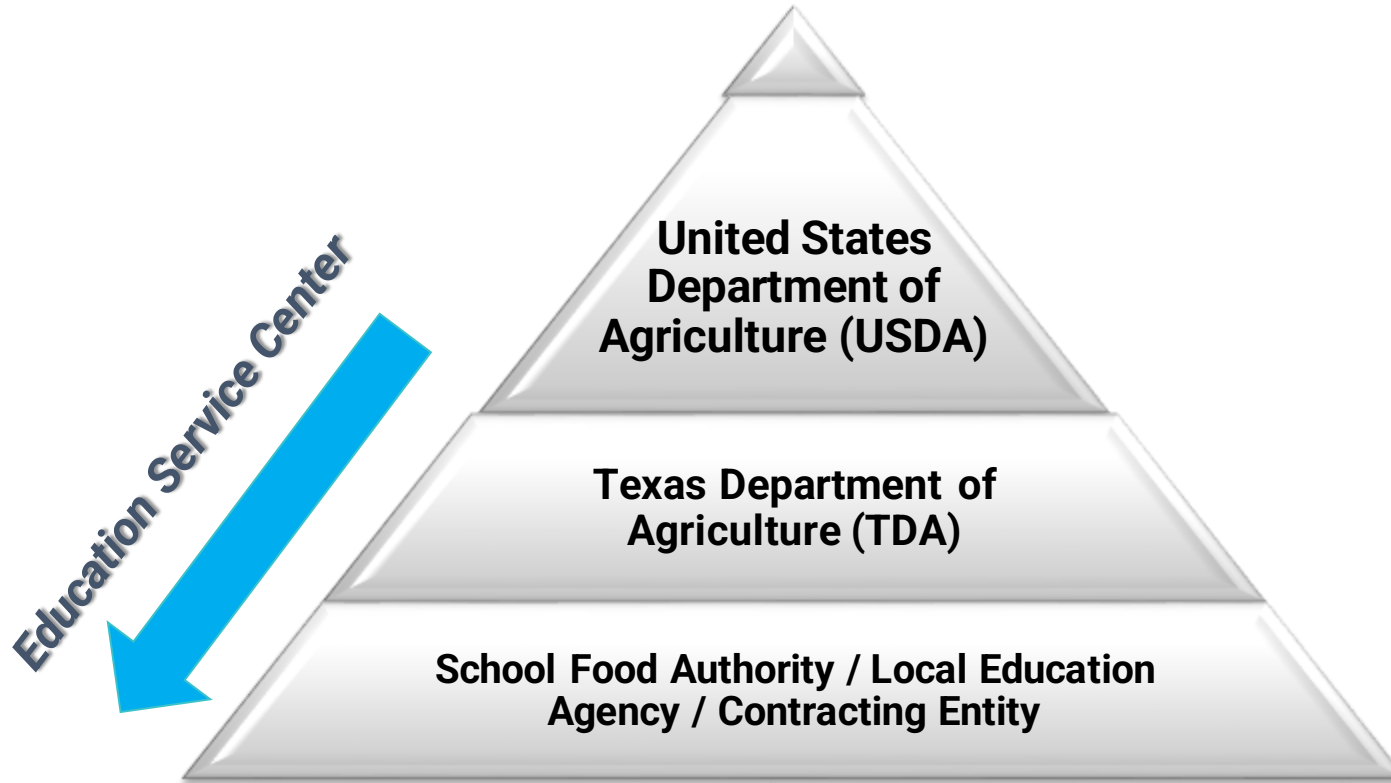
SY 2023-24 Updates



CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM

Federal Feeding Programs



AT A GLANCE

CHILD NUTRITION PROGRAMS:
Transitional Standards for Milk, Whole Grains,
and Sodium Final Rule

This new rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to transition in the short term. Meanwhile, USDA is working to develop long-term nutrition standards - based on the newest DGA and extensive input from a wide range of partners - that will work for schools, families, and industry alike. USDA expects to publish a proposed rule on the updated standards in fall 2022.

SUMMARY OF CHANGES



MILK

Schools and child care providers may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk¹.



SODIUM

The weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for school year 2022-2023. For school lunch only, the limit will decrease marginally (10%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in future rulemaking.



WHOLE GRAINS

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).

¹For consistency, this standard applies to the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program (ages 6 and up), and Special Milk Program (ages 6 and up).

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USDA Transitional Standards for Milk, Whole Grains, and Sodium

- [Transitional Standards At a Glance](#)
- This standard applies to the
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - Child and Adult Care Food Program (CACFP, ages 6 and up)
 - Special Milk Program (ages 6 and up)

Transitional Standards 2023-2024

Effective July 1, 2023

01

Milk

May offer flavored low-fat milk

02

Whole Grains

At least 80% of weekly grains served must be whole grain rich

03

Sodium – **NEW REQUIREMENT FOR SY 2023-24**

Weekly sodium limit will remain at Target 1 for breakfast

Weekly sodium limit will **decrease 10% for lunch**



Effective July 1, 2023

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

**Sodium Interim Target 1A
for Lunch**

Lunch Meal Patterns

SY 2023-2024



CHILD NUTRITION
NATIONAL SCHOOL LUNCH PROGRAM



02

Lunch Age/Grade Groups





CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM

01

Pre-K
Ages 3-5

02

K-5

03

6-8

04

K-8

05

9-12

02

Lunch Meal Components





Lunch Meal Components

01

Milk

02

Fruit

03

Vegetable

04

Grains

05

Meat/Meat Alternates

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	¾ cup	¾ cup	Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	¾ cup	¾ 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	1¾ cups
Pasta	¾ 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	¾ cup	¾ 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 trans 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

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.

Lunch Meal Pattern (4 Day Week)

Short and Long Week Adjustments for Lunch Chart*			
	Grades K–5 Weekly (Daily)	Grades 6–8 Weekly (Daily)	Grades 9–12 Weekly (Daily)
Four-Day School Week			
Fruits (cups)	2 (1/2)	2 (1/2)	4 (1)
Vegetables (cups)	3 (3/4)	3 (3/4)	4 (1)
Dark Green	1/2	1/2	1/2
Red/Orange	3/4	3/4	1 1/4
Beans/Peas (Legumes)	1/2	1/2	1/2
Starchy	1/2	1/2	1/2
Other	1/2	1/2	3/4
Additional Vegetables to Reach Total	1/4	1/4	1/2
Grains (oz eq)	6.5 –7.0 (1.0)	6.5 –8.0 (1.0)	8.0–9.5 (2.0)
Meat/Meat Alternates (oz eq)	6.5–8.0 (1.0)	7.0–8.0 (1.0)	8.0–9.5 (2.0)
Milk (cups)	4 (1.0)	4 (1.0)	4 (1.0)

Lunch Meal Pattern (7 Day Week)

Short and Long Week Adjustments for Lunch Chart*			
	Grades K–5 Weekly (Daily)	Grades 6–8 Weekly (Daily)	Grades 9–12 Weekly (Daily)
Seven-Day School Week			
Fruits (cups)	3½ (½)	3½ (½)	7 (1)
Vegetables (cups)	5¼ (¾)	5¼ (¾)	7 (1)
Dark Green	½	½	½
Red/Orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional Vegetables to Reach Total	2½	2½	3½
Grains (oz eq)	11.0–12.5 (1.0)	11.0–14.0 (1.0)	14.0–17.0 (2.0)
Meat/Meat Alternates (oz eq)	11.0–14.0 (1.0)	12.5–14.0 (1.0)	14.0–17.0 (2.0)
Milk (cups)	7 (1)	7 (1)	7 (1)
These calculations are rounded to the nearest 0.5 oz eq and ¼ cup.			



Fluid Milk

School must offer a variety of fluid milk.

- Fat-free unflavored milk
- Fat-free flavored milk
- Low-fat unflavored milk
- Low-fat flavored milk

***School Meals (NSLP, SBP only) must offer at least two different options of fluid milk; at least one of them must be unflavored.**



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National School Lunch Program

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Milk at Lunch

Must meet daily and weekly requirements

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Milk Unflavored or flavored 1% low-fat or fat-free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups

A variety of milk must be offered.



Fruit Component

Creditable Fruits must be met

- Fresh and frozen fruit without added sugar credit as volume served.
- Fruit canned (packed in water, fruit juice or syrup).
- Pasteurized, full strength (100%) fruit juice.
- Dried fruit credits as twice the volume served.



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Fruit at Lunch

Must meet daily and weekly requirements

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups



Crediting Fruit at Lunch

Fruit Type (1/8 cup minimum creditable amount)	How to Credit?	Example
Fresh, Frozen, or Canned Fruit	Volume as served	1 cup = 1 cup
100 % Fruit Juice	Volume as served	½ cup = ½ cup
Pureed Fruit	Volume as served	½ cup = ½ cup
Dried Fruit	Twice the volume as served	¼ cup = ½ cup

Vegetable Components

Creditable Vegetables minimums must be met

- Weekly servings are required from the five vegetable component subgroups at lunch.
 - Dark green
 - Red/orange
 - Beans/peas (legumes)
 - Starchy
 - Other



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Vegetables at Lunch

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cup
Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups

Crediting Vegetables at Lunch

Vegetable Type (1/8 cup minimum creditable amount)	How to Credit?	Example
Fresh, Frozen, or Canned	Volume as served	1 cup = 1 cup
Raw Leafy Salad Greens (Spinach, Romaine, Green Leaf, etc.)	Half the volume as served	1 cup = ½ cup
100 % Vegetable Juice	Volume as served	½ cup = ½ cup
Tomato Paste	Twice the volume as served	¼ cup = ½ cup

Beans/Peas/Legumes

- May count toward the meat/meat alternate **or**
- May count toward the vegetable component



- Not both components at the same meal





Vegetable Subgroup Substitutions Activity

- (1) Identify the vegetable subgroup
- (2) Determine vegetable substitutions to maintain compliance

Match the food item to the correct vegetable subgroup:

Broccoli
Acorn Squash
Jicama
Lentils
Asparagus
Soybeans
Sweet potatoes
Cilantro
Green peas
Tomatoes
Red leaf lettuce
Brussels sprouts
Corn
Cucumbers

Dark green

Red/orange







Beans/peas/legumes







Starchy

Other

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.


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="330 587 471 623">Spinach</p> 	<p data-bbox="716 749 1116 811">Dark Green</p>	<ol style="list-style-type: none"><li data-bbox="1184 601 1499 648">1) Broccoli<li data-bbox="1184 663 1396 710">2) Kale<li data-bbox="1184 726 1673 847">3) Other dark green options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="363 587 446 620">Corn</p> 	<p data-bbox="780 748 1054 820">Starchy</p>	<ol data-bbox="1182 601 1634 907" style="list-style-type: none">1) French Fries2) Black-eyed peas3) Other starchy options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="324 587 479 620">Zucchini</p>  A photograph of three fresh zucchinis, showing their characteristic bumpy green skin and dark green stems.	<p data-bbox="821 748 1014 813">Other</p>	<ol data-bbox="1188 600 1661 846" style="list-style-type: none">1) Cauliflower2) Cucumber3) Additional other options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="247 587 560 620">Sweet Potato Tots</p> 	<p data-bbox="705 748 1130 824">Red/Orange</p>	<ol style="list-style-type: none"><li data-bbox="1188 595 1535 638">1) Tomatoes<li data-bbox="1188 660 1497 769">2) Red bell peppers<li data-bbox="1188 791 1564 960">3) Other red/orange options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="256 587 548 625">Red Bell Peppers</p> 	<p data-bbox="705 751 1130 822">Red/Orange</p>	<ol style="list-style-type: none"><li data-bbox="1184 598 1619 702">1) Sweet potato fries<li data-bbox="1184 723 1512 773">2) Pumpkin<li data-bbox="1184 789 1570 964">3) Other red/orange options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p>Pinto Beans</p> 	<p>Beans/Peas/ Legumes</p>	<ol style="list-style-type: none">1) Black beans2) Kidney Beans3) Other beans/peas/legumes options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="291 587 510 620">Green Beans</p> 	<p data-bbox="819 749 1016 809">Other</p>	<ol style="list-style-type: none"><li data-bbox="1184 598 1663 773">1) Summer squash (yellow)<li data-bbox="1184 794 1566 838">2) Asparagus<li data-bbox="1184 860 1663 960">3) Additional other options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="318 587 492 620">Salad Mix</p> 	<p data-bbox="821 740 1014 805">Other</p>	<ol data-bbox="1188 598 1661 838" style="list-style-type: none">1) Cabbage2) Celery3) Additional other options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="251 584 550 627">Brussels Sprouts</p> 	<p data-bbox="811 737 1014 802">Other</p>	<ol data-bbox="1178 595 1661 835" style="list-style-type: none">1) Eggplant2) Mushrooms3) Additional other options?


Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="318 587 492 620">Edamame</p> 	<p data-bbox="695 737 1149 900">Beans/Peas/ Legumes</p>	<ol style="list-style-type: none"><li data-bbox="1188 595 1555 638">1) Chickpeas<li data-bbox="1188 660 1651 704">2) Refried Beans<li data-bbox="1188 726 1593 960">3) Other beans/peas/ legumes options?

Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="338 587 473 620">Jicama</p> 	<p data-bbox="782 737 1052 813">Starchy</p>	<ol data-bbox="1188 595 1632 835" style="list-style-type: none">1) Hominy2) Lima Beans3) Other starchy options?

Vegetable Subgroup Substitutions

Menu Item	Vegetable Subgroup	Vegetable Substitution Choices
<p data-bbox="295 587 508 620">French Fries</p> 	<p data-bbox="778 740 1052 811">Starchy</p>	<ol data-bbox="1184 598 1638 838" style="list-style-type: none">1) Green peas2) Tater tots3) Other starchy options?

Grains Requirement

Creditable Grain minimums must be met

* Each meal service is calculated separately

- At least 80% of all grains offered over the course of a week must be whole grain-rich on **each serving line**



NATIONAL SCHOOL LUNCH PROGRAM



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Grains at Lunch

Must meet daily and weekly requirements

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
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)

Only 2oz eq of credible grain-based desserts are allowed at lunch per school week.



Crediting Grains

Determining Whole Grain Rich

Step 1:

Determine ounce equivalents

- [Food Buying Guide \(Exhibit A\)](#)
- Product Formulation statement (PFS)
- Recipes

Step 2:

Is the food item Whole Grain rich?

- One of 3 methods to determine
- At least 50% of the item is WGR
- Remaining ingredients are enriched

Determine if the grain product is a whole grain or not a whole grain:

Semolina
Enriched rice
Triticale
Wheat berries
Wild rice
Rolled oats
Bromated whole-wheat flour
Teff
White flour
Bread flour
Millet
Corn grits

WHOLE GRAIN

NOT WHOLE-GRAIN

Meat/Meat Alternate Component

Crediting Requirements

1. M/MAs are measured in ounce equivalents (oz eq.).
2. M/MA for the lunch or supper must be served in the main dish or the main dish and one other menu item.
3. M/MA must provide a minimum of 0.25 oz eq per serving to contribute to component.



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Meat/Meat Alternates at Lunch

Must meet daily and weekly requirements

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Meat/Meat Alternates	8 -10 (1 oz eq)	9 -10 (1 oz eq)	9-10 (1 oz eq)	10-12 (2 oz eq)

Crediting Meat/Meat Alternates at Lunch

Meat/Meat Alternate Type (0.25 or ¼ oz eq minimum creditable amount)	How to Credit?	Example
Boneless meat, poultry, and seafood	By weight using the cooking yields in FBG	1 oz cooked meat = 1 oz cooked meat
Yogurt	Measure of volume or weight	½ cup/4 fluid oz = 1 oz eq meat
Beans and Peas	Measure of volume	¼ cup = 1 oz eq
Nut butters (such as peanut butter)	Measure of volume	2 tbsp = 1 oz eq
Eggs	Measure by unit	1 large egg = 2 oz eq
Cheese	Measure by weight	1 oz eq = 1 oz eq

02

Lunch Nutrient Specifications



Match the ingredients to the component:



Diced tomatoes

Taco shell

Ground beef

Romaine lettuce

Cheddar cheese

Corn relish

GRAIN

MEAT / MEAT ALTERNATE

VEGETABLES

Red/Orange

Dark Green

Other

Nutrient Specifications

Weekly average for each planned serving line

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.-Max. Calories(kcal)	550-650	600-700	600-650	750-850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			



Time to Stretch!



Breakfast Meal Patterns



CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM



03

Breakfast Age/Grade Groups





CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM

01

Pre-K
Ages 3-5

02

K-5

03

6-8

04

9-12

05

K-12
Breakfast only

Breakfast Meal Pattern (4 / 7 Day Week)

Short and Long Week Adjustments* for Breakfast Chart			
	Age/Grades K–5 Weekly (Daily)	Age/Grade 6–8 Weekly (Daily)	Age/Grade 9–12 Weekly (Daily)
Four-Day Week			
Fruits (cups)	4 (1)	4 (1)	4 (1)
Grains (oz eq)	5.5–8.0 (1.0)	6.5–8.0 (1.0)	7.0–8.0 (1.0)
Milk, Fluid (cups)	4 (1)	4 (1)	4 (1)
Seven-Day Week			
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	10.0–14.0 (1.0)	10.0–14.0 (1.0)	12.5–14.0 (1.0)
Milk, Fluid (cups)	7 (1)	7 (1)	7 (1)
These calculations are rounded to the nearest 0.5 oz eq or ¼ cup.			

03

Breakfast Meal Components



Breakfast Meal Pattern

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			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12	
Milk: Unflavored Age 1-2, whole milk Age 3-5, 1% low fat or fat free unflavored	½ cup	¾ cup	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	¼ cup	½ cup	Fruits and ⁵Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	
^{1,2} Grains: Whole Grain-Rich or Enriched			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)
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq		Nutrient Specifications: Daily Amount Based on Averages 5-Day Week				
Pasta	¾ cup		Min.-Max. Calories (kcal)	350-500	400-550	450-600	450-500
Cooked Breakfast Cereal, Cereal Grain, ³ Ready-To-Eat Breakfast Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	¾ cup ¾ cup ¾ cup		Saturated Fat % of total calories	< 10	< 10	< 10	< 10
			Sodium Target (mg)	≤ 540	≤ 600	≤ 640	≤ 540
			Trans Fat	Product nutrition label/manufacture 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.

Breakfast Meal Components

01

Milk

Must offer a variety of fluid milk.

02

Grains (includes Meat/Meat Alternates)

At least 80% of weekly grains served must be whole grain rich

03

Fruit (and Vegetables)

Any credible fruit or vegetable will contribute toward this component for SY 2023-2024

Milk at Breakfast

A variety of fluid milk must be offered from the allowable milk choices.

- Fat-free unflavored milk
- Fat-free flavored milk
- Low-fat unflavored milk
- Low-fat flavored milk



Milk at Breakfast

Must meet daily requirements

School Age (Daily) and Weekly: 5 day				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Milk Unflavored or flavored 1% low-fat or fat-free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups

If flavored milk is offered, unflavored milk must also be available at each meal service

Which of these milk types are unallowable?

Remember a variety of milk types must be offered.

- Fat-free (skim) unflavored or flavored
- Low-fat (1%) unflavored or flavored
- Fat-free (skim) lactose free unflavored or flavored
- Low-fat (1%) lactose free unflavored or flavored
- Reduced fat (2%) unflavored or flavored
- Whole milk unflavored or flavored

Fruit (and Vegetables) at Breakfast

Daily and weekly minimums must be met

- Fresh and frozen fruit without added sugar credit as volume as served.
- Fruit canned in juice/light syrup credit as volume as served.
- Pureed fruit credit as volume as served.
- Dried fruit credits as twice the volume served.

Fruit (and Vegetables) at Breakfast

Must meet daily and weekly requirements

School Age (Daily) and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Fruits and Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups

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

Grains at Breakfast

Daily and weekly minimums must be met

- * Each meal service and serving line is calculated separately
- At least 80% of all grains offered over the course of a week must be whole grain-rich on **each serving line**

Grains at Breakfast

Must meet daily and weekly requirements

School Age (Daily) and Weekly: 5 day				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Grains 80% Whole Grain-Rich	7-10 (1 oz eq)	8-10 (1 oz eq)	9-10 (1 oz eq)	9-10 (1 oz eq)

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

Determine if the grain product is a whole grain or not a whole grain:

Buckwheat
Enriched flour
Wheat Berries
Durham flour
Couscous
Flour
Brown Rice
Sorghum
Hominy
Bromated flour
Amaranth
Cracked Wheat
Old-fashioned oats

WHOLE GRAIN

NOT WHOLE-GRAIN

Grains (Meat/Meat Alternates) at Breakfast

Meat/Meat Alternates may count toward the grain contribution at Breakfast, if:

- At least 1 oz eq of an actual grain (from the ground) is offered

M/MA served as extras must meet nutrient specifications:

- Calories
- Saturated fat
- Sodium
- Trans-fat



Sort these breakfast items as grains or non-grains:

Sausage biscuit

Maple syrup

Granola

Milk

Potatoes

Orange juice

Tortillas

Scrambled eggs

Hashbrowns

Apple

Yogurt

Cereal

Muffin

GRAIN

NON-GRAIN

Which of the following food items can be used to substitute for grains at breakfast?

Provided at least 1 oz eq of grain has been offered.

A. Sausage patty

B. Cherry yogurt

C. 100% juice

D. Hard boiled egg

E. Hashbrowns

F. Nuts

G. Pinto beans

H. Grapes

03

Breakfast Nutrient Specifications



Breakfast Nutrient Specifications

Weekly average for each planned serving line weekly

Nutrient Specifications: Daily Amount based on averages: 5-day week

	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Calories (kcal) Minimum-Maximum	350-500	400-550	450-600	450-500
Saturated Fat % of total calories	<10	<10	<10	<10
Sodium Target (mg)	≤ 540	≤ 600	≤ 640	≤ 540
<u>Trans</u> Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

04

Pre-K Meal Pattern (CACFP)



Pre-K

Comingled or Separated

Must follow either:

- CACFP Pre-K meal pattern
- NSLP/SBP meal pattern





Pre-K students are often comingled at breakfast and served a separate meal pattern at lunch.

Which do I use?

NSLP/SBP K-12 Meal Pattern:

Pre-K students are served at the same time and are unable to identify Pre-K students.

Pre-K Meal Pattern:

Pre-K students are served separately from older age/grade groups.

A close-up photograph of a blue cafeteria tray. The tray is divided into sections containing fresh strawberries, blueberries, sliced peaches, and several burritos filled with chicken, lettuce, and tomatoes. A white carton of milk is partially visible in the background.

If Pre-K through 5th-grade students gets off the bus together and enter the cafeteria together, which meal pattern do I serve?

Comingled

Separated

A close-up photograph of a blue school lunch tray. The tray is divided into sections containing fresh strawberries and blueberries, sliced peaches, and several burritos filled with chicken, lettuce, and tomatoes. A white napkin and a white carton labeled "ULTRA-PASTEURIZED" are also visible on the tray. A person's hands are seen holding the tray.

If Pre-K is served breakfast-in-the-classroom is this a comingled or Pre-K separated meal service?

Comingled

Separated



If Pre-K eats lunch from 10:30-11:00 am and K-5 students eat between 12:00-1:00 pm, which meal pattern do I serve?

Comingled

Separated



There is not time to serve the Pre-K meal pattern before older students arrive.

Comingled

Separated



There is time to reset and serve the Pre-K students the Pre-K meal pattern.

Comingled

Separated

Pre-K Meal Pattern (CACFP)

Use when students can be identified and served separately.

- Meat/Meat Alternates may be served for the entire grain component no more than three times per week for breakfast.
- Grain-based desserts are not creditable toward the grain component
- One whole grain-rich food item must be served each day across all meals
- Only unflavored milk may be served
- Fruit juice is creditable at one meal per day across all meals at the site based on the programs operated
- Breakfast cereals and yogurt must meet sugar standard
 - [TDA CACFP sugar limit calculator](#)



CACFP Pre-Kindergarten (Pre-K) Daily Requirements: Breakfast

Meal Pattern Component	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	½ cup
Fruits and Vegetables	¼ cup	½ cup
Grains: Whole Grain-Rich or Enriched		
Bread product (ex: biscuit, roll, muffin)	0.5 oz eq	
Pasta	¼ cup	
Cooked breakfast cereal, cereal grains	¼ cup	
Cereal: ready-to-eat, dry or cold flakes or rounds puffed	¾ cup	
Granola: ready-to-eat	1/8 cup	

CACFP Pre-Kindergarten (Pre-K) Daily Requirements: Lunch

Meal Pattern Component	Age 1-2	Age 3-5
Milk: Unflavored Age 1-2, whole milk Age 3-5, 1% low-fat or fat-free unflavored	4 fl oz	6 fl oz
Fruits	1/8 cup	1/4 cup
Vegetables	1/8 cup	1/4 cup
Grains: Whole Grain-Rich or Enriched	1/2 oz eq	1/2 oz eq
Meat/Meat Alternates		
Lean meat, poultry fish	1 oz	1 1/2 oz
Cheese	1 oz	1 1/2 oz
Large egg	1/2	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup



Grain-Based Desserts Activity (Pre-K/CACFP)

Am I A Grain-Based
Dessert at Lunch?



YES



NO

Am I a Grain-based Dessert at Lunch?



Am I a Grain-based Dessert at Lunch?



Am I a Grain-based Dessert at Lunch?



Am I a Grain-based Dessert at Lunch?



Menu Analysis Activity

Instructions:

1. Review FPRs.
2. Determine if all components meet daily and weekly requirements.
3. Complete Menu Analysis Worksheet.



CE Menu/Meal Pattern Documentation Required During an Administrative Review

Nutrition Facts Labels

Product formulation Statement

CN Labels

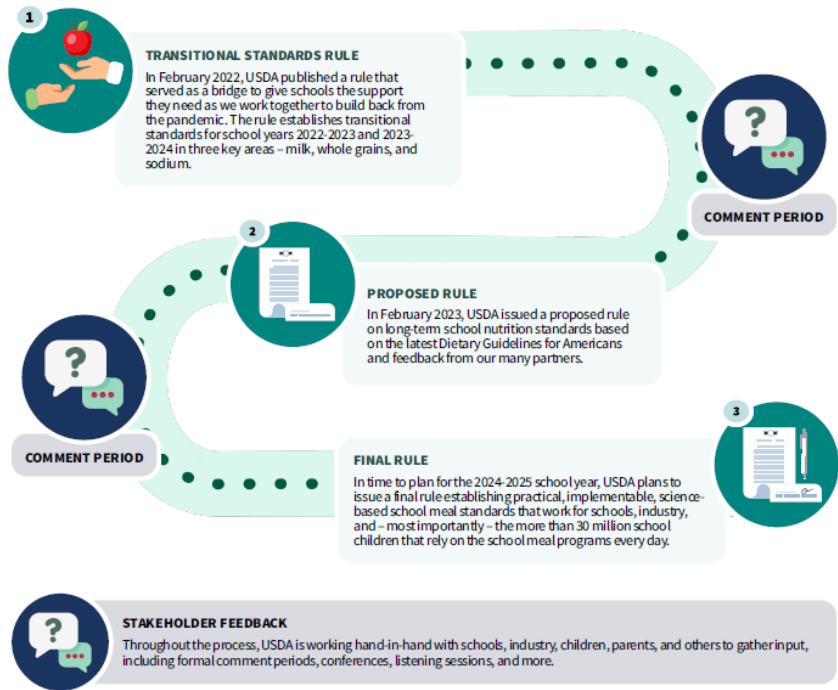
04

**USDA
Proposed
Rule**

THE ROAD AHEAD: BUILDING BACK BETTER WITH SCHOOL MEALS

USDA and the Biden Administration are committed to supporting nutrition security – consistent access to nutritious foods that promote good health – through the federal nutrition assistance programs. School nutrition professionals have made incredible strides in strengthening child nutrition over the past decade; research shows school meals are the healthiest meals children eat in a day! The next step is to update school nutrition standards based on the most recent Dietary Guidelines for Americans. USDA is committed to ensuring these updated standards work. We want to hear from all our stakeholders and will continue to listen to a diverse range of voices throughout this process.

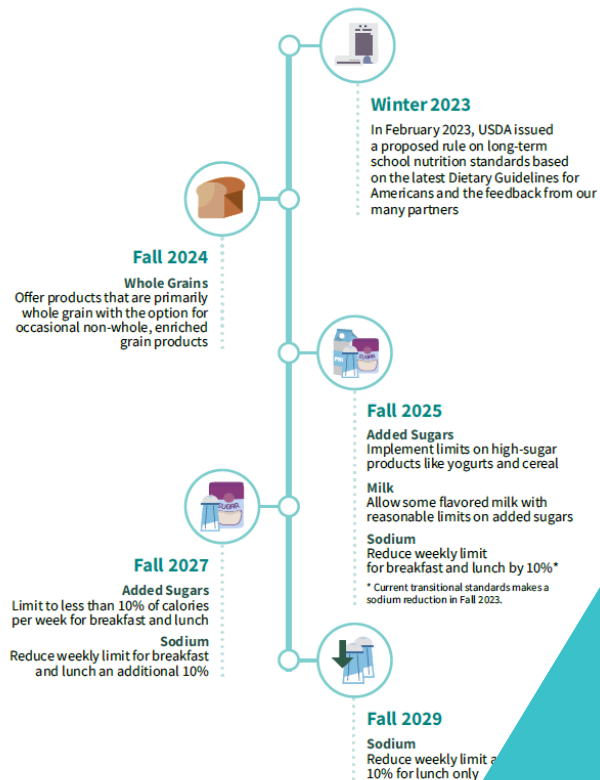
USDA is taking a multi-step approach to help schools build back even better from the pandemic and give kids the best chance at a healthy future.



USDA The Road Ahead

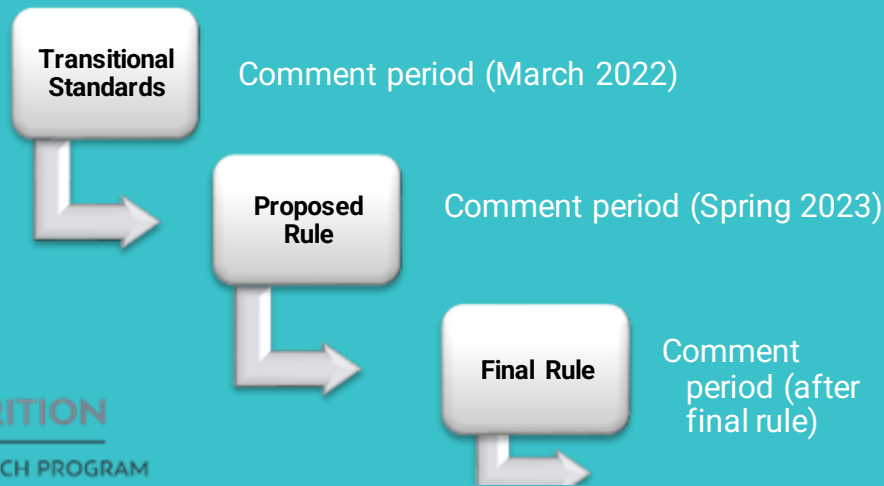
PROPOSED IMPLEMENTATION TIMELINE FOR UPDATING THE SCHOOL MEAL STANDARDS

USDA is proposing science-based updates to the school meal standards to make them even more nourishing for kids, yet feasible for our school meal partners. We're building in plenty of time for planning and implementation to ensure school nutrition professionals, state agencies, the school food industry, families, and all our school meal partners have the best chance for long-term success. We welcome your feedback on this approach through [public comments](#).



USDA Proposed Implementation Timeline

- [USDA Proposed Timeline for Implementation](#)
- Legislative process for regulations
- Stakeholder feedback



PROPOSED RULE FOR SCHOOL MEAL STANDARDS

We all share a common goal: raising healthy kids and helping them reach their full potential!

School meals are the main source of nutrition for millions of children every school day. Here are some ways USDA is proposing to make these meals even more nourishing, while still keeping them appealing to kids. We welcome your feedback on these proposed changes through [public comments](#).



Added Sugars

Limit using a phased approach:

- **Phase 1:** Limits on specific high-sugar products like yogurt and cereal
- **Phase 2:** Overall weekly limits across all meals



Milk

Allow some* flavored milk with reasonable limits on added sugars.

* The proposed rule requests feedback on different options.



Whole Grains

Offer products that are primarily whole grain with the option for occasional non-whole, enriched grain products.



Sodium

Reduce weekly limits gradually and in line with FDA's recommendations for industry.



USDA Proposed Rule for School Meal Standards

USDA Proposed Rule Summary

- This standard applies to the
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)

05

Afterschool Snack & Supper Meal Pattern ASCP & CACFP At-Risk



CHILD NUTRITION

NATIONAL SCHOOL LUNCH PROGRAM

After School Care Program (ASCP) Meal Pattern



ASCP Snack Meal Pattern Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

ASCP Meal Pattern Chart

Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older ¹
Fruit or Vegetable			
Juice, ^{2,3} fruit, and/or vegetable	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
Grains/Breads^{4,5}			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuit, roll or muffin	½ serving	½ serving	1 serving
Cold dry cereal ⁵	¼ cup or .33 oz ⁴	½ cup or 0.5 oz ⁴	¾ cup or 1.0 oz ⁴
Cooked cereal grains	¼ cup	¼ cup	½ cup
Cooked pasta or noodles	¼ cup	¼ cup	½ cup
Meat/Meat Alternate			
Lean meat or poultry or fish ⁶	0.5 oz	0.5 oz	1.0 oz
Alternate Protein Products ⁷	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	½ large egg	½ large egg	½ large egg
Cooked dry beans or peas	¼ cup	¼ cup	¼ cup
Peanut or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seed ⁸	0.5 oz = 50% ⁸	0.5 oz = 50% ⁸	1.0 oz = 50% ⁸
Yogurt – plain or flavored, unsweetened or sweetened – commercially prepared	4.0 oz = ½ cup	4.0 oz = ½ cup	4.0 oz = ½ cup
Milk, Fluid			
Fat free milk, flavored/unflavored or 1% fat free milk, unflavored	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	1 cup (8.0 fl oz)
¹ Schools should offer larger portions for students ages 13 through 18 based on their greater food energy requirements. ² Full-strength vegetable and/or fruit juice or equivalent quantity of any combination of vegetable(s), fruit(s), and juice. ³ Juice may not be served when milk is the only other component. ⁴ Grains, breads, and cereals must be at least 50 percent whole grain and the remaining grains, if any, must be enriched or fortified. ⁵ Either volume (cup) or weight (oz.), whichever is less. ⁶ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁷ Alternate protein products must meet requirements in 7 CFR Part 210, Appendix A. ⁸ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.			

After School Care Program (ASCP) Food Components

- ❖ Fruit or vegetable
- ❖ Grains
- ❖ Meat/Meat alternates
- ❖ Milk.



ASCP Fruit or Vegetable Components:

ASCP Snack Meal Pattern Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older¹
Fruit or Vegetable			
Juice, ^{2,3} fruit, and/or vegetable	1/2 cup (4.0 fl oz)	1/2 cup (4.0 fl oz)	3/4 cup (6.0 fl oz)

ASCP Milk Component:

Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older¹
Milk, Fluid			
Fat free or 1% low fat milk, flavored/unflavored	1/2 cup (4.0 fl oz)	1/2 cup (4.0 fl oz)	1 cup (8.0 fl oz)

ASCP Grain Components:

Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older¹
Grains/Breads^{4,5}			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuit, roll or muffin	1/2 serving	1/2 serving	1 serving
Cold dry cereal ⁵	1/4 cup or .33 oz ⁴	1/3 cup or 0.5 oz ⁴	3/4 cup or 1.0 oz ⁴
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup

ASCP Meat/Meat Alternate Components:

ASCP Snack Meal Pattern Chart (oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)			
Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older ¹
Meat/Meat Alternate			
Lean meat or poultry or fish ⁶	0.5 oz	0.5 oz	1.0 oz
Alternate Protein Products ⁷	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seed ⁸	0.5 oz = 50% ⁸	0.5 oz = 50% ⁸	1.0 oz = 50% ⁸
Yogurt – plain or flavored, unsweetened or sweetened – commercially prepared	4.0 oz = 1/2 cup	4.0 oz = 1/2 cup	4.0 oz = 1/2 cup

CACFP At-Risk SNACK Meal Pattern



Snack CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size ¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Milk Component			
Milk, fluid low-fat (1%) or fat-free(skim); fat-free flavored for kindergarten and older	½ cup (4.0 fl oz)	½ cup (4.0 f. oz)	1 cup (8.0 fl oz)
Vegetable Component			
Vegetable(s)	½ cup	½ cup	¾ cup
Full strength vegetable juice ²	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
Fruit Component			
Fruit(s) ³	½ cup	½ cup	¾ cup
Full strength juice ²	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
Grains Component⁴ (serving may be combination of items)			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, ⁵ cereal grain, and /or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁵			
Flakes or rounds cereal	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cup
Granola	⅛ cup	⅛ cup	¼ cup
Meat/ Meat Alternates Component (serving may be combination of items)			
Lean meat or poultry or fish	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	0.5 oz	0.5 oz	½ large egg
Tofu, soy product or alternate protein products	½ large egg	½ large egg	1.0 oz
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soynut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds ⁶	0.5 oz = 50%	0.5 oz = 50%	0.5 oz = 50%
Yogurt—plain or flavored, unsweetened or sweetened ⁷	2.0 oz or ¼ cup	2.0 oz or ¼ cup	4.0 oz or ½ cup

¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. For more information on the meal pattern for students aged 1 to 5 see the *Administrator's Reference Manual (ARM), Section 11, Pre-Kindergarten (Pre-K) Meal Pattern for School Nutrition Program Operators*.

² Fruit or vegetable juice must be full-strength. Fruit or vegetable juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. Juice may not be served when milk is the only other component.

³ A vegetable may be used to meet the entire fruit requirement.

⁴ All grains must be made with enriched or whole grain meal or flour. At least one serving per day, across all meals served must be whole-grain rich. Grain based desserts do not count toward the grains requirement.

⁵ Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce or no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal.

⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁷ Yogurt may be plain or flavored, unsweetened, but must contain no more than 23 grams of total sugars per 6 ounces.

CAFP At-Risk Snack Meal Pattern Chart

Child and Adult Care Food (CACFP At-Risk SNACK)

Food Components

- ❖ Fruit
- ❖ Vegetable
- ❖ Grains
- ❖ Meat/Meat alternates
- ❖ Milk.



CACFP- At Risk Milk Component:

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Milk Component			
Milk, fluid low-fat (1%) or fat-free(skim); fat-free flavored for kindergarten and older	1/2 cup (4.0 fl oz)	1/2 cup (4.0 f. oz)	1 cup (8.0 fl oz)

CACFP- At Risk Vegetable Component:

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size ¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Vegetable Component			
Vegetable(s)	1/2 cup	1/2 cup	3/4 cup
Full strength vegetable juice ²	1/2 cup (4.0 fl oz)	1/2 cup (4.0 fl oz)	3/4 cup (6.0 fl oz)

CACFP- At Risk Fruit Component:

Snack CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart (oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)			
Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Fruit Component			
Fruit(s) ³	1/2 cup	1/2 cup	3/4 cup
Full strength juice ²	1/2 cup (4.0 fl oz)	1/2 cup (4.0 fl oz)	3/4 cup (6.0 fl oz)

CACFP- At Risk Grain Component:

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size ¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Grains Component⁴ (serving may be combination of items)			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, ⁵ cereal grain, and /or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁵			
Flakes or rounds cereal	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

CACFP- At Risk Meat/Meat Alternate Component:

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size ¹		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Meat/ Meat Alternates Component (serving may be combination of items)			
Lean meat or poultry or fish	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	0.5 oz	0.5 oz	½ large egg
Tofu, soy product or alternate protein products	½ large egg	½ large egg	1.0 oz
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soynut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds ⁶	0.5 oz = 50%	0.5 oz = 50%	0.5 oz = 50%
Yogurt—plain or flavored, unsweetened or sweetened ⁷	2.0 oz or ¼ cup	2.0 oz or ¼ cup	4.0 oz or ½ cup

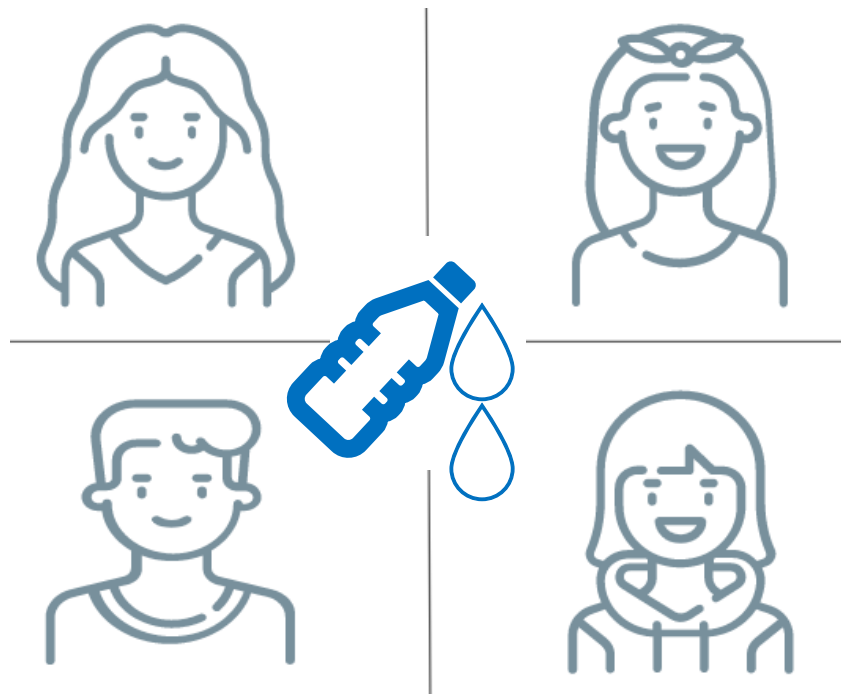


ASCP & CACFP At-Risk SNACK Activity

Menu Building Activity

Get into small groups of 3-4 individuals

Water Requirements for NSLP, SBP, ASCP, and CACFP At- Risk



06

Reimbursable Meals and Offer Vs. Serve



Reimbursable Meals

- Regulations require schools to identify a reimbursable meal prior to claiming the meal for reimbursement.





Offer vs Serve (OVS)

Regulations require schools to identify, near the beginning of serving lines, what foods constitute a reimbursable meal.

Offer vs. Serve At Breakfast




OVS Breakfast

Fruit (or Vegetable), Grains, and Milk must be offered at breakfast service

- Student must take ½ cup of fruit or vegetable at Breakfast



**Is this a
Reimbursable
Breakfast Activity**



Today's Menu

Cereal (1 oz. eq. G)

Toast (1.oz eq. G)

Or

Breakfast Sandwich

w/Sausage & Cheese

(1.5 oz. eq. M/MA, 1 oz. eq. G)

Orange or Apple Juice (1/2 Cup)

Banana (1/2 Cup)

Choice of Milk (1 Cup):

Fat Free Chocolate

1% White



Is this a reimbursable Meal? YES or NO and why?

Yes

No

Today's Menu

Whole Grain Bagel (2 oz. eq. G)

Or

Pancake on a Stick

(1 oz. eq. M/MA, 2 oz. eq. G)

Or

Yogurt Parfait with Granola

(1 oz. eq. M/MA, 1 oz. eq. G)

Orange Juice (1/2 Cup F)

Banana (1/2 Cup F)

Choice of Milk (1 Cup):

Fat Free Chocolate or Strawberry

1% White



Is this a reimbursable Meal? YES or NO and why?

Yes

No

Offer vs. Serve At Lunch (OVS)



OVS Lunch:

Schools must *offer* all **FIVE** components at lunch.

Students must select $\frac{1}{2}$ cup
fruit or vegetable



Is this a Reimbursable Lunch Activity

Today's Menu

Baked Chicken (2 oz. eq. M/MA)

Whole Grain Roll (2 oz. eq. G)

Or

Spaghetti with Meat Sauce

(2 oz. M/MA, 2 oz. eq. G)

Broccoli (1/2 Cup)

Baby Carrots (1/2 Cup)

Pineapple Chunks (1/2 Cup)

Apple Slices (1/2 Cup)

Choice of Milk (1 Cup):

Fat Free Chocolate or Strawberry

1% White



Is this a reimbursable Meal? YES or NO and why?

Yes

No

Today's Menu

Baked Chicken (2 oz. eq. M/MA)

Whole Grain Roll (2 oz. eq. G)

Or

Spaghetti with Meat Sauce

(2 oz. eq. M/MA, 2 oz. eq. G)

Broccoli (1/2 Cup)

Baby Carrots (1/2 Cup)

Pineapple Chunks (1/2 Cup)

Apple Slices (1/2 Cup)

Choice of Milk (1 Cup):

Fat Free Chocolate or Strawberry

1% White



Is this a reimbursable Meal? YES or NO and why?

Yes

No

Offer vs. Serve Snack and Supper



OVS Snack and Supper



ASCP Snack Program



CACFP At- Risk Snack



CACFP At-Risk Supper

OVS for CACFP At-Risk Supper



OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
 - Milk*
 - Vegetables
 - Fruits
 - Grains
 - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components**.



Note: The child or adult can select food from all 5 components. Foods from **at least 3 components** are needed for a reimbursable meal.

Is this a Reimbursable Snack Activity



Today's Snack Menu

½ Cup Cherry Yogurt

6 oz Orange Juice



Is this a reimbursable ASCP Snack? YES or NO and why?

Yes

No

Today's Snack Menu

4 oz Orange Pineapple
Juice

1 oz = 4 Ea Whole Grain
Cinnamon Graham
Crackers



Is this a reimbursable ASCP SNACK? YES or NO and why?

Yes

No

Today's Snack Menu

1 Ea=1/2 Cup Fresh
Apple

4 oz Orange Juice



Is this a reimbursable CACFP At-Risk SNACK? YES or NO and why?

Yes

No

Today's Snack Menu

1 Cup Fat Free White
Milk

1 Svg = 1 Ea Whole Grain
Blueberry Muffin



Is this a reimbursable CACFP At-Risk Snack? YES or NO and why?

Yes

No

QUESTIONS?

Learning Objectives

By the end of this course, participants will have done the following:

- ❑ Understand the 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 and understand the legislative process and Proposed Rule for school meal standards
- ❑ Know and Understand OVS. and Reimbursable Meals

Meal Pattern (Breakfast, Lunch,
Snack for Pre-K, K-5, 6-8, 9-12)



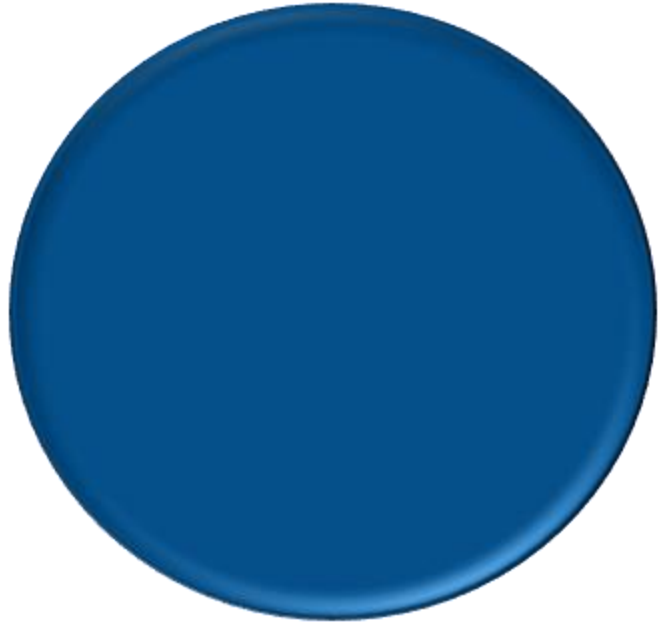
Post-assessment

- Use a unique, 4-digit identifier (last 4 of cell #)
- Use the same ID # used for the pre-assessment
 - So TDA can collect and analyze data to improve training effectiveness.
 - Anonymous

Next Steps

1. Identify key take-aways
<ul style="list-style-type: none">• Identify elements of the training that are relevant to YOU
2. Create a plan
<ul style="list-style-type: none">• Identify an action you can take upon return to work• How will you hold yourself accountable?
3. Contact for TA
<ul style="list-style-type: none">• Write down your ESC/class instructor's contact info

10 minute
Countdown Timer



ESC Training Survey



Training Survey

- TDA strives to use your feedback to make training as effective as possible.
- Short, 4 question survey that TDA will use to improve training.
 - So TDA can collect and analyze data to improve training effectiveness.
 - Anonymous

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Food and Nutrition Division
Nutrition Assistance Programs



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