

MEAL PLANNING AND MENUS

What is a Reimbursable Meal?

- ☐ Meals that are:
 - Served to **STUDENTS ONLY**
 - Meet the requirements for one of the Menu Planning Options
- ☐ **NOT:** a la carte items, adult meals, dinners, seconds, meals taken home

Food Based Meal Patterns

- Traditional
- Enhanced

FYI- MEAL PATTERN CHARTS

- Columns are Age and Grade Groups
- Rows are Components and Serving Sizes
- Serving sizes change across grade/age groupings

Traditional Meal Pattern

- Overview
 - Most basic meal pattern
 - 5 meal components
 - Meat/Meat Alternate
 - Grain/Bread
 - Vegetable/Fruit
 - Vegetable/Fruit
 - Milk
 - Must meet specific bread/grain requirements for a week period
 - Dessert not a meal component

TRADITIONAL MENU PLANNING LUNCH

Chart 1A SCHOOL LUNCH PATTERNS
TRADITIONAL FOOD-BASED MENU PLANNING – Meal Pattern

| FOOD COMPONENTS AND FOOD ITEMS | MINIMUM QUANTITIES | | | | |
|---|----------------------------------|----------------------------------|-----------------------|-----------------------------------|-------------------------------------|
| | GROUP 1 AGES 3-5 PRESCHOOL | GROUP 2 AGES 5-9 PRESCHOOL | GROUP 3 GRADES K-2 | GROUP 4 AGE 9-12 GRADES 3-5 | GROUP 5 AGE 12-18 GRADES 6-12 |
| Meat or Meat Alternate* (1 oz. cooked, lean) | 1 oz | 1.5 oz | 2 oz | 2.5 oz | 3 oz |
| Grain/Bread | 1 oz | 1.5 oz | 2 oz | 2.5 oz | 3 oz |
| Vegetable/Fruit | 1/4 cup | 1/3 cup | 1/2 cup | 2/3 cup | 3/4 cup |
| Milk | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Dessert | Not required | Not required | Not required | Not required | Not required |

*Meat/Meat Alternate: Cooked, lean meat, poultry, fish, eggs, tofu, soybeans, or other plant-based protein sources. Meat/Meat Alternate: Cooked, lean meat, poultry, fish, eggs, tofu, soybeans, or other plant-based protein sources. Meat/Meat Alternate: Cooked, lean meat, poultry, fish, eggs, tofu, soybeans, or other plant-based protein sources.

Traditional Lunch

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- Lunch
 - Grade groups: preschool, K-3, 4-12, or 7-12
 - Age groups: 5-8, 9 & over, or 12 & over
 - Must serve milk – 2 different milk fats
 - Must serve meat or meat alternate
 - Must serve at least 2 different sources of fruits and vegetables
 - Must serve grains
 - Minimum of 1 per day

TRADITIONAL MENU PLANNING-BREAKFAST

Chart 2A **SCHOOL BREAKFAST PATTERNS**
TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

| FOOD COMPONENTS AND PORTION REQUIREMENTS | MINIMUM REQUIREMENTS | |
|---|----------------------|------------------|
| | GRADES 1 and 2 | GRADES 3-12 |
| Milk (fluid or a beverage, or cereal, or milk) | 8 oz (1/2 cup) | 8 oz (1/2 cup) |
| Meat/Meat Alternate, Vegetable (or poultry, or fish, or shellfish, or eggs, or legumes, or tofu) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Grains (bread, or cereal, or rice, or pasta, or tortilla, or other) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Fruit (fresh, or canned, or frozen, or dried, or juice) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Vegetable (fresh, or canned, or frozen, or dried, or juice) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Dessert (fruit, or vegetable, or cereal, or milk, or other) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Other (fruit, or vegetable, or cereal, or milk, or other) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Total (must include at least two of each food) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Specialty (fruit, or vegetable, or cereal, or milk, or other) | 1.5 oz (1/2 cup) | 1.5 oz (1/2 cup) |
| Notes: (1) Grains (bread, or cereal, or rice, or pasta, or tortilla, or other) must be served at least once per week. (2) Meat/Meat Alternate, Vegetable, Fruit, or Milk must be served at least once per week. (3) Dessert must be served at least once per week. (4) Other (fruit, or vegetable, or cereal, or milk, or other) must be served at least once per week. (5) Specialty (fruit, or vegetable, or cereal, or milk, or other) must be served at least once per week. | | |

Traditional Breakfast

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- Breakfast
 - Grade groups: K-12
 - Must serve milk – 2 different milk fats
 - Must serve fruit, vegetable or 100% fruit juice
 - Must serve one of the following combinations:
 - 2 breads
 - 2 meats
 - 1 bread and one meat

Enhanced Overview

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- Overview
 - Similar to the Traditional Meal Pattern
 - 4 meal components
 - Meat/meat Alternate, Grains/Bread, Vegetable/Fruit, Milk
 - Must meet specific bread/grain requirements for a week period
 - Dessert is a meal component
- Portion sizes are enhanced to meet the nutrition goals

Enhanced Lunch cont'd

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- Enhanced vs Traditional
 - Enhanced: increased fruit and vegetable portion requirement
 - Enhanced: increased grain servings
 - Different grade groups

Enhanced Grade Groups

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- Rules for using grade groups:
 - Must use the established grade group for the grades served
 - School with K-12 graders at lunch...
 - Required to use K-6 and 7-12

ENHANCED MENU PLANNING LUNCH

| FOOD COMPONENTS AND FOOD ITEMS | MINIMUM REQUIREMENTS | | | | |
|---|----------------------|------------------|------------------|------------------|------------------|
| | AGES 1-2 AND 3 | PRESCHOOL | GRADES K-2 | GRADES 3-5 | GRADES 6-8 |
| Milk Fluid (in beverage, on label, or in milk) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) |
| Meat or Meat Alternatives** 1.5 oz (1/2 cup) poultry, other white poultry, or seafood | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Meatless protein sources† | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Grains | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Vegetables | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Fruits | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Legumes (beans, lentils, chickpeas, or soybeans) - commercially prepared | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Vegetables or Fruit** 1/2 cup or more servings of different vegetables, fruits, or berries | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Starchy Vegetables 1/2 cup or more servings of different vegetables, fruits, or berries | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Other | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |

Enhanced Lunch

- Lunch
 - Grade groups: ages 1-2, preschool, K-6, 7-12, K-3
 - Must serve milk – 2 different milk fats
 - Must serve meat or meat alternate
 - Must serve at least 2 different sources of fruits and vegetables
 - Must serve grains
 - Minimum of 1 per day

ENHANCED MENU PLANNING BREAKFAST

| FOOD COMPONENTS AND FOOD ITEMS | MINIMUM REQUIREMENTS | | | | |
|---|----------------------|------------------|------------------|------------------|------------------|
| | AGES 1-2 AND 3 | PRESCHOOL | OR AGES 4-5 | GRADES 1-2 | GRADES 3-5 |
| Milk Fluid (in beverage, on label, or in milk) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) | 8.8 oz (1/2 cup) |
| Meat or Meat Alternatives** 1.5 oz (1/2 cup) poultry, other white poultry, or seafood | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Meatless protein sources† | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Grains | 1 oz | 1.5 oz (1/2 cup) | 2 oz | 2 oz | 1.5 oz (1/2 cup) |
| Vegetables | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Fruits | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Legumes (beans, lentils, chickpeas, or soybeans) - commercially prepared | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Vegetables or Fruit** 1/2 cup or more servings of different vegetables, fruits, or berries | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Starchy Vegetables 1/2 cup or more servings of different vegetables, fruits, or berries | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Other | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |

Enhanced Breakfast

- Breakfast
 - Grade groups: ages 1-2, preschool, K-12, 7-12
 - Must serve milk – 2 different milk fats
 - Must serve fruit, vegetable or 100% fruit juice
 - Must serve one of the following combinations:
 - 2 breads
 - 2 meats
 - 1 bread and one meat

Meal Patterns & RCCI

- With increased serving days (e.g. 7 serving days rather than 5)
 - Requires increased amount of grains and breads

Offer versus Serve

- OVS
 - A serving method designed to:
 - reduce food waste
 - reduce food cost
 - without jeopardizing the nutritional integrity of the meals served
 - Gives students the opportunity to decline items



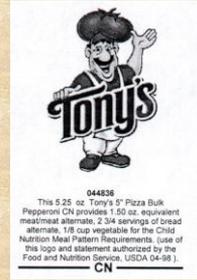
Water

- WATER IS NEVER REIMBURSABLE.
- Water is not a substitute for any component.
- It is encouraged to be served as an extra when having a snack with no liquid components
- Or
- To be encouraged throughout the day



The Child Nutrition Label

- The CN label is a specialized and voluntary label
- The CN label helps to determine a product's contribution towards a food-based meal pattern
- A Nutrition Facts label is still required



Nutrition Facts Label



CN Labels vs. Nutrition Facts vs Ingredient Label

- What information does each label contain?
- Why do we need labels?



Ingredient Label



LABELS

- Need to keep copies of labels from all products served on your menus.
- Need to keep both the Nutrition Facts Label, the Ingredient Label and the CN Label (if applicable).
- If the product does not come with any of those types of labels....you will need to locate the information from the manufacturer's website.
- Most manufacturers have label information located on their website or they will email it to you.

GROCERY STORE/ FOOD BANK

- Purchasing or Receiving menu items from the grocery store or food bank may differ from those products purchased from a distributor.
- You must ensure that the products purchased for use in the breakfast, lunch or snack program are creditable.
- It is recommended that if a processed product is obtained from a grocery store or food bank and it does not have a CN Label- it should be used for Supper.

Cycle Menus



- A cycle menu is a series of menus planned for a period of time- for example 3,5, or 7 weeks
- The menu is different for each day during the cycle.
- After you serve the whole menu – you have completed the first cycle.
- The menus are repeated in the same order

Advantages to Cycle Menus

- Save time due to same menus are repeated
- Can perfect the menu
- Buying food is easier since you know ahead of time and know how much you will need of each food
- Develop template food production records

Cycle Menus Contd

- Can change once planned as long as the change is reflected in the final menu and food production record.
- Make special menus for birthdays or theme days.
- Develop seasonal cycle menus.
- Use baked foods wisely incorporating them into other menus within the week-
- Turkey and Noodles- additional turkeys can be cooked and placed into turkey salad and crackers for a snack.

BOTTOM LINE- MENUS

- Menus must be posted
- Menus must document reimbursable meals were planned.
- Menu must state that milk is served for both Breakfast and Lunch.
- Menu must have dates.

Document Meals Served

MUST HAVES

1. **Daily Dated Menus for all meals and snacks served**
2. **Must serve creditable foods**
3. **Food production records must list the SPECIFIC components that were served: can't just say Juice or Vegetable or Fruit- MUST BE SPECIFIC**
4. **Record any substitutions on both final menu and food production records**

Document Meals Served *MUST HAVES*

5. Final copies menus and food production records must reflect the actual meal service- These will be covered in the Food Production presentation.
6. Must keep copy of final menus and food production records.
7. Must have adequate supervision.
8. Must comply with safety and sanitation regulations set forth by licensing agency and/or Dept. of Inspection and Appeals

Breakfast Tips

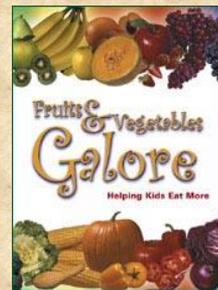


1. Offer fruit spreads in addition to butter and margarine
2. Blend pureed fruit into cream cheese and butter to top bagels and muffins
3. Add diced green apples and raisins to hot oatmeal
4. Top cold cereals with berries and bananas
5. Serve waffles or pancakes topped with bananas, strawberries, peaches, or other fruit; try sweet potato pancakes and waffles
6. Add roasted peppers to scrambled eggs
7. Serve 100% fruit or vegetable juice in both traditional and non-traditional varieties
8. Serve assorted cut-up fresh fruit, such as melons, pineapple, and berries, with low-fat yogurt; use unusual serving bowls, such as hollowed out melons
9. Offer a variety of fruit smoothies
10. Offer broiled grapefruit halves, pre-cut orange and grapefruit sections, or ambrosia.

LUNCH TIPS

1. Offer vegetable soups year-round, cold or hot
2. Serve raw spinach leaves in addition to lettuce for burgers and sandwiches
3. Add beets, corn, peas to tossed green salads
4. Offer fruit desserts, such as fresh berries, baked apples, poached pears, or a fruit cobbler or tart
5. Serve chopped Asian chicken and vegetables rolled in lettuce cups
6. Add sliced mushrooms, chopped tomatoes, and shredded carrots to create a veggie Caesar salad
7. Offer a tropical fruit plate with mangos, papayas, and other exotic fruits
8. Add cooked sweet potato cubes to potato salad
9. Add orange segments, beets and other fruits and vegetables to tossed salads
10. Ask patrons to "Name that Fruit/Vegetable" each week by experimenting with exotic and unusual fruits and vegetables on your menu

<http://teamnutrition.usda.gov/library.html>



Additional Resources

<http://teamnutrition.usda.gov/Resources/menuplanner.html>



QUESTIONS????????

