Objectives

- Explore lunch and breakfast meal patterns
- Component vs Item
- Offering vs Planning/Preparing
- Two Serving Options
- Examine each meal component
- Practice menu planning

Breakfast and Lunch Meal Patterns

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HHFKA Meal Patterns

Menu Planning Approach
- Daily minimums
- Weekly minimums
- Weekly maximums, some lifted but serve as a planning guide
- Lunch intended to meet 1/3 of daily calories
- Breakfast intended to meet 1/4 of daily calories
- 5 components for lunch; 3 components for breakfast
- Specific grade groups for both breakfast and lunch

How Much to Offer Daily? It Depends...

Breakfast Grade Groups:
- K-5, 6-8, 9-12 or
- K-8, 9-12 or
- K-12

Lunch Grade Groups:
- K-5, 6-8, 9-12 or
- K-8, 9-12
- No K-12 or 6-12 option

RCCIs might need a waiver to serve various grade groups with one meal pattern due to legitimate safety concerns.

But first—THANKS!

Because

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What are Components?

**5 Lunch Components**
1. Fruit
2. Vegetable
3. Meat/meat alternate
4. Grain
5. Fluid Milk

**3 Breakfast Components**
1. Fruit (fruit, veg, juice)
2. Grain (meat/meat alternate)
3. Fluid Milk

Build a Healthy Lunch

**Two Serving Options: Option 1 - Lunch & Breakfast**

**SERVE ONLY:**
- All students get all components in at least minimum required amounts
- K-12 breakfast may use Serve Only
- K-8 lunch may use Serve Only
- 9-12 lunch may NOT use Serve Only

**Two Serving Options: Option 2**

**Offer vs Serve (OVS):**
- K-12 breakfast may use OVS
- K-5, 6-8 and K-8 lunch may use OVS
- 9-12 lunch is REQUIRED to use OVS
- Reduces waste and allows students choices

What’s the Difference?

**Component Item?**

**What’s the Difference?**

**Example:** If Refried Beans is the only vegetable offered:
- Must OFFER 1 cup of refried beans to students in grades 9-12
- Production records would indicate 1 cup serving size even though students are allowed to take ½ cup as part of OVS
- Planned servings would indicate how many 1 cup servings are being PREPARED

Two Serving Options: Option 1, continued

**Lunch, serve only:**
Students must be served all 5 components
- ½ cup vegetable, ½ cup fruit, 1 ounce meat/meat alternate, 1 oz eq grain, 8 oz fluid milk
- Remember weekly meat/meat alternate and grain minimums!

**Breakfast, serve only:**
Students must be served all 3 components
- 1 oz eq grain, 1 cup fruit, 8 oz fluid milk
- Remember weekly grain minimums!

Three fruit component ITEMS:
- Apple, Orange Juice, Peaches

Three grain component ITEMS:
- Brown Rice, Bread, Crackers

Two Serving Options: Option 2

**Component Item?**

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Two Serving Options: **Option 2 - Lunch**

**Offer vs Serve (OVS) at lunch:**
- **MAY** choose all 5 components in full amounts
- **Students must** take 3 of 5 components
- One component must be at least ½ cup fruit OR vegetable for a reimbursable meal
- Other 2 components must be full daily minimum
- Student’s choice what to decline

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**Option 2 - Breakfast**

**Offer vs Serve (OVS) at breakfast:**
- **MUST** offer all 3 components in at least 4 items
- **Students MAY** choose all 3 components and all 4 items in full amounts
- **Students must** take at least 3 items
- One item must be at least ½ cup fruit for a reimbursable meal
- Student’s choice what to decline

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**Breakfast Note**

- **2 oz. eq. =** 1 item or 2 items
- **3 oz. eq. =** 1, 2, or 3 items
- SFAs have some crediting discretion at breakfast.
- Signage is important!

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**The 5 Components Deconstructed**

**Build a Healthy Lunch**

- Protein
- Milks
- Fruits
- Vegetables
- Grains

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**Questions so far…**

Recap:
- Components/Items
- Offered/Prepared
- Grade groups
- Serve Only/OVS

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**Milk - Lunch & Breakfast**

- “Milk” is fluid milk only
- Allowed: fat-free (skim) or low-fat (1%)
  - **Low-fat (1%)** must be unflavored/white
  - Fat-free (skim) may be flavored or unflavored
- Must offer two types at breakfast and lunch
  - It’s a local decision on what types are offered
- Lactose-free milk is okay
- Soy milk that is equal to cow’s milk is okay
Fruits

- May offer fresh, frozen, canned, dried, and/or juice
- Fresh fruit can be whole or cut
- Frozen fruit with added sugar is allowed
- Canned fruit must be in juice or light syrup
- Dried fruit with added sugar is allowed
- No more than half of fruit may be juice at both Lunch and Breakfast
- Must be 100% juice

Crediting Fruit-Lunch & Breakfast

Minimum creditable serving is 1/8 cup
Creditable amount is based on volume served:
1/2 cup fruit/juice credits as 1/2 cup fruit
EXCEPT Dried fruit where:
- 1/4 cup dried fruit credits as 1/2 cup fruit

Vegetable Sub-Groups:

- Can you list the vegetable sub-groups?
- Can you list the minimum amounts that must be offered each week?

Vegetables

Vegetables Subgroups

- DARK GREEN: 1/2 cup
- RED/ORANGE: 3/4 or 1-1/4 cups
- STARCHY: 1/2 cup
- DRIED BEAN/LEGUME: 1/2 cup
- OTHER: 1/2 or 3/4 cup
Any Dried Bean/Legume Recipe Ideas?

- Baked Beans
- Refried Beans
- Black Bean/Corn Salsa
- Hummus
- Cyclone or Hawkeye Salad
- CACIJO BEANS
- Roasted Garbanzos
- Lentil Salad
- Split Pea Soup
- Edamame Salad

Vegetable Sub-Group

What Foods Are in the Vegetable Group?

Substituting Vegetables for Fruit at Breakfast:
2 options for Starchy Vegetable

As a Substitute for Fruit
- To offer starchy vegetable sub-group, must offer at least 2 cups of any other vegetable sub-group during the week

As an Extra
- Does NOT count as a component or item
- DOES count in average of weekly calories

Vegetables
Remember:
- Just because it's green, doesn't mean it's a "dark green" vegetable
- Just because it says "bean" or "pea" doesn't necessarily mean it's a "legume/dried bean/dried pea"
- Examples:
  - Green beans = "other"
  - Green peas = "starchy"
  - Iceberg lettuce = "other"

Crediting vegetables
Minimum creditable serving is 1/8 cup

Credit based on volume served: eg. - 1/2 cup peas credits as 1/2 cup vegetable
EXCEPT:
- 1 cup leafy greens credits as 1/2 cup
- 1 tablespoon of tomato paste credits as 1/4 cup
- 2 tablespoons of tomato puree credits as 1/4 cup
- 1/4 cup of tomato sauce credits as 1/4 cup
- 1 cup of tomato soup credits as 1/4 cup
- or check CN label where available

Recap.....Questions?
➢ Milk
➢ Fruit
➢ Vegetables
➢ Grain-Bread
➢ Meat-Meat Alternate

Stand up and S-T-R-E-T-C-H!

Meat/MA + Grain (sauce) = Entree
Grain/Bread

Pay attention to both daily minimums and weekly minimums of grains at breakfast and lunch.

ALL grains offered must be whole grain-rich.

Challenges: crackers, croutons, biscuits, bread labels, lasagna noodles, egg noodles.

Pasta and whole-grain waivers: apply, get permission, plan, evaluate, keep looking.

What does “Whole-Grain Rich” Mean?

What to look for on the label!

Grain/Breads at Lunch & Breakfast

Grain/Breads: What is an “ounce equivalent”?

Know how grains credit.

Document on Food Production Record.

An ounce does not always equal an “ounce equivalent.”

Let’s look at:

- Bread/bun/roll
- Doughnut
- Brownie
- Cereal
Bread-Grain Chart

Bread, Bun, Roll

Doughnut

Brownie

Cereal
Meat/Meat Alternates

Lunch: Daily and weekly minimums
- 9-12: 2 ounce equivalents daily (10 oz weekly min)
- K-8: 1 ounce equivalent daily (8-9 oz weekly min)

Variety of lean meat/meat alternates encouraged
An ounce of meat is often not an ounce equivalent of meat:
- 1.22 oz of ABC brand ham = 1 oz eq meat
- 4 oz yogurt = 1 oz eq meat alternate
- 1/4 cup dry beans/peas = 1 oz meat alternate
- 1 pound raw 80/20 ground beef = .74 pounds creditable meat

CN Label from USDA: Deli-Style Turkey

PACK/YIELD:
• One lb AP provides about 10.0 1.6-oz servings of deli-style turkey breast.
• CN.Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.

For 9-12: How much turkey will you put on the sandwich?

Quick Quiz!
How much peanut butter equals 1oz equivalent of meat alternate?

Quick Quiz!
How much yogurt equals 2oz. equivalents of meat alternate?

Quick Quiz!
How much cheese equals 1oz equivalent of meat alternate?
Tips and Tricks

Items to double check:
- Cheese sauce/soups: not all credit
- Ravioli
- Pizza: pepperoni credits as nothing
- Bacon does not credit as meat/ma

Meat/MA at Breakfast: 2 options

1. In Place of a Second Grain
   - Each breakfast meal option offered must include at least 1 oz. eq. of “real” grain
   - After the first 1 oz. eq. of “real” grain is offered, meat/ma may be offered in place of additional grain

2. As an “Extra”
   - Does NOT count as a component or item
   - DOES count in average of weekly calories

Four Nutrient Targets

Weekly averages for:
- Calories
- Sodium
- Saturated Fat
- Daily: zero Trans-Fat

Let’s Play!

Get out Meal Pattern Exercise handout
Have Grain/Bread Chart handy
Have Meal Pattern handy
We will work on the first one together:
- How much grain for two 6-gram packages of saltines? Four packages?
- Complete vegetable serving sizes so that all minimums are met. Need to change anything?
- Complete fruit serving sizes so that minimums are met. Are you offering both fruits to all students?
- How do you calculate minimum meat/ma and minimum grain when there is more than one entrée?
- Do all meal options offer enough meat/ma? Enough grain?

Meal Planning Spreadsheet

Does This Make More Sense?

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Market, Market, Market!

- Enough time to eat?
- Recess after Lunch?
- Breakfast After the Bell?
- Second Chance Breakfast?
- Breakfast in the Classroom?
- Grab and Go Lunch/Breakfast?
- Posters/Atmosphere?
- Descriptive Menu Names?
- Contests?
- Taste Tests?
- Classroom Education?
- Multiple fruit/veg choices?
- More than one Entrée?
- Good attitudes?

HELP!

HELP!

One More Time!

BECAUSE

Thank you!

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New Learning Online Professional Development
Iowa School Meal Programs Tutorials

http://www.instituteofchildnutrition.org
http://professionalstandards.nal.usda.gov/

One More Time!

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Thank you!

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