

Meal Pattern Requirements & Offer Vs. Serve

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Meal Pattern Requirements

LUNCH

Lunch Meal Pattern – Meat / Meat Alternate - Grades K-5



- 1 oz. Meat / Meat Alternate Daily
- 8-10 oz. Meat / Meat Alternate per Week
 - Effectively 2 oz. per day
- Range was initially **MINIMUM** and **MAXIMUM***

Lunch Meal Pattern – Meat / Meat Alternate - Grades 6-8



- 1 oz. Meat / Meat Alternate Daily
- 9-10 oz. Meat / Meat Alternate per Week
 - Effectively 2 oz. per day
- Range was initially **MINIMUM** and **MAXIMUM**

Lunch Meal Pattern – Meat / Meat Alternate - **Grades 9-12**



- **2 oz. Meat / Meat Alternate Daily**
- **10-12 oz. Meat / Meat Alternate per Week**
 - **Effectively 2 oz. per day**

Lunch Meal Pattern – Vegetables - Grades K-5



- Vegetable – $\frac{3}{4}$ cup Daily
 - Vegetable – $3 \frac{3}{4}$ cups per Week, must include:
 - $\frac{1}{2}$ cup Dark Green
 - $\frac{3}{4}$ cup Red/Orange
 - $\frac{1}{2}$ cup Legumes
 - $\frac{1}{2}$ cup Starchy
 - $\frac{1}{2}$ cup Other
 - 1 cup ADDITIONAL to meet weekly

Lunch Meal Pattern – Vegetables - Grades 6-8



- Vegetable – $\frac{3}{4}$ cup Daily
 - Vegetable – $3 \frac{3}{4}$ cups per Week, must include:
 - $\frac{1}{2}$ cup Dark Green
 - $\frac{3}{4}$ cup Red/Orange
 - $\frac{1}{2}$ cup Legumes
 - $\frac{1}{2}$ cup Starchy
 - $\frac{1}{2}$ cup Other
 - 1 cup ADDITIONAL to meet weekly

Lunch Meal Pattern – Vegetables - Grades 9-12



- Vegetable – 1 cup Daily
 - Vegetable – 5 cups per Week, must include:
 - ½ cup Dark Green
 - 1- ¼ cup Red/Orange
 - ½ cup Legumes
 - ½ cup Starchy
 - ½ cup Other
 - 1 cup ADDITIONAL to meet weekly

Lunch Meal Pattern – Fruit - Grades K-5



- **Fruit – $\frac{1}{2}$ cup Daily**
 - **Fruit – $2 \frac{1}{2}$ cups per Week**
 - **No more than $\frac{1}{2}$ of the offerings can be in the form of juice.**

Lunch Meal Pattern – Fruit - Grades 6-8



- **Fruit – ½ cup Daily**
 - **Fruit – 2 1/2 cups per Week**
 - **No more than ½ of the offerings can be juice.**

Lunch Meal Pattern – Fruit - Grades 9-12



- **Fruit – 1 cup Daily**
 - **Fruit – 5 cups per Week**
 - **No more than $\frac{1}{2}$ of the offerings in the week can be in the form of fruit.**

Activity:
Identifying vegetable sub-groups

Which of these vegetables isn't like the others?



Broccoli



Spinach



Green Peas

Which of these vegetables isn't like the others?



Purple
cabbage



Tomatoes

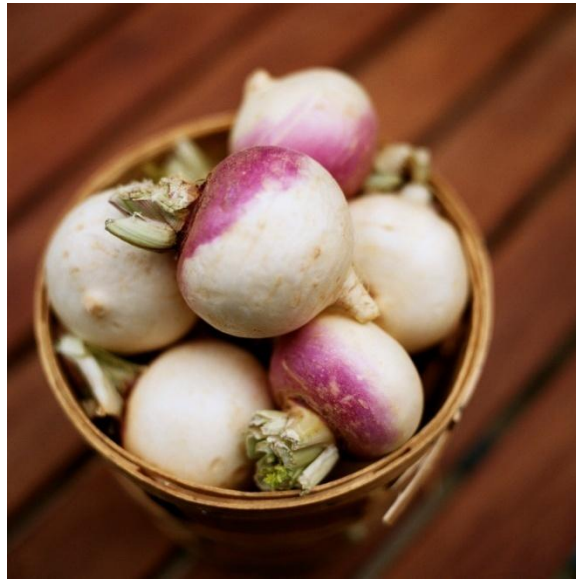


Carrots

Which of these vegetables isn't like the others?



Potatoes



Turnips



Corn

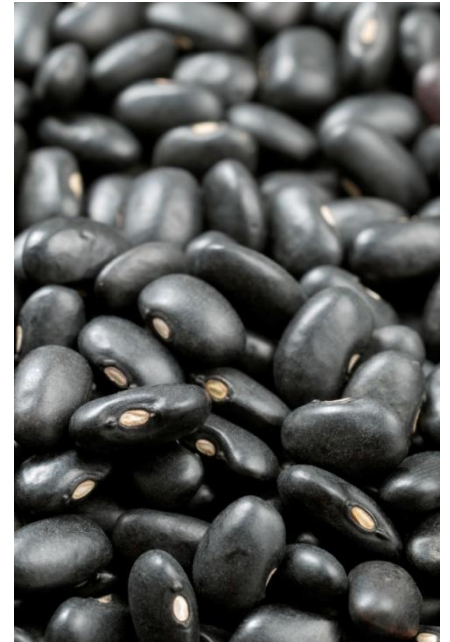
Which of these vegetables isn't like the others?



Pinto beans



Green beans



Black beans

Are these vegetables alike or different?



Okra



Cucumbers



Cauliflower

Which of these vegetables isn't like the others?



Broccoli



Spinach



Green bell
pepper

Which of these vegetables isn't like the others?



White potatoes



Celery



Corn

Lunch Meal Pattern – Grains - Grades K-5



- 1 serving per Day
 - 8-9 servings per Week
 - 8-9 servings/week
 - Range was initially minimum and maximum
- **As of SY 14-15 all of grains must be whole grain rich**

Lunch Meal Pattern – Grains - Grades 6-8

- SY 2012-2013
- 1 serving per Day
 - 8-10 servings per Week
 - **Range was initially minimum and maximum**
 - **As of SY 14-15 all of grains must be whole grain rich**



Lunch Meal Pattern – Grains - Grades 9-12



- **2 serving per Day**
- 10-12 servings per Week
 - Initially range was minimum and maximum
- **As of SY 14-15 all of grains must be whole grain rich**

Lunch Meal Pattern

– Fluid Milk – All Grades

- 1 cup
 - Unflavored LOWFAT (1% or Skim)
 - Flavored SKIM (only)



Meal Pattern Requirements

LUNCH SPECIFICATIONS

Lunch – Calories

- Calories – MINIMUM and **MAXIMUM**
- Grades K-5
 - 550-650
- Grades 6-8
 - 600-700
- Grades 9-12
 - 750-850

Lunch – Saturated Fat, Trans Fat

- **Saturated Fat**
 - **Less than 10% of total calories**
- **Trans Fat**
 - **Zero Grams per Serving**

Lunch- Sodium

Beginning 2014-2015 SY

- **Grade K-5**
 - ≤ 1230 mg
- **Grade 6-8**
 - ≤ 1360 mg
- **Grade 9-12**
 - ≤ 1420 mg

Offer versus Serve

OVS - What Didn't Change

- Only required for senior high schools (grades 9-12) for the National School Lunch Program (NSLP)
- Optional for lower grades for the NSLP
- Optional for the School Breakfast Program (SBP) at all grade levels

OVS - What Didn't Change

- Student's option to decline item(s)
- Same price if child declines item(s)
- Full amount of each component must be available to choose

Definitions

- Food component
 - One of five food groups for reimbursable meals
- Food item
 - A specific food offered within the five food components

What Must Be Offered in NSLP

- 5 components **MUST** be **OFFERED**
 - Meat/Meat Alternate
 - Grains
 - Fruits
 - Vegetables
 - Milk

NEW REQUIREMENT for LUNCH

- Student MUST take at least $\frac{1}{2}$ cup fruit or vegetable in order to have a reimbursable lunch.
- This was in effect for the 12-13 SY

Offer vs. Serve

- Students must take:
 - at least two (2) FULL components PLUS
 - at least $\frac{1}{2}$ cup fruit or vegetable

OVS for NSLP

What Must Be Taken

- Must take at least 3 of 5 components
- Meat / Meat Alternate OR Grain OR Milk **MUST** be full components.
- Must take at least $\frac{1}{2}$ cup serving of the fruit or vegetable component — not a full component
- Student may take two $\frac{1}{4}$ cup servings of the same item fruit or vegetable to meet the requirement

Offer vs Serve

Let's Practice Together.... Using
the 9-12 Meal Pattern



Submarine Sandwich
Whole Wheat Bun

(2 M/MA, 2 Grain)

Sweet Potato Fries

(3/4 cup Red Veg)

Green Pepper Strips

(1/4 cup Other Veg)

Frozen Strawberries

(1 cup Fruit)

Skim or 1 %

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 M/MA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Sandwich, Fries, Strawberries
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 MMA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Sandwich Green peppers milk?
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 MMA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Fries, strawberries, milk?
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 MMA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Green peppers, strawberries, milk?
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 MMA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Sandwich, green peppers?
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Submarine Sandwich	2 MMA
Whole Wheat Bun	2 G
Sweet Potato Fries	3/4 cup V
Green Pepper Strips	1/4 cup V
Frozen Strawberries	1 cup F
Skim or 1% milk	1 cup milk

- Sandwich, milk?
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?



Chicken Teriyaki
Brown Rice
Broccoli
Carrots
Kiwi
Skim or 1 %

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Chicken teriyaki, Rice, Broccoli
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Chicken teriyaki, Rice, Carrots
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Rice, Broccoli, Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Chicken Teriyaki, Rice
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Broccoli, Carrots, Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable??

Menu Item	Contribution
Chicken Teriyaki	2 MMA
Brown Rice	2 G
Broccoli	3/4 cup V
Carrots	1/4 cup V
Kiwi	1 cup F
Skim or 1% milk	1 cup milk

- Rice,
Kiwi
Carrots
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?



**Oven Baked Fish
Nuggets**

Whole Wheat Roll

Mashed Potatoes

Green Beans

Peaches

Skim or 1 %

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + $\frac{1}{2}$ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	$\frac{3}{4}$ cup V
Green Beans	$\frac{1}{4}$ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Fish Roll Green Bean
- How many full components?
- Is there $\frac{1}{2}$ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + $\frac{1}{2}$ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	$\frac{3}{4}$ cup V
Green Beans	$\frac{1}{4}$ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Fish
Potatoes
Milk
- How many full components?
- Is there $\frac{1}{2}$ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + $\frac{1}{2}$ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	$\frac{3}{4}$ cup V
Green Beans	$\frac{1}{4}$ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Fish
Roll
Peaches
- How many full components?
- Is there $\frac{1}{2}$ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + ½ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	¾ cup V
Green Beans	¼ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Roll
Potatoes
Milk
- How many full components?
- Is there ½ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + ½ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	¾ cup V
Green Beans	¼ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Fish
Mashed Potatoes
- How many full components?
- Is there ½ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Fish Nuggets	2 MMA + $\frac{1}{2}$ G
Whole Wheat Roll	1.5 G
Mashed Potatoes	$\frac{3}{4}$ cup V
Green Beans	$\frac{1}{4}$ cup V
Peaches	1 cup F
Skim or 1% milk	1 cup milk

- Green Bean
Peaches
Roll
- How many full components?
- Is there $\frac{1}{2}$ cup Veg and/or Fruit?



Cheese Pizza
w/ Whole Wheat
Crust
Romaine Lettuce
Sliced Tomato
Pineapple
Skim or 1 %

Reimbursable???

Menu Item	Contribution
Cheese Pizza on WW crust	2 MMA + 2 G
Romaine Lettuce	3/4 c V
Sliced tomato	1/4 c V
Pineapple	1 c F
Skim or 1% milk	1 cup milk

- Pizza
Pineapple
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Cheese Pizza on WW crust	2 MMA + 2 G
Romaine Lettuce	3/4 c V
Sliced tomato	1/4 c V
Pineapple	1 c F
Skim or 1% milk	1 cup milk

- Pineapple
Tomato
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Cheese Pizza on WW crust	2 MMA + 2 G
Romaine Lettuce	3/4 c V
Sliced tomato	1/4 c V
Pineapple	1 c F
Skim or 1% milk	1 cup milk

- Pizza
Tomato
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Cheese Pizza on WW crust	2 MMA + 2 G
Romaine Lettuce	3/4 c V
Sliced tomato	1/4 c V
Pineapple	1 c F
Skim or 1% milk	1 cup milk

- Pizza
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Cheese Pizza on WW crust	2 MMA + 2 G
Romaine Lettuce	3/4 c V
Sliced tomato	1/4 c V
Pineapple	1 c F
Skim or 1% milk	1 cup milk

- Pizza
Pineapple
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?



**Beef Taco Meat
on Whole Grain
Tortilla
Salsa
Refried Beans
Corn
Cantaloupe
Skim or 1 %**

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	1/4 c V
Refried Beans	3/4 c V
Corn	1/4 c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Taco
Salsa
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	$\frac{1}{4}$ c V
Refried Beans	$\frac{3}{4}$ c V
Corn	$\frac{1}{4}$ c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Taco
Salsa
Corn
- How many full components?
- Is there $\frac{1}{2}$ cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	1/4 c V
Refried Beans	3/4 c V
Corn	1/4 c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Taco Meat
(no Tortilla)
Beans
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	1/4 c V
Refried Beans	3/4 c V
Corn	1/4 c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Taco Meat
(no tortilla)
Corn
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	1/4 c V
Refried Beans	3/4 c V
Corn	1/4 c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Beans
Corn
Milk
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Reimbursable???

Menu Item	Contribution
Beef Taco Meat	2 MMA
Whole Grain Tortilla	2 G
Salsa	1/4 c V
Refried Beans	3/4 c V
Corn	1/4 c V
Cantaloupe	1 C F
Skim or 1% milk	1 cup milk

- Tortilla
Beans
Corn
Cantaloupe
- How many full components?
- Is there 1/2 cup Veg and/or Fruit?

Questions