WHAT’S NEW IN SCHOOL NUTRITION- MENU RESOURCES
MONTHLY WEBINAR, MARCH 28, 2016
To a resource for new and not so new school nutrition managers.

To a monthly live link to the Bureau of Nutrition and Health Services.

To a forum for you to ask questions and get answers.
HOUSEKEEPING

- Handouts posted on website
  https://www.educateiowa.gov

- All participants are muted.

- To ask a question, click on Questions & Answers
If at any point during the webinar you have a question please click on the Questions and Answers button to bring up the Q&A box. Type your question and click “Send”.

Please input your question...
Document the time you spend watching this webinar or other webinars presented by our Bureau.

Participation Documentation in handouts

Learning Objectives for today are under Menu Planning

- 1110 – Plan menus that meet USDA nutrition requirements for reimbursable meals, including calculating meal components.
- 1120 – Plan cycle menus that meet all rules.
- 1150 – Analyze menus for school meal pattern requirements.
MONTHLY MEMO REVIEW

- Sent to designated Authorized Representative and Food Service Director in IowaCNP
- Contact patti.harding@iowa.gov to receive these
- History for last 5 years on DE Website
  Monthly Memos and Updates-Schools
CURRENT MEMOS

- Buy American Provision
- FDA Vending Machine Requirements for over 20
- Grant Opportunities
  - Equipment, RDN Coaches, SFSP Kids in the Kitchen Mini-Grant
- Training Opportunities
  - Kids in the Kitchen webinar - April 13, April 26-27 Workshops, Summer Short Courses
- SFSP and FFVP
- USDA Farm to School Census
- CEP Reporting
- Diet Modification Form in Spanish
Questions about Monthly Memos???
Team Up for Success webinars  www.theicn.org

- Nancy Sitler – Sapulpa, OK Schools (4,000 students)
- Melissa Donaldson – Trussville, AL Schools (4,300 students)
- Margaret Burrell – Anderson County, Clinton, TN (6,500 students)
- Author unknown – Vicksburg – Warren Schools, MS (8,200 students)
- Angela Haney – Los Lunas NM Schools (8,500 students)
- Jana Lundrum – San Benito, TX Schools (10,000 students)
- Tilwanja Lucus – Onslow County, Jacksonville, NC (26,000 students)
**MENUS DRIVE EVERYTHING!**

- **Budget**
  - Food Cost
  - Use of USDA Food Entitlement
  - Labor and Equipment Needs/Availability

- **Participation**
  - Food Preference
  - Food Quality
MENU PLANNING- WHERE DO I START?

- Nutrition Standards page – Iowa DE Web Site
- Menu Planning Templates
- Evaluate current menus
  - Include all components?
  - Acceptable?
  - Food available?
- Or start over?
DON'T REINVENT THE WHEEL!

Healthier Kansas Menus
On Wisconsin! Menus and Recipe Resources
Iowa Gold Star Menus
Ohio Menus that Move
Additional Menu Resources - USDA Team Nutrition
LUNCH MENU PLANNING TOOL — WORD (NOT REQUIRED)

<table>
<thead>
<tr>
<th>Meat</th>
<th>6% of 1000 cal</th>
<th>Sun 2% of 1000 cal</th>
<th>6% of 1000 cal</th>
<th>6% of 1000 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veal</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Chicken</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Beef</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Pork</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>6% of 1000 cal</th>
<th>Sun 2% of 1000 cal</th>
<th>6% of 1000 cal</th>
<th>6% of 1000 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Carrots</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Broccoli</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>6% of 1000 cal</th>
<th>Sun 2% of 1000 cal</th>
<th>6% of 1000 cal</th>
<th>6% of 1000 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Apple</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Orange</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy</th>
<th>6% of 1000 cal</th>
<th>Sun 2% of 1000 cal</th>
<th>6% of 1000 cal</th>
<th>6% of 1000 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Yogurt</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beverages</th>
<th>6% of 1000 cal</th>
<th>Sun 2% of 1000 cal</th>
<th>6% of 1000 cal</th>
<th>6% of 1000 cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
<tr>
<td>Juice</td>
<td>6% of 1000 cal</td>
<td>Sun 2% of 1000 cal</td>
<td>6% of 1000 cal</td>
<td>6% of 1000 cal</td>
</tr>
</tbody>
</table>
MENU PLANNING TOOL - EXCEL
(NOT REQUIRED)
## USDA CERTIFICATION WORKSHEET

### (NOT REQUIRED)
KNOW THE BASICS

- Nutrition Standards page – Iowa Web Site
- Meal Pattern 101
- Rise and Shine, It’s Breakfast Time
<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Amount of Food&lt;sup&gt;b&lt;/sup&gt; Per Week&lt;sup&gt;(Minimum Per Day)&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cups)&lt;sup&gt;cd&lt;/sup&gt;</td>
<td>Grades K-5&lt;sup&gt;a&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td>5 (1)&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td>Vegetables (cups)&lt;sup&gt;cd&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Dark green&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Red/Orange&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Beans/Peas (Legumes)&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Starchy&lt;sup&gt;f&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Other&lt;sup&gt;f,g&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Additional Veg to Reach Total&lt;sup&gt;h&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Grains (oz eq)&lt;sup&gt;i&lt;/sup&gt;</td>
<td>7-10 (1)&lt;sup&gt;j&lt;/sup&gt;</td>
</tr>
<tr>
<td>Meats/Meat Alternates (oz eq)&lt;sup&gt;k&lt;/sup&gt;</td>
<td>0</td>
</tr>
<tr>
<td>Fluid milk (cups)&lt;sup&gt;l&lt;/sup&gt;</td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

**Other Specifications: Daily Amount Based on the Average for a 5-Day Week**

<table>
<thead>
<tr>
<th>Min-max calories (kcal)&lt;sup&gt;m,n,o&lt;/sup&gt;</th>
<th>350-500</th>
<th>400-550</th>
<th>450-600</th>
<th>550-650</th>
<th>600-700</th>
<th>750-850</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated fat (% of total calories)&lt;sup&gt;p&lt;/sup&gt;</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
<td>&lt; 10</td>
</tr>
<tr>
<td>Sodium (mg)&lt;sup&gt;n,p&lt;/sup&gt;</td>
<td>≤ 430</td>
<td>≤ 470</td>
<td>≤ 500</td>
<td>≤ 640</td>
<td>≤ 710</td>
<td>≤ 740</td>
</tr>
<tr>
<td>Trans fat&lt;sup&gt;r,o&lt;/sup&gt;</td>
<td>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INCLUDES ALL COMPONENTS? K-8

Milk
1 cup Milk

Vegetarian Chile
Meat/Meat Alternate
2 oz. (1/2 cup beans)
Vegetable
1/4 cup
Red/Orange Vegetable

Fresh Orange
1/2 cup Fruit

WW Crackers
1 oz. eq Grain

(1 cup Milk)

(2 oz. (1/2 cup beans))

(1/4 cup)

(1/2 cup Fruit)
INCLUDES ALL COMPONENTS? K-8

- **Milk**: 1 cup Milk
- **Vegetarian Chile**
  - Meat/Meat Alternate
  - 2 oz. (1/2 cup beans)
  - **Vegetable**
    - 1/4 cup
    - Red/Orange Vegetable
- **WW Crackers**: 1 oz. eq Grain
- **Fresh Orange**: 1/2 cup Fruit

**NO**

Only 1/4 cup vegetables
Beans can’t be both Meat alternate and Vegetable
INCLUDES ALL COMPONENTS? K-8

Milk
1 cup Milk

Vegetarian Chile
Meat/Meat Alternate
2 oz. (1/2 cup beans)

Vegetable
1/4 cup
Red/Orange
Vegetable

YES

WW Crackers
1 oz. eq Grain

Fresh Orange
1/2 cup Fruit

Tossed Salad
1 cup equals
1/2 c. Other Vegetable

NO
INCLUDES ALL COMPONENTS? K-8

- **Milk**: 1 cup Milk
- **Vegetarian Chile**: Legumes (1/2 cup beans) + Vegetable (1/4 cup Red/Orange Vegetable)
- **WW Crackers**: 1 oz. eq Grain
- **Fresh Orange**: 1/2 cup Fruit
- **Cheese**: Meat alternate (1 oz)

**YES**
INCLUDES ALL COMPONENTS? 9-12

Milk
1 cup Milk

Vegetarian Chile
Legumes (1/2 cup beans)

Vegetable
1/4 cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
1/2 cup Fruit

Cheese
Meat alternate (1 oz)
INCLUDES ALL COMPONENTS? 9-12

- **Milk**
  - 1 cup Milk

- **Vegetarian Chile**
  - Legumes (1/2 cup beans)
  - **Vegetable**
    - 1/4 cup
    - Red/Orange
    - Vegetable
    - **NO**

- **Fresh Orange**
  - 1/2 cup Fruit

- **WW Crackers**
  - 1 oz. eq Grain

- **Cheese**
  - Meat alternate (1 oz.)

All groups short except milk
INCLUDES ALL COMPONENTS? K-8

Hamburger on a WW Bun
2 oz. Meat/Meat
1.5 oz. eq Grains

Carrots
¼ cup Red/Orange Vegetable

Grapes
½ cup Fruit

Milk
1 cup Milk

Black Bean Salad
¼ cup Legumes
¼ cup Other Vegetable
INCLUDES ALL COMPONENTS? K-8

YES

Hamburger on a WW Bun
2 oz. Meat/Meat
1.5 oz. eq Grains

Carrots
¼ cup Red/Orange Vegetable

Grapes
½ cup Fruit

Milk
1 cup Milk

Black Bean Salad
¼ cup Legumes
¼ cup Other Vegetable
INCLUDES ALL COMPONENTS? 9-12

- Hamburger on a WW Bun
  - 2 oz. Meat/Meat
  - 1.5 oz. eq Grains
- Carrots
  - ¼ cup Red/Orange Vegetable
- Grapes
  - ½ cup Fruit
- Milk
  - 1 cup Milk
- Black Bean Salad
  - ¼ cup Legumes
  - ¼ cup Other Vegetable
includes all components? 9-12

no

need another
0.5 oz grain
¼ cup veg
½ cup fruit

hamburger on a
ww bun
2 oz. meat/meat
1.5 oz. eq grains

grapes
½ cup fruit

carrots
¼ cup
red/orange
vegetable

black bean salad
¼ cup legumes
¼ cup other vegetable

milk
1 cup milk
GATHER INFORMATION

- Review last years’ menu
  - What was popular
  - What was not

- What USDA Foods are available?

- What new ideas do we want to try?

- What information do I have about calories, sodium, components, etc.?
# Information for Menu Planning - SAMPLE

Do I have this information for each item served? Is this item one of the higher or lower in calories, saturated fat, or sodium?

**NOT A REQUIRED FORM, but could be useful when Menu Planning**

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
<th>Component Contribution</th>
<th>Calories</th>
<th>Saturated Fat (grams)</th>
<th>Sodium (milligrams)</th>
<th>How do I know</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Dish:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>2/3 cup</td>
<td>2 oz M/MA and 1 oz-equiv whole grain</td>
<td>287</td>
<td>2.92</td>
<td>803</td>
<td>Entrée Recipe #26 with nutrient analysis</td>
</tr>
<tr>
<td>Little smokies</td>
<td>6 (14 gram)</td>
<td>single portion</td>
<td>200</td>
<td>6</td>
<td>690</td>
<td>CN and Nutrition label</td>
</tr>
<tr>
<td>USDA Chicken fajita meat</td>
<td>1.7 ounces</td>
<td>1 oz M/MA from 1.7 ounces</td>
<td>61</td>
<td>1</td>
<td>303</td>
<td>USDA Foods Fact Sheet and Product Formulation Statement</td>
</tr>
<tr>
<td><strong>Grain Sides:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Tortilla Chips</td>
<td>1 oz/15 chips</td>
<td>1 oz-equivalent whole grain rich</td>
<td>140</td>
<td>1</td>
<td>105</td>
<td>Nutrition facts label and Grain/bread chart</td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td>1 oz-equivalent</td>
<td>60</td>
<td>0</td>
<td>110</td>
<td>Nutrition facts label and Grain/bread chart</td>
</tr>
<tr>
<td>Whole grain tortilla</td>
<td>1 each</td>
<td>1.5 oz-equivalents</td>
<td>120</td>
<td>2.5</td>
<td>340</td>
<td>Nutrition facts label and Grain/bread chart</td>
</tr>
<tr>
<td><strong>Other:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduced Fat Ranch Dressing</td>
<td>2 tbsp</td>
<td>NA</td>
<td>66</td>
<td>1.42</td>
<td>151</td>
<td>Nutrition facts label</td>
</tr>
</tbody>
</table>
TOOLS TO USE

- Food Buying Guide
- Quantity Recipes with Component and Nutrient Information
- Bread and Grain Equivalent Chart
- CN Labels
- Nutrition Facts Labels
## How About a List of Vegetable Choices?

<table>
<thead>
<tr>
<th>Dark Green</th>
<th>Red/Orange</th>
<th>Dry Beans/Peas (Legumes)</th>
<th>Starchy</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Spinach (1 cup = ½ cup)</td>
<td>Fresh Carrots</td>
<td>Garbanzo Beans</td>
<td>Corn</td>
<td>Celery</td>
</tr>
<tr>
<td>Romaine Lettuce (1 cup = ½ cup)</td>
<td>Mashed Sweet Potatoes</td>
<td>Three Bean Salad** (¼ cup = ¼ cup)</td>
<td>Green Peas</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Fresh Broccoli</td>
<td>Sweet Potato Fries</td>
<td>Baked Beans</td>
<td>Green Lima Beans</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Cooked Broccoli</td>
<td>Sweet Potato Tots</td>
<td>Chili ** (3/4 cup = ½ cup)</td>
<td>Mashed Potatoes</td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Apple-Squash Bake** (1/2 cup = ¼ cup RO)</td>
<td></td>
<td>Roasted Red Potatoes</td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td>Pumpkin Custard** (1 square = 1/4 cup)</td>
<td></td>
<td>French Fries</td>
<td>Iceberg Lettuce (1 cup = ½ cup)</td>
</tr>
<tr>
<td></td>
<td>Red Peppers</td>
<td>Hummus</td>
<td></td>
<td>Wax Beans</td>
</tr>
<tr>
<td></td>
<td>Fresh Tomatoes</td>
<td></td>
<td></td>
<td>Asparagus</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Green Peppers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mixed Vegetables</td>
</tr>
</tbody>
</table>

| Total of at least ½ cup   | Total of at least ¼ cup for K-8; 1 ½ cup for 9-12 | Total of at least ½ cup | Total of at least ½ cup | Total of ½ cup or more |

**These are examples only. Your recipes will vary.**
STRATEGIES FROM THE PROS
Most common is 3 week cycle

List all of your entrees to get idea for number of days in cycle.

Some may be offered more often in the cycle.
WRITING MENUS

1. Start with elementary menus then high school and last middle school
2. Use a worksheet to keep track and make sure all components are on the menu
3. Have them put into our software system and review (not required)
4. Tweak what we need to and publish!
What works for me?

A 6 week lunch menus cycle which is actually two smaller cycles made up of a 3 week cycle for entrees and 2 week cycle for fruits and vegetables.

Breakfast is currently a 3 week cycle
Start with a template for 5 days with favorite entrée daily and appropriate bread for entrée
• Insert vegetable subgroups to achieve targets
• Insert fruits
• Add an alternate entrée for the second choice
• Do your nutritional analysis to see if it works, then tweak for nutritional targets and acceptability
<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Submarine Sandwich</td>
<td>Chicken Teriyaki</td>
<td>Oven Baked Fish Nuggets</td>
<td>Whole Wheat Cheese Pizza</td>
<td>Beef Taco on Whole Grain Tortilla</td>
</tr>
<tr>
<td></td>
<td>Sweet Potato Fries</td>
<td>on Brown Rice</td>
<td>Whole Wheat Roll</td>
<td>Green Leafy Lettuce</td>
<td>Salsa</td>
</tr>
<tr>
<td></td>
<td>Green Pepper Strips</td>
<td>Broccoli</td>
<td>Mashed Potatoes</td>
<td>Sliced tomato</td>
<td>Refried Beans</td>
</tr>
<tr>
<td></td>
<td>Frozen Strawberries</td>
<td>Carrots</td>
<td>Green Beans</td>
<td>Pineapple</td>
<td>Corn</td>
</tr>
<tr>
<td></td>
<td>Skim Milk/1%</td>
<td>Kiwi</td>
<td>Peaches</td>
<td></td>
<td>Cantaloupe</td>
</tr>
<tr>
<td></td>
<td>Skim Milk/1%</td>
<td>Skim Milk/1%</td>
<td>Skim Milk/1%</td>
<td>Skim Milk/1% (</td>
<td>Skim Milk/1%</td>
</tr>
</tbody>
</table>
### Meat/Meat Alternate

| K-5 (8 – 10 oz eq per wk; 1 oz min per day) | K-8: 1 oz cheese | K-5: 1 slice low fat sausage | K-5 = 8.5 oz |
| 6-8 (9 – 10 oz eq per wk; 1 oz min per day) | 2 oz taco meat | = 2 oz | 6-8 = 9.75 oz |
| 9-12 (10-12 oz eq per wk; 2 oz min per day) | 9-12 = 11.75 oz |

### Vegetables

#### Dark green (K-12: 1/2 cup per week)
- Broccoli: K-12 (½ c)

#### Red/Orange (K-8: 3/4 cup per week; K-9-12: 1-1/4 cups per week)
- Sweet Pot. Fries: K-8 (1/2 c)
- Carrots: K-8 (1/4 c)
- Tomato: K-8 (1/4 c)

#### Beans/Peas (Legumes) (K-12: 1/2 cup per week)
- Refried beans: K-12 (½ c)

#### Starchy (K-12: 1/2 cup per week)
- Green peppers: K-8 (1/4 c)
- Green Beans: K-8 (1/4 c)
- Salsa: K-8 (1/4 c)

#### Additional (K-8: 1 cup per week; K-9-12: 1-1/2 cup per week)
- Brown rice: K-8 (3/4 c) = 1.5
- Nuggets & roll: K-5 (5 & 1) = 1.5

#### Total Vegetables

| K-8 (3/4 cup/day; 3 ¾ cup/wk) | K-12 (1 cup/day; 5 cup/wk) |
| 9-12 | K-8 = 3/4 c |
| 9-12 = 1 c. |

#### Grains

| K-5 (8 – 9 oz eq per week; 1 oz min per day) | K-5 = 8oz |
| 6-8 (8 – 10 oz eq per week; 1 oz min per day) | 6-8 = 8.25 oz |
| 9-12 (10-12 oz eq per wk; 2 oz min per day) | 9-12 = 10.75 oz |

#### Fruits

| K-8; (1/2 cup/day; 2 ½ cup/ wk) | K-8 = 2 ½ c |
| K-9; (1 cup/day; 5/cup/wk) | K-9 = 5 c |

### Additional

<table>
<thead>
<tr>
<th>IT DEPENDS ON THE SERVING SIZES</th>
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MORE TRICKS OF THE TRADE

• Start with the Elementary Menus and build from there.
• Offer all Fruits/Vegetables in ½ cup servings
• Offer a Tossed Salad daily and/or vegetables with dip daily
• Make Friday the day to use up all of your leftover fruits and vegetables
• Steal from your neighbors
BREAKFAST MENU PLANNING

- Many have only a 1-2 week cycle
- Some have one “Big Breakfast” Day
- Elementary – cereal everyday
- Middle and High School – PopTarts, Muffins, Cereal, Nutrigrain Bars everyday
- Fruit options – at least 2 at every school not including juice
MORE BREAKFAST IDEAS

- Offer 2 choices of grain in addition to cereal daily
- Have juice or fruit at beginning of line and milk at the end of the line to decrease waste
- Boxes of raisins are available just in case no other fruit or juice taken
CONSIDER OFF SITE COMPETITION

- What are students eating in town?
- What are the demographics in your town?
- How can you offer what they like and still meet the meal pattern?
MORE STRATEGIES FOR SUCCESSFUL MENUS

- Staff Training and Feedback
- What do students want? - Surveys/Taste Test
- Communication – students, parents, faculty & media
- Meet with other districts and share ideas
- Be sure your bid includes products that meet standards
- Don’t be afraid to make changes
- Incorporate surprises or special treats into the cycle
APRIL 26-27 WORKSHOPS WITH TRAINERS FROM ICN

Using the Cafeteria as a Classroom 8:00 AM - Noon
St. Albert High School, Co. Bluffs
Kirkwood Continuing Education Center, Cedar Rapids
Learn to:
• Market Healthy Options
• Reach out to the School Community
• Communicate with Parents
• Explore Farm to School Possibilities

Limit of two staff per school district. Same staff can also attend "Using the Cafeteria as a Classroom."

Practical Skills for Preparing Quality Meals 1:00 - 5:00 PM
St. Albert High School, Co. Bluffs
Kirkwood Culinary Kitchen, Newbo City Market - Cedar Rapids
Learn the 5 steps for PROUD meal service through hands-on activities.
• Plan food production for just-in-time service;
• Review the quality score card and recipe;
• Organize equipment and recipe ingredients;
• Use the right culinary technique; and finally,
• Deliver a quality product.

Limit of two staff per school district. Same staff can also attend "Using the Cafeteria as a Classroom."

For more information and to register, go to Education Events-Nutrition on the Iowa Department of Education website.
WHAT’S NEW IN SCHOOL NUTRITION APRIL 25

Monthly memo update as needed

Registration link on calendar

OR

Link on Education Events-Nutrition

Wellness Policy

and

Smart Snack Resources
HAVE FUN AND REMEMBER CYCLE MENUS MAKE YOUR LIFE EASIER!