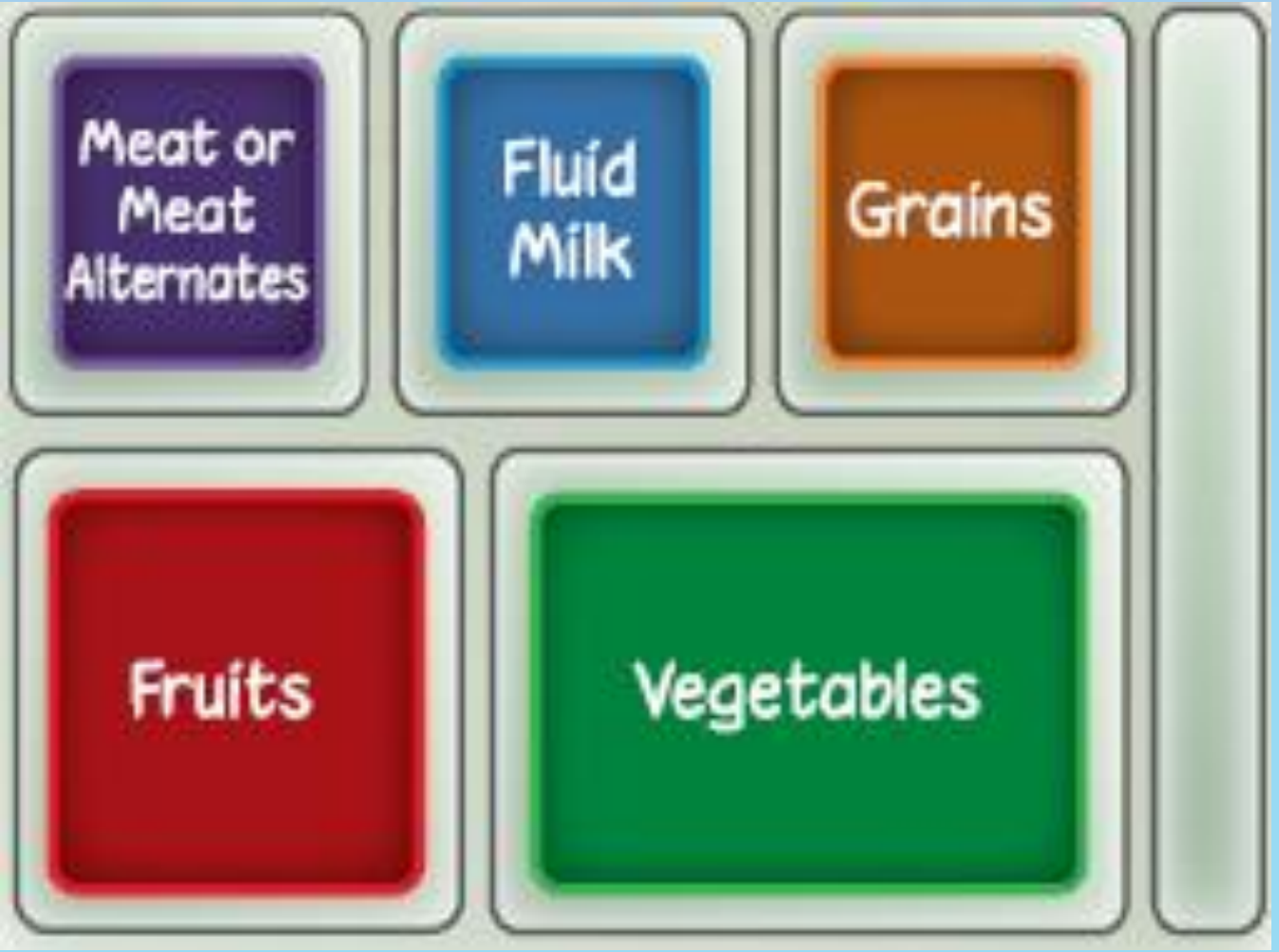


WHAT'S NEW IN SCHOOL NUTRITION- MENU RESOURCES

MONTHLY WEBINAR, MARCH 28, 2016

WELCOME!!

- 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

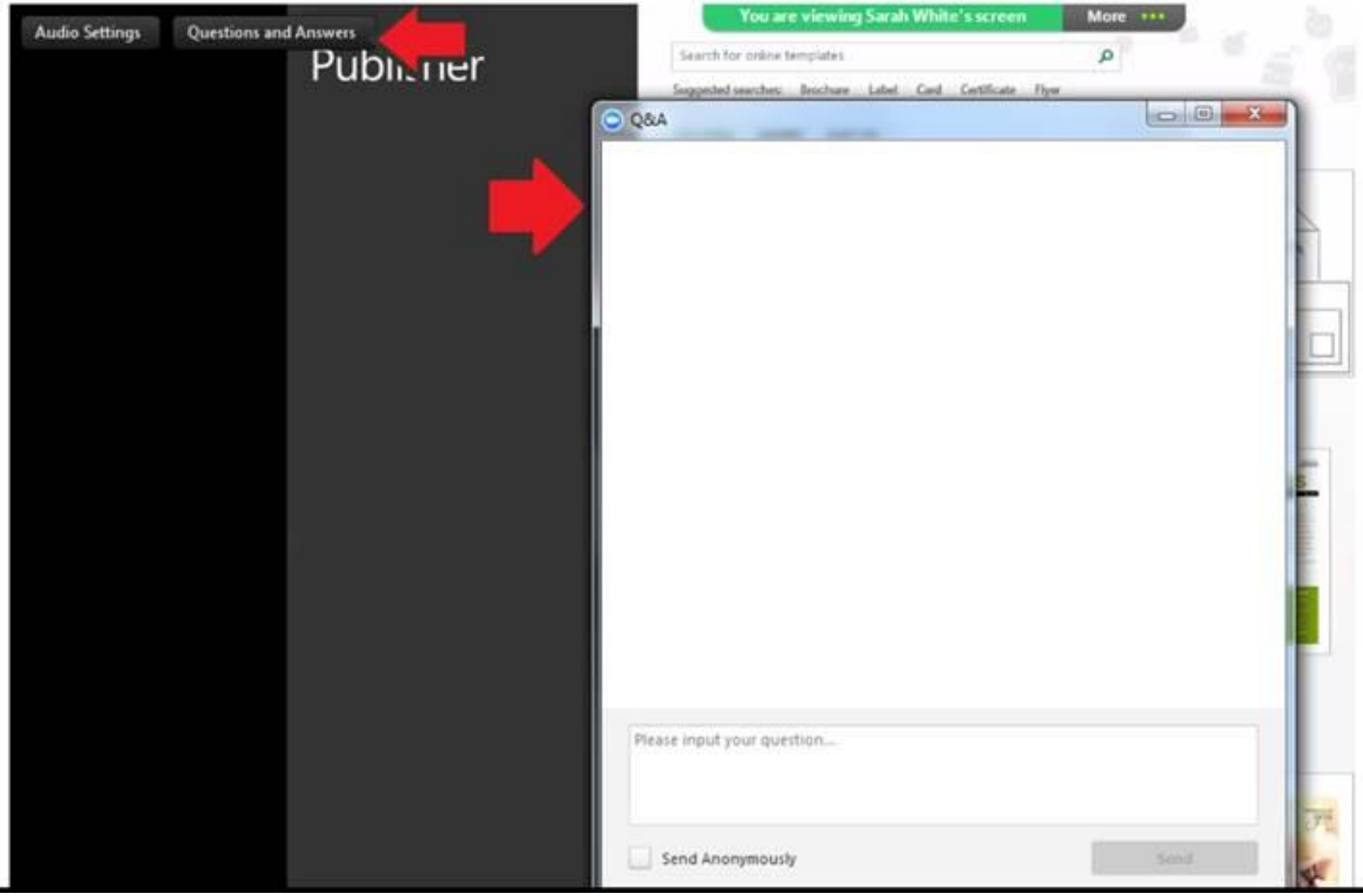
- Handouts posted on website

  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".



TRAINING DOCUMENTATION FOR USDA PROFESSIONAL STANDARDS

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???

CREDIT AND CREDITABILITY

- 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

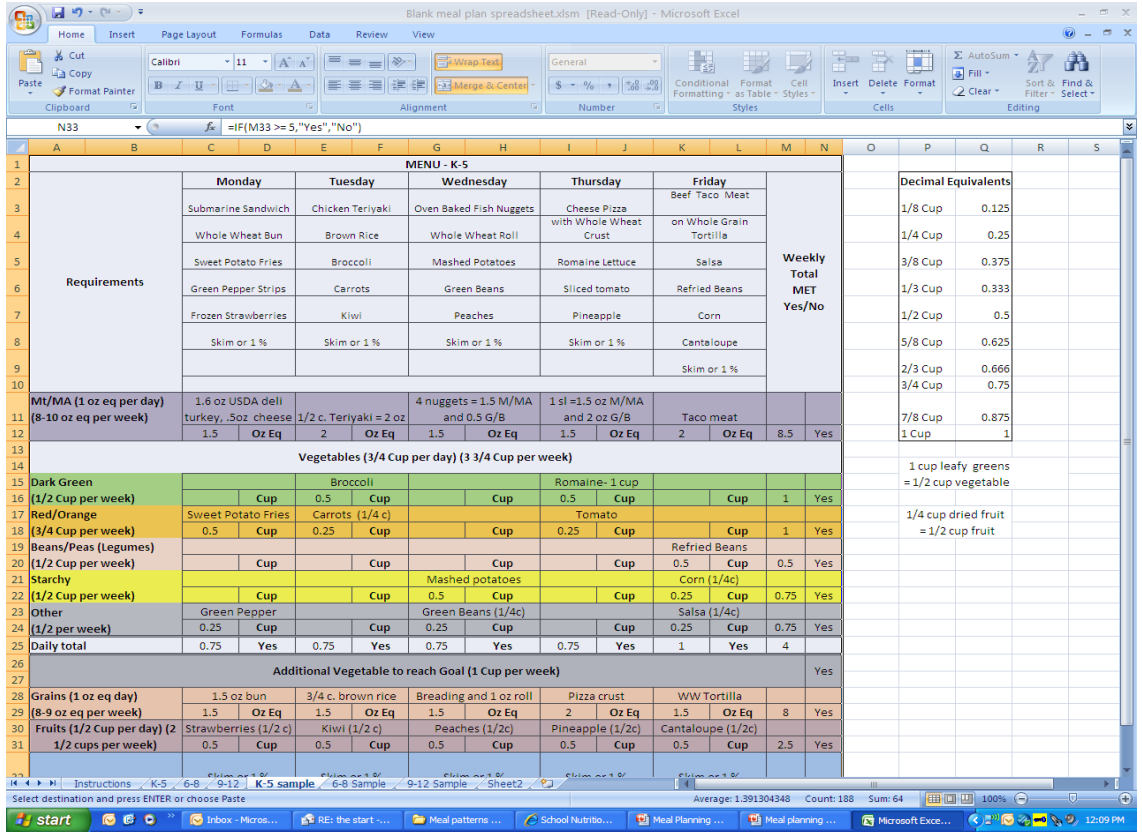
Additional Menu Resources - USDA Team Nutrition

LUNCH MENU PLANNING TOOL –WORD (NOT REQUIRED)

MENU TEMPLATE – Lunch K-5, 6-8, and 9-12

	Mon	Tue	Wed	Thurs	Fri	Wk Total
Menu **Meat/meat alternate** **Grain** **Fruit** **Vegetable** **Milk**	Submarine Sandwich Sweet Potato Fries Green Pepper Strips Frozen Strawberries Skim Milk/1%	Chicken Teriyaki on Brown Rice Broccoli Carrots Kiwi Skim Milk/1%	Oven Baked Fish Nuggets Whole Wheat Roll Mashed Potatoes Green Beans Peaches Skim Milk/1%	Whole Wheat Cheese Pizza Green Leafy Lettuce Sliced tomato Pineapple Skim Milk/1% (	Beef Taco on Whole Grain Tortilla Salsa Refried Beans Corn Cantaloupe Skim Milk/1%	
Meat/Meat Alternate K-5 (8 – 10 oz eq per wk; 1 oz min per day) 6-8 *(9 – 10 oz eq per wk; 1 oz min per day)* 9-12 (10-12 oz eq per wk; 2 oz min per day)	USDA deli turkey/red.fat cheese K-5:1.6 /.5 =1.5 oz 6-8: 2.4 /.5 = 2 oz 9-12:3.2/.5 = 2.5 oz	K-8: 1/2 c. Teriyaki = 2 oz 9-12 ¾ c. = 3 oz	K-5: 4 nuggets = 1.5 oz 6-12: 6 nuggets = 2.25 oz	K-8: 1 sl cheese 1.5 M/MA 9-12 1 slice low fat sausage= 2 M/MA	2 oz taco meat	K-5= 8.5 oz 6-8=9.75 oz 9-12= 11.75 oz
Vegetables						
Dark green (K-12; 1/2 cup per week)		Broccoli K-12 (½ c)		Romaine-1 c. = ½ c		K-12= 1c.
Red/Orange (K-8; 3/4 cup per week) (9-12; 1-1/4 cups per week)	Sweet Pot. Fries K-8 (1/2 c) 9-12 (3/4 c)	Carrots K-8 (1/4 c) K-12 (1/2 c)		Tomato K-8 (1/4 c) 9-12 (1/2 c		K-8 =1c 9-12= 1 3/4
Beans/Peas (Legumes) (K-12; 1/2 cup per week)					Refried beans K-12 (1/2 c)	K-12 = ½ c
Starchy (K-12; 1/2 cup per week)			Mashed potatoes K-12 (½ c)		Corn K-12 (1/4c)	K-8 = ¾ c 9-12 = 1c
Other (K-8; 1/2 cup per week) (9-12 ; ¾ cup per week)	Green peppers K-8 (1/4 c) 9-12- (1/2 c)		Green Beans K-8 (1/4c) 9-12 (1/2 c)		K-12 Salsa (1/4c)	K-8 =1c
Additional (K-8; 1 cup per week) (9-12; 1-1/2 cup per wk)						
Total Vegetables K-8 (3/4 cup/day; 3 ¾ cup/wk) 9-12 (1 cup/day; 5 cup/wk)	K-8- ¾ cup 9-12-1 ¼ c	K-8- ¾ cup 9-12-1 cup	K-8 =3/4 c 9-12 = 1 c.	K-8 =3/4 c 9-12 = 1 c	K-12 (1 c)	K-8 =4c 9-12 =5 1/4c
Grains K-5(8 – 9 oz eq per week; 1 oz min per day) 6-8 *(8 – 10 oz eq per week; 1 oz min per day)* 9-12 (10-12 oz eq per wk; 2 oz min per day)	Bun K-8 (1.5 oz) 9-12 (2.5 oz)	Brown rice K-8 (3/4 c.)= 1.5 9-12 (1 c.) = 2	Nuggets & roll K-5 (.5 & 1)= 1.5 6-8 (.75 & 1)= 1.75 9-12 (.75 & 2)= 2.75	K-12 Pizza crust = 2	K-12 WW Tortilla= 1.5	K-5 = 8oz 6-8 =8.25 oz 9-12 =10.75 oz
Fruits K-8; (1/2 cup/day; 2 ½ cup/ wk) 9-12; (1 cup/day; 5/cup/wk)	Strawberries K-12 (1/2 c) + Fresh orange 9-12	Kiwi K-8(1/2 c) 9-12 (3 whole)	Peaches K-12 (1/2c) +Fresh apple 9-12	Pineapple K-12 (1/2c) + ¼ c. raisins 9-12	Cantaloupe K-8 (1/2 c) 9-12 (1 c.)	K-8 = 2 ½ c 9-12 =5 c
Fluid Milk K-12 (1 cup/day;5 cups/ wk)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	Skim Milk or 1% (8 oz)	

MENU PLANNING TOOL-EXCEL
(NOT REQUIRED)



Blank meal plan spreadsheet.xlsm [Read-Only] - Microsoft Excel

N33 =IF(M33 >= 5,"Yes","No")

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	MENU - K-5													
2			Monday		Tuesday		Wednesday		Thursday		Friday			
3			Submarine Sandwich		Chicken Teriyaki		Oven Baked Fish Nuggets		Cheese Pizza		Beef Taco Meat			
4			Whole Wheat Bun		Brown Rice		Whole Wheat Roll		with Whole Wheat Crust		on Whole Grain Tortilla			
5			Sweet Potato Fries		Broccoli		Mashed Potatoes		Romaine Lettuce		Salsa			
6		Requirements	Green Pepper Strips		Carrots		Green Beans		Sliced tomato		Refried Beans		Weekly Total MET Yes/No	
7			Frozen Strawberries		Kiwi		Peaches		Pineapple		Corn			
8			Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Cantaloupe			
9											Skim or 1 %			
10														
11	Mt/MA (1 oz eq per day) (8-10 oz eq per week)		1.6 oz USDA deli turkey, .5oz cheese		1/2 c. Teriyaki = 2 oz		4 nuggets = 1.5 M/MA and 0.5 G/B		1 sl =1.5 oz M/MA and 2 oz G/B		Taco meat			
12			1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	8.5	Yes
13	Vegetables (3/4 Cup per day) (3 3/4 Cup per week)													
14														
15	Dark Green				Broccoli				Romaine- 1 cup					
16	(1/2 Cup per week)			Cup	0.5	Cup		Cup	0.5	Cup		Cup	1	Yes
17	Red/Orange		Sweet Potato Fries		Carrots (1/4 c)				Tomato					
18	(3/4 Cup per week)		0.5	Cup	0.25	Cup		Cup	0.25	Cup		Cup	1	Yes
19	Beans/Peas (Legumes)										Refried Beans			
20	(1/2 Cup per week)			Cup		Cup		Cup		Cup	0.5	Cup	0.5	Yes
21	Starchy						Mashed potatoes				Corn (1/4c)			
22	(1/2 Cup per week)			Cup		Cup	0.5	Cup		Cup	0.25	Cup	0.75	Yes
23	Other		Green Pepper				Green Beans (1/4c)				Salsa (1/4c)			
24	(1/2 per week)		0.25	Cup		Cup	0.25	Cup		Cup	0.25	Cup	0.75	Yes
25	Daily total		0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	1	Yes	4	
26	Additional Vegetable to reach Goal (1 Cup per week)													Yes
27														
28	Grains (1 oz eq day)		1.5 oz bun		3/4 c. brown rice		Breading and 1 oz roll		Pizza crust		WW Tortilla			
29	(8-9 oz eq per week)		1.5	Oz Eq	1.5	Oz Eq	1.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	8	Yes
30	Fruits (1/2 Cup per day) (2		Strawberries (1/2 c)		Kiwi (1/2 c)		Peaches (1/2c)		Pineapple (1/2c)		Cantaloupe (1/2c)			
31	1/2 cups per week)		0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	Yes

Decimal Equivalents	
1/8 Cup	0.125
1/4 Cup	0.25
3/8 Cup	0.375
1/3 Cup	0.333
1/2 Cup	0.5
5/8 Cup	0.625
2/3 Cup	0.666
3/4 Cup	0.75
7/8 Cup	0.875
1 Cup	1

1 cup leafy greens = 1/2 cup vegetable

1/4 cup dried fruit = 1/2 cup fruit

USDA CERTIFICATION WORKSHEET

(NOT REQUIRED)

Weekly Report
Lunch, Grades 6-8

Cells shaded this color mean the daily minimum for the component is NOT met

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes

Weekly Fruit Juice Limit Check (no more than half of total	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly requirement check
	5	1/2	10.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	3/4	3/4	3/4	1 1/4	3/4	4 1/4	1/2	Yes
Cups of RED/ORANGE	1/2	1/2	3/4	1/2	3/4	3	3/4	Yes
Cups of BEANS/PEAS(Legumes)	5/8	1/8	1/8	1/8	1/8	1 1/8	1/2	Yes
Cups of STARCHY vegetables	1/2	1	1/2	0	0	2	1/2	Yes
Cups of OTHER (*any other type of vegetable*)	7/8	7/8	1	7/8	1 3/8	5	1/2	Yes

Weekly Vegetable Juice Limit Check (no more than half of total	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly requirement check
	5 1/2	0	0.00%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	9	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.50	2.00	2.00	10.50	10	No

Comments Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement	Weekly Requirement Check
Minimum Grain	1.00	2.00	2.00	1.50	2.00	8.50	8	Yes
Maximum Grain	1.50	3.00	3.00	2.50	3.00	14.00	10	No
Grain Based Dessert Total for all weekly meals						1.50	No more 2 oz equivalents	Yes
Whole Grain Rich Weekly Amount	Weekly Grains Total:	32.50	Weekly Whole Grain Rich Total:	32.50	of Whole Grain Rich	100.0%	100% whole-grain rich	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk	1	1	1	1	1	5	5	Yes
unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and								

... Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Report | Nutrient Instru ...

READY

KNOW THE BASICS

- Nutrition Standards page – Iowa Web Site
- Meal Pattern 101
- Rise and Shine, It's Breakfast Time

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5[a]	*Grades 6-8*[a]	*Grades 9-12*[a]	*Grades K-5*	*Grades 6-8*	*Grades 9-12*
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fruits (cups)[c,d]	5 (1) [e]	5 (1) [e]	5 (1) [e]	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)[c,d]	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green [f]	0	0	0	½	½	½
Red/Orange [f]	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) [f]	0	0	0	½	½	½
Starchy[f]	0	0	0	½	½	½
Other [f,g]	0	0	0	½	½	¾
Additional Veg to Reach Total[h]	0	0	0	1	1	1½
Grains (oz eq) [i]	7-10 (1) [j]	8-10 (1) [j]	9-10 (1) [j]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 [k]	0 [k]	0 [k]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) [l]	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)[m,n,o]	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)[n,o]	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)[n, p]	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat[n,o]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

INCLUDES ALL COMPONENTS? K-8

Milk
1 cup Milk

Vegetarian Chile
Meat/Meat Alternate
2 oz. (1/2 cup beans)
Vegetable
¼ cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

INCLUDES ALL COMPONENTS? K-8

Milk
1 cup Milk

Vegetarian Chile
Meat/Meat Alternate
2 oz. (1/2 cup beans)
Vegetable
¼ cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

NO
Only ¼ 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
¼ cup
Red/Orange
Vegetable

YES

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

Tossed Salad
1 cup equals
½ c. Other Vegetable

INCLUDES ALL COMPONENTS? K-8

Milk
1 cup Milk

Vegetarian Chile
Legumes (1/2 cup beans)
Vegetable
¼ cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

YES

Cheese
Meat alternate (1 oz)

INCLUDES ALL COMPONENTS? 9-12

Milk
1 cup Milk

Vegetarian Chile
Legumes (1/2 cup beans)
Vegetable
¼ cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

Cheese
Meat alternate (1 oz)

INCLUDES ALL COMPONENTS? 9-12

Milk
1 cup Milk

Vegetarian Chile
Legumes (1/2 cup beans)
Vegetable
¼ cup
Red/Orange
Vegetable

WW Crackers
1 oz. eq Grain

Fresh Orange
½ cup Fruit

NO
All groups short except milk

Cheese
Meat alternate (1 oz)

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

Milk
1 cup Milk

Grapes
½ cup Fruit

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

Milk
1 cup Milk

Grapes
½ cup Fruit

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

Milk
1 cup Milk

Grapes
½ cup Fruit

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

Carrots
¼ cup
Red/Orange
Vegetable

Milk
1 cup Milk

Grapes
½ cup Fruit

Black Bean Salad
¼ cup Legumes
¼ cup Other Vegetable

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

Item	Serving Size	Component Contribution	Calories	Saturated Fat (grams)	Sodium (milligrams)	How do I know
Main Dish:						
Macaroni & Cheese	2/3 cup	2 oz M/MA and 1 oz-equiv whole grain	287	2.92	803	Entrée Recipe #26 with nutrient analysis
Little smokies	6 (14 gram) each	2 oz M/MA 3= 1 oz, 4= 1.25 oz, 5= 1.5 oz	200	6	690	CN and Nutrition label
USDA Chicken fajita meat	1.7 ounces	1 oz M/MA from 1.7 ounces	61	1	303	USDA Foods Fact Sheet and Product Formulation Statement
Grain Sides:						
Corn Tortilla Chips	1 oz/15 chips	1 oz-equivalent whole grain rich	140	1	105	Nutrition facts label and Grain/bread chart
Bread	1 slice 28 gm	1 oz-equivalent	60	0	110	Nutrition facts label and Grain/bread chart
Whole grain tortilla	1 each 44 gm	1.5 oz-equivalents	120	2.5	340	Nutrition facts label and Grain/bread chart
Other:						
Reduced Fat Ranch Dressing	2 tbsp	NA	66	1.42	151	Nutrition facts label

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?

Dark Green	*Red/Orange*	*Dry Beans/Peas* **(Legumes)**	*Starchy*	*Other*
Raw Spinach (1 cup = ½ cup) Romaine Lettuce (1 cup = ½ cup) Fresh Broccoli Cooked Broccoli	Fresh Carrots Mashed Sweet Potatoes Sweet Potato Fries Sweet Potato Tots Roasted Sweet Potatoes , Apple-Squash Bake** (1/2 cup = ¼ cup RO) Pumpkin Custard** (1 square = 1/4 cup) , Red Peppers Fresh Tomatoes	Garbanzo Beans Three Bean Salad** (½ cup =¼ cup) Baked Beans Chili ** (3/4 cup = ½ cup) Refried beans Hummus	Corn Green Peas Green Lima Beans Mashed Potatoes Roasted Red Potatoes French Fries	Celery Cucumbers Cauliflower Mushrooms Green Beans Iceberg Lettuce (1 cup = ½ cup) Wax Beans ,Asparagus Green Peppers Mixed Vegetables
Total of at least ½ cup	Total of at least ¾ cup for K-8; 1 ¼ 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

CYCLE MENUS, CYCLE MENUS, CYCLE MENUS

- 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

BASIC MENU WRITING

- 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

DOES THIS MENU MEET REQUIREMENTS?

Mon	Tue	Wed	Thurs	Fri
Submarine Sandwich Sweet Potato Fries Green Pepper Strips Frozen Strawberries Skim Milk/1%	Chicken Teriyaki on Brown Rice Broccoli Carrots Kiwi Skim Milk/1%	Oven Baked Fish Nuggets Whole Wheat Roll Mashed Potatoes Green Beans Peaches Skim Milk/1%	Whole Wheat Cheese Pizza Green Leafy Lettuce Sliced tomato Pineapple Skim Milk/1% (	Beef Taco on Whole Grain Tortilla Salsa Refried Beans Corn Cantaloupe Skim Milk/1%

IT DEPENDS ON THE SERVING SIZES

Meat/Meat Alternate **K-5 (8 – 10 oz eq per wk; 1 oz min per day)** **6-8 (9 – 10 oz eq per wk; 1 oz min per day)** **9-12 (10-12 oz eq per wk; 2 oz min per day)**	USDA deli turkey/red.fat cheese K-5:1.6 /.5 =1.5 oz 6-8: 2.4 /.5 = 2 oz 9-12:3.2/.5 = 2.5 oz	K-8: 1/2 c. Teriyaki = 2 oz 9-12 ¾ c. = 3 oz	K-5: 4 nuggets = 1.5 oz 6-12: 6 nuggets = 2.25 oz	K-8: 1 sl cheese 1.5 M/MA 9-12 1 slice low fat sausage= 2 M/MA	2 oz taco meat	**K-5= 8.5 oz** **6-8=9.75 oz** **9-12= 11.75 oz**
Vegetables						
Dark green **(K-12; 1/2 cup per week)**		Broccoli K-12 (½ c)		Romaine-1 c. = ½ c		**K-12= 1c.**
Red/Orange **(K-8; 3/4 cup per week)** **(9-12; 1-1/4 cups per week)**	Sweet Pot. Fries K-8 (1/2 c) 9-12 (3/4 c)	Carrots K-8 (1/4 c) K-12 (1/2 c)		Tomato K-8 (1/4 c) 9-12 (1/2 c		**K-8 =1c** **9-12=** **1 3/4**
Beans/Peas (Legumes) **(K-12; 1/2 cup per week)**					Refried beans K-12 (1/2 c)	**K-12 = ½ c**
Starchy **(K-12; 1/2 cup per week)**			Mashed potatoes K-12 (½ c)		Corn K-12 (1/4c)	**K-8 = ¾ c** **9-12 = 1c**
Other **(K-8; 1/2 cup per week)** **(9-12 ; ¾ cup per week)**	Green peppers K-8 (1/4 c) 9-12- (1/2 c)		Green Beans K-8 (1/4c) 9-12 (1/2 c)		K-12 Salsa (1/4c)	**K-8 =1c**
Additional **(K-8; 1 cup per week)** **(9-12; 1-1/2 cup per wk)**						
Total Vegetables **K-8 (3/4 cup/day; 3 ¾ cup/wk)** **9-12 (1 cup/day; 5 cup/wk)**	K-8- ¾ cup 9-12-1 ¼ c	K-8- ¾ cup 9-12-1 cup	K-8 =3/4 c 9-12 = 1 c.	K-8 =3/4 c 9-12 = 1 c	K-12 (1 c)	**K-8 =4c** **9-12 =5 1/4c**
Grains **K-5(8 – 9 oz eq per week; 1 oz min per day)** **6-8 (8 –10 oz eq per week; 1 oz min per day)** **9-12 (10-12 oz eq per wk; 2 oz min per day)**	Bun K-8 (1.5 oz) 9-12 (2.5 oz)	Brown rice K-8 (3/4 c.)= 1.5 9-12 (1 c.) = 2	Nuggets & roll K-5 (.5 & 1)= 1.5 6-8 (.75 & 1)= 1.75 9-12 (.75 & 2)= 2.75	K-12 Pizza crust = 2	K-12 WW Tortilla= 1.5	**K-5 = 8oz** **6-8 =8.25 oz** **9-12 =10.75**
Fruits **K-8; (1/2 cup/day; 2 ½ cup/ wk)** **9-12; (1 cup/day; 5/cup/wk)**	**Strawberries** **K-12 (1/2 c)** **+ Fresh orange 9-12**	**Kiwi** **K-8 (1/2 c)** **9-12 (3 whole)**	**Peaches** **K-12 (1/2c)** **+Fresh apple 9-12**	**Pineapple** **K-12 (1/2c)** **+ ¼ c. raisins 9-12**	**Cantaloupe** **K-8 (1/2 c)** **9-12 (1 c.)**	**K-8 = 2 ½ c** **9-12 =5 c**

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 "Practical Skills for Preparing Quality Meals."

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

Registration link on calendar

OR

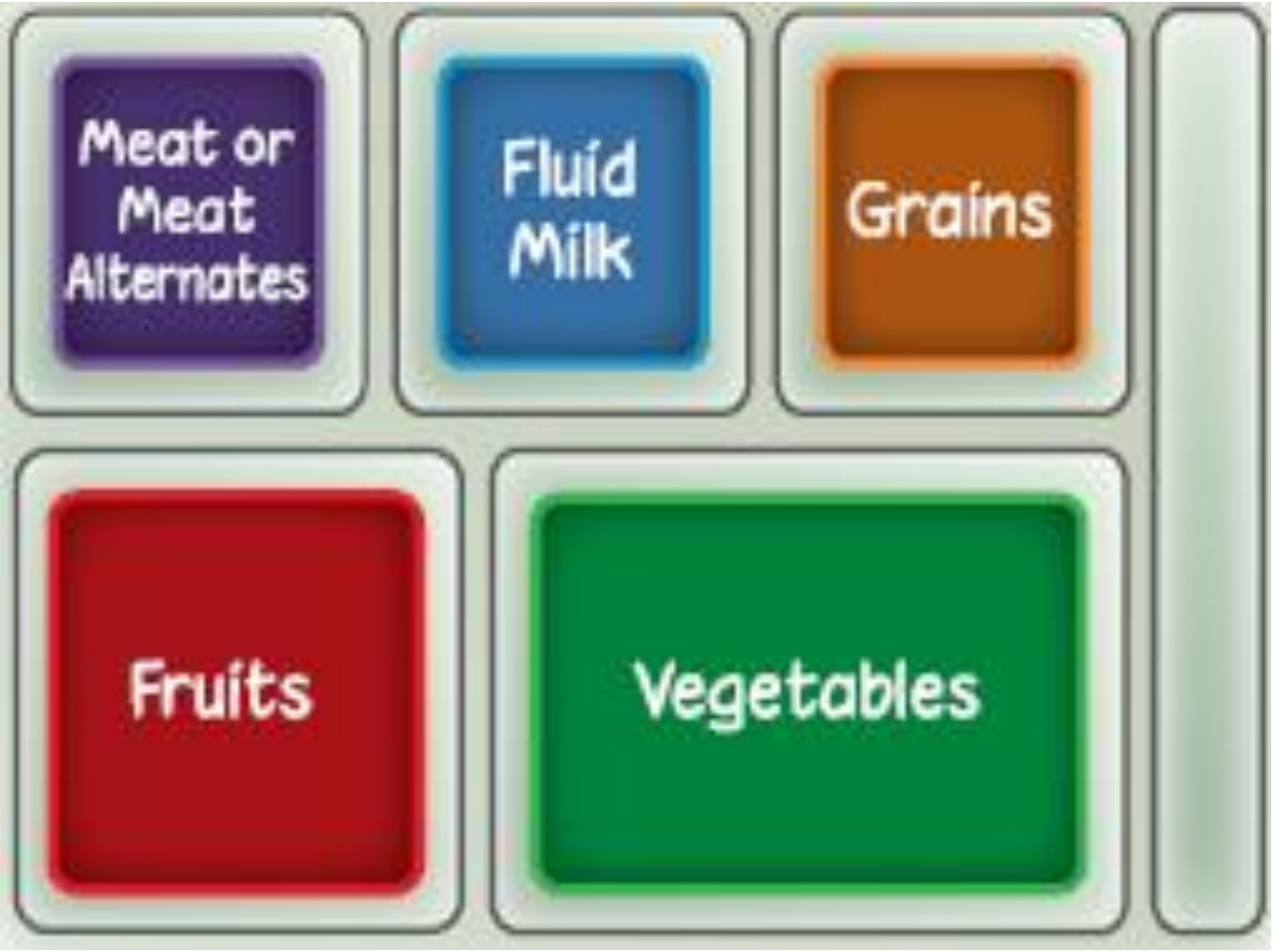
Link on Education Events-Nutrition

Monthly memo update as needed

Wellness Policy

and

Smart Snack Resources



HAVE FUN AND REMEMBER CYCLE MENUS MAKE YOUR LIFE EASIER!.