

## What's for Lunch?

Meeting the Meal  
Pattern Requirements  
for the National School  
Lunch Program



Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education  
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## School Meal Pattern Requirements

- **Final Rule (January 2012): Nutrition Standards in the National School Lunch and School Breakfast Programs**
- **Required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010**



Final Rule: [www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf](http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf)  
HHFKA: [www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act](http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act)  
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## Focus on Childhood Obesity and Hunger

### HEALTHY

- Science based
- Provide healthy nutrient-dense choices
- Provide age-appropriate calorie ranges
- Limit saturated fat, sodium and trans fat

### HUNGER-FREE

- 14.5% of American households are food insecure
- 1 in 6 Americans struggle with hunger
- ▶ 21.6% of all children

**1 in 3 children are overweight or obese**

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## OVERVIEW OF LUNCH MEAL PATTERN



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## General Requirements

- **FOOD-BASED** menu planning approach
- **THREE GRADE GROUPS** (K-5, 6-8 and 9-12)
- **DAILY** and **WEEKLY** requirements for five components



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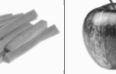

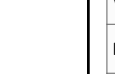
## Minimum DAILY Requirements Grades K-5 and 6-8

Meat/Meat Alternates	Grains	Vegetables	Fruits	Milk *
<b>1 oz eq</b>	<b>1 oz eq</b>	<b>¾ cup</b>	<b>½ cup</b>	<b>1 cup</b>
				

\* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored milk






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### Minimum DAILY Requirements Grades 9-12

Meat/Meat Alternates	Grains	Vegetables	Fruits	Milk *
<b>2 oz eq</b>	<b>2 oz eq</b>	<b>1 cup</b>	<b>1 cup</b>	<b>1 cup</b>
				
* At least two different varieties of low-fat (1%) unflavored or fat-free unflavored or flavored milk				






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### Minimum WEEKLY Requirements

Five-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternates (oz eq) * 	<b>8-10</b>	<b>9-10</b>	<b>10-12</b>
Grains (oz eq) * 	<b>8-9</b>	<b>8-10</b>	<b>10-12</b>
Vegetables (cups) ** 	<b>3 ¼</b>	<b>3 ¼</b>	<b>5</b>
Fruits (cups) 	<b>2 ½</b>	<b>2 ½</b>	<b>5</b>
Milk (cups) 	<b>5</b>	<b>5</b>	<b>5</b>
* No maximum weekly limit ** Includes five vegetable subgroups			


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### Minimum WEEKLY Requirements

Seven-day Week			
Food Components	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternates (oz eq) * 	<b>11-14</b>	<b>12.5-14</b>	<b>14-17</b>
Grains (oz eq) * 	<b>11-12.5</b>	<b>11-14</b>	<b>14-17</b>
Vegetables (cups) ** 	<b>5 ¼</b>	<b>5 ¼</b>	<b>7</b>
Fruits (cups) 	<b>3 ½</b>	<b>3 ½</b>	<b>7</b>
Milk (cups) 	<b>7</b>	<b>7</b>	<b>7</b>
* No maximum weekly limit ** Includes five vegetable subgroups			

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### Calculating Minimum WEEKLY Requirements for Grains and Meat/Meat Alternates

- Weekly total calculated based on **SMALLEST SERVING** offered each day 
- When menus offer a variety of daily grain or meat/meat alternate choices with **DIFFERENT SERVING SIZES** (ounce equivalents), must consider weekly minimums

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### Example of Weekly Grain Calculation


Acceptable Lunch Menu for Grains GRADES 6-8							
DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 8 ounce equivalents							
Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	YES
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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### Example of Weekly Meat/Meat Alternate Calculation

Unacceptable Lunch Menu for Meat/Meat Alternates GRADES 6-8							
DAILY REQUIREMENT: 1 ounce equivalent WEEKLY REQUIREMENT: 9 ounce equivalents							
Daily Choices	OUNCE EQUIVALENTS OFFERED						Meets Minimum Weekly Requirement?
	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL	
Choice 1	2	1.5	1.5	2	2	8	NO
Choice 2	1.5	1	1.75	2	2		
Choice 3	1.75	2	2	2	2.5		



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### Dietary Specifications (Nutrition Standards) for Lunch

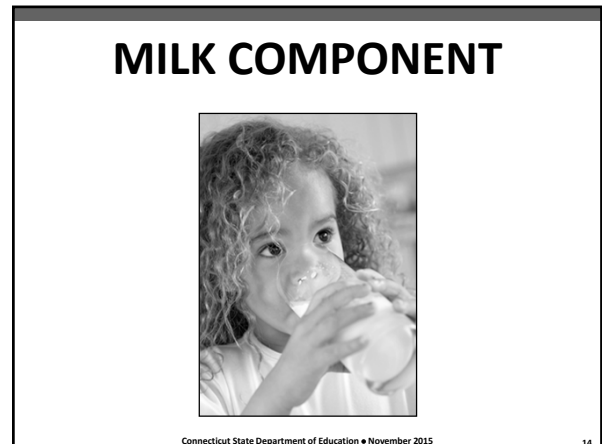
**School Years 2014-15 through 2016-17**

Daily Amount Based on WEEKLY Average

NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	550-650	600-700	750-850
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		


\* First sodium target through June 30, 2017

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### Milk Component


- 1 CUP DAILY for all grades
- At least TWO DIFFERENT choices
  - ▶ FAT-FREE (unflavored or flavored)
  - ▶ LOW-FAT (unflavored only)
  - ▶ Lactose-reduced or lactose-free FAT-FREE (unflavored or flavored)
  - ▶ Lactose-reduced or lactose-free LOW-FAT (unflavored only)



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### Milk Substitutions

- REQUIRED for children with disabilities (medical statement from recognized medical authority)
- OPTIONAL for children without disabilities (written parent request)
  - ▶ lactose-free or lactose-reduced milk (unflavored low-fat or unflavored/flavored fat-free)
  - ▶ nondairy milk substitutes that meet USDA nutrition standards for fluid milk substitutes




www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milk\_sub.pdf

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### Milk Substitutions

- Juice and water CANNOT be offered as milk substitutes for nondisabled children

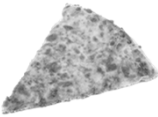


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### Commercial M/MA

- If products are processed or contain added ingredients schools must have
  - ▶ an original CHILD NUTRITION (CN) LABEL from the product carton
  - OR
  - ▶ a PRODUCT FORMULATION STATEMENT (PFS) signed by an official of the manufacturer stating the amount of each meal pattern component contained in one serving of the product



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### CN Labeling

**Chicken Stir-Fry Bowl**


Ingredient Statement:  
Chicken, whole grain brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN 099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 serving of WGR Grains, 1/4 cup dark green vegetable, 1/4 cup red/orange CN vegetable, and 1/4 cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XXXXX).

Net Wt.: 18 pounds

Chicken Wok Company  
1234 Kluck Street Poultry, PA 12345



www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program  
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/cnlabel.pdf  
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### Product Formulation Statement (PFS)

- Developed by manufacturers
- No standards
- Not approved or monitored by USDA
- No warranty
- Schools are responsible for checking accuracy
- Must include information in USDA sample PFS
- Must be on manufacturer's letterhead with original signature of company official and date

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/pfs.pdf  
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### Product Formulation Statement (PFS)

- Sample USDA product formulation statements
  - ▶ meat/meat alternates
  - ▶ grains
  - ▶ vegetables
  - ▶ fruits



www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796  
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### M/MA Component

M/MA at Lunch (Oz Eq)				
Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12.5-14
9-12	2	10-12	2	14-17
* Must meet weekly minimum but not maximum				

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### M/MA at Lunch


- Must be served in a MAIN DISH
- OR
- in a MAIN DISH and only ONE OTHER food item

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### Serving Sizes for M/MA


- Menu planner determines **SERVING SIZES and NUMBER** of servings
- Minimum of **¼ OUNCE EQUIVALENT** to count toward daily total



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### Serving Sizes for M/MA

- Products **WITHOUT** binders and extenders credit based on **SERVING WEIGHT**
- Products **WITH** binders and extenders credit based only on **ACTUAL AMOUNT OF MEAT**
  - ▶ Require PFS from manufacturer



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### Examples of Binders and Extenders \*

<ul style="list-style-type: none"> <li>■ Agar-agar</li> <li>■ Algin</li> <li>■ A mixture of sodium alginate, calcium carbonate and calcium gluconate/lactic acid</li> <li>■ Bread</li> <li>■ Calcium-reduced dried skim milk</li> <li>■ Carrageenan</li> <li>■ Carboxymethyl cellulose (cellulose gum)</li> <li>■ Cereal</li> </ul>	<ul style="list-style-type: none"> <li>■ Dried milk</li> <li>■ Dry or dried whey</li> <li>■ Enzyme (rennet) treated calcium-reduced dried skim milk and calcium lactate</li> <li>■ Gums, vegetable</li> <li>■ Isolated soy protein (APP) **</li> <li>■ Locust bean gum</li> <li>■ Methyl cellulose</li> <li>■ Modified food starch</li> <li>■ Reduced lactose whey</li> </ul>	<ul style="list-style-type: none"> <li>■ Reduced minerals</li> <li>■ Sodium caseinate</li> <li>■ Soy flour (APP) **</li> <li>■ Soy protein concentrate (APP) **</li> <li>■ Starchy vegetable flour</li> <li>■ Tapioca dextrin</li> <li>■ Vegetable starch</li> <li>■ Wheat gluten</li> <li>■ Whey</li> <li>■ Whey protein concentrate (APP) **</li> <li>■ Xanthan gum</li> </ul>
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\* Binders and extenders are defined by the USDA Food Safety and Inspection Service (FSIS) Regulations, 9 CFR 318.7  
 \*\* Products can contain these ingredients if they meet the USDA requirements for Alternate Protein Products (APP)

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### Sample Cold Cut Ingredients

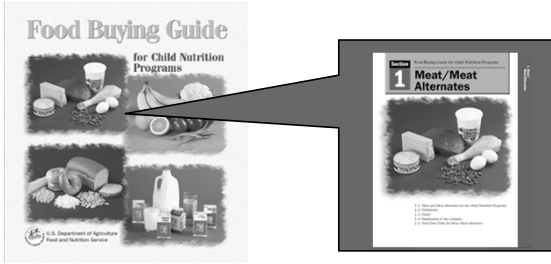
**PRODUCT 1 – Oven Roast Turkey Breast**  
 Turkey breast meat, turkey broth, contains 2% or less salt, sugar, **CARRAGEENAN**, sodium phosphate, sodium acetate, sodium diacetate, flavoring



**PRODUCT 2 – Oven Roast Turkey Breast**  
 Turkey breast meat, turkey broth, contains 2% or less salt, sugar, **MODIFIED FOOD STARCH**, corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring

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### Crediting Information for M/MA



[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

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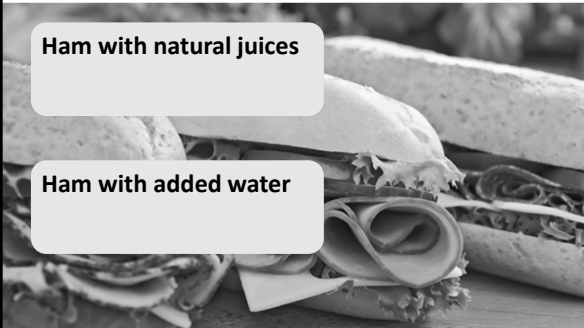
### Online Food Buying Guide Calculator



<http://fbg.nfsmi.org/>

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### How much equals 1 ounce equivalent?




Ham with natural juices

Ham with added water

Food Buying Guide: [www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)  
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### 1 Ounce Equivalent of M/MA

- 1 ounce of cooked lean meat, poultry or fish
- 1 ounce of natural or process cheese \*
- 2 ounces of cottage or ricotta cheese, cheese food/spread and cheese substitute \*
- ½ cup of cooked beans and peas (legumes)
- ½ large egg
- 2 tablespoons of nut butters
- 1 ounce of nuts or seeds
- 2.2 ounces (¼ cup) of commercial tofu (containing at least 5 grams of protein)
- ½ cup of yogurt or soy yogurt \*
- 1 ounce of alternate protein products (APP)




\* Low-fat recommended

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### M/MA Crediting Considerations


#### COOKED LEGUMES

- Liquid does not count, e.g., sauce in baked beans



#### NUTS AND SEEDS

- Cannot meet more than HALF of the M/MA requirement
- Must be combined with another M/MA




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### M/MA Crediting Considerations

#### NUT AND SEED BUTTERS

- FBG indicates 4 tablespoons or ¼ cup (about 2.2 ounces WEIGHT) equals 2 oz eq

- Almond butter
- Cashew nut butter
- Peanut butter
- Reduced-fat peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter




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### M/MA Crediting Considerations


#### ALTERNATE PROTEIN PRODUCTS (APP)

- All APP except tofu and soy yogurt must meet USDA criteria
  - ▶ Examples include veggie burgers, meatless chicken nuggets or patties, soy hotdogs
- Must obtain documentation
  - ▶ CN label
  - ▶ PFS
  - ▶ Signed letter from company official attesting requirements are met

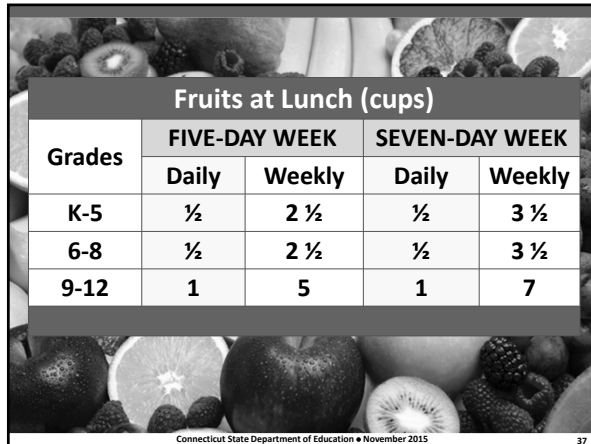


[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/APPReq.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/APPReq.pdf)  
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### FRUITS COMPONENT



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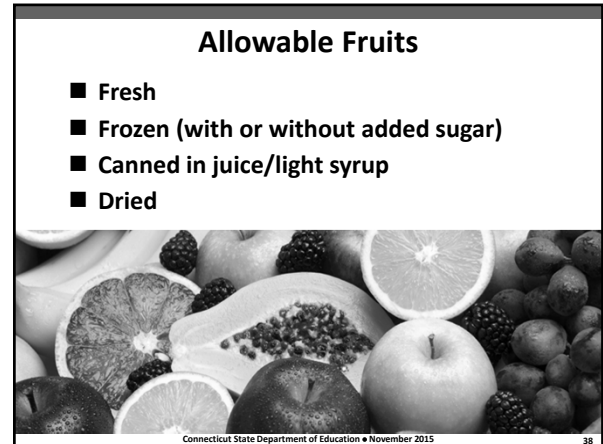


Fruits at Lunch (cups)				
Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly	Daily	Weekly
K-5	½	2 ½	½	3 ½
6-8	½	2 ½	½	3 ½
9-12	1	5	1	7

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### Allowable Fruits

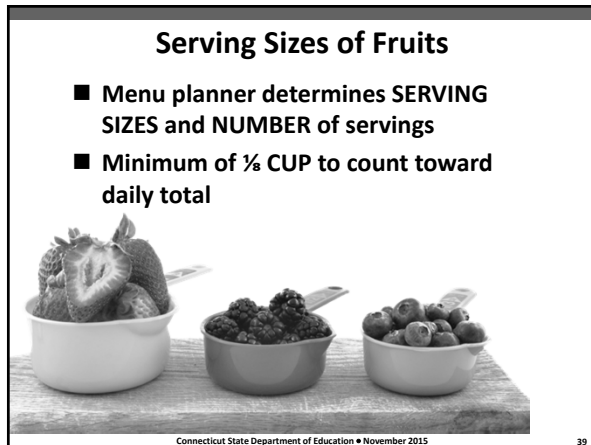
- Fresh
- Frozen (with or without added sugar)
- Canned in juice/light syrup
- Dried



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### Serving Sizes of Fruits

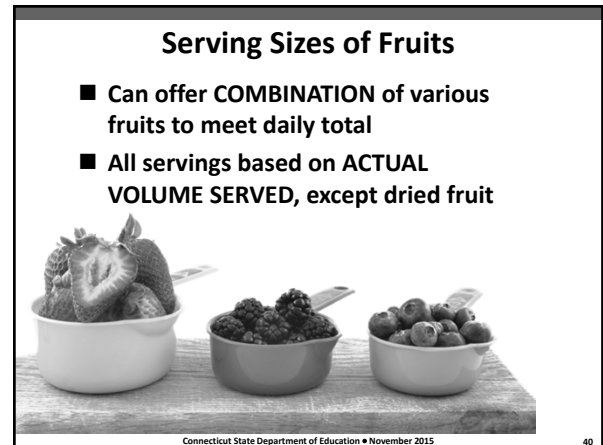
- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of ½ CUP to count toward daily total



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### Serving Sizes of Fruits

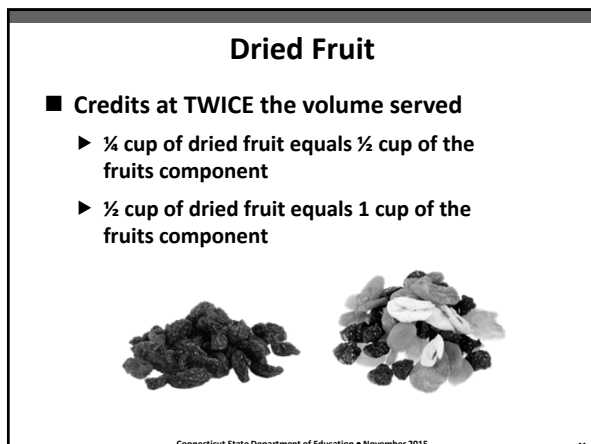
- Can offer **COMBINATION** of various fruits to meet daily total
- All servings based on **ACTUAL VOLUME SERVED**, except dried fruit



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### Dried Fruit

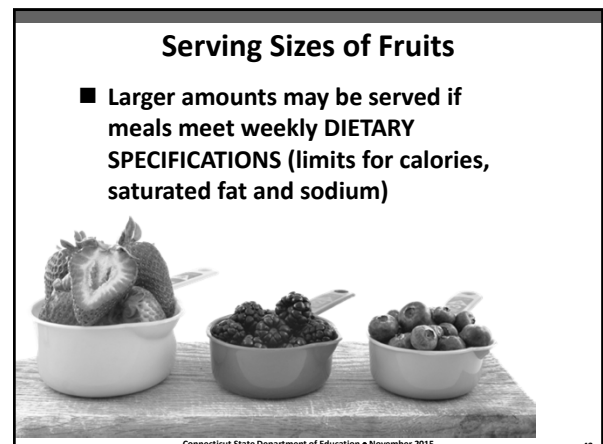
- Credits at **TWICE** the volume served
  - ▶ ¼ cup of dried fruit equals ½ cup of the fruits component
  - ▶ ½ cup of dried fruit equals 1 cup of the fruits component



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### Serving Sizes of Fruits


- Larger amounts may be served if meals meet weekly **DIETARY SPECIFICATIONS** (limits for calories, saturated fat and sodium)



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### Crediting Considerations for Fruits


- Pureed Fruits
- Fruit Juice
- Fruit Smoothies



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### Pureed Fruits


- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** fruit such as applesauce
- Do **NOT** credit when used to improve the **NUTRIENT PROFILE** of a food, e.g., applesauce used to replace oil in muffins



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### Fruit Juice

- Must be pasteurized **100% FULL-STRENGTH** fruit juice without added sugar
  - ▶ 100% juice (not from concentrate)
  - ▶ 100% juice from concentrate
- Juice concentrates cannot credit when used as an **INGREDIENT** in foods or beverages




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### Weekly Limit for Fruit Juice at Lunch

- No more than **HALF** of weekly fruit offerings

#### Allowable Frequency for Fruit Juice (Number of ½-cup Servings per Week)


Grade Group	Five-Day Week	Seven-Day Week
K-5	2	3
6-8	2	3
9-12	5	7



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### Juice Limit Includes

- Fresh, frozen and made from concentrate
- Frozen juice pops made from 100 percent juice
- Pureed fruits/vegetables in fruit/vegetable smoothies
- Juice from canned fruit served in 100 percent juice, unless the canned fruit is drained



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### Crediting Juice

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

#### CREDITING JUICE

To be served in the U.S. Department of Agriculture's (USDA) school nutrition programs, fruit must be pasteurized (for example, 100 percent juice), not from concentrate (not from concentrate), and must be 100 percent juice. Juice concentrates cannot be used as an ingredient in foods or beverages.

100% juice from concentrate is acceptable for crediting. Juice from concentrate is not acceptable for crediting. Juice from concentrate is not acceptable for crediting. Juice from concentrate is not acceptable for crediting.

#### WEEKLY JUICE LIMITS AT LUNCH

At lunch, the maximum amount of fruit juice that can be served is as follows:


Grade Group	Five-Day Week		Seven-Day Week	
	Maximum Number of ½-Cup Servings	Maximum Number of ½-Cup Servings	Maximum Number of ½-Cup Servings	Maximum Number of ½-Cup Servings
K-5	2	2	3	3
6-8	2	2	3	3
9-12	5	5	7	7

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### School-made Fruit Smoothies


- **Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored**
  - ▶ Credits as fluid MILK if 1 cup
  - ▶ Must still offer MILK VARIETY on serving line
- **Pureed fruits/vegetables credit only as JUICE, based on volume of pureed fruits/vegetables**
  - ▶ Counts toward weekly juice limit



49

### School-made Fruit Smoothies


- **Yogurt and soy yogurt credit as MEAT ALTERNATE**
- **Other ingredients CANNOT credit but must count toward weekly dietary specifications**
  - ▶ Grains such as oatmeal
  - ▶ Other M/MA, e.g., peanut butter



50

Operational Memorandum 13-15: [www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM\\_13-15.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM_13-15.pdf)  
 Questions and Answers Regarding Crediting of Smoothies in Child Nutrition Programs  
[www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/crediting/QASmoothies.pdf)  
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### Smoothie Recipe Booklet



**fluid milk**

- Fat-free or Low-fat, unflavored
- Flavored Fat-free
- Lactose-free, low-fat unflavored or fat-free (unflavored or flavored)

**yogurt**

- Low-fat or Fat-free Yogurt
- Plain
- Fruit-flavored
- Greek Style
- Vanilla

**fruit and vegetables**

*Use frozen for best consistency*

- Bananas
- Berries
- Carrots
- Cherries, pitted
- Kale
- Kiwi
- Mango
- Melons
- Papaya
- Peaches
- Pineapple
- Pumpkin
- Spinach

**extras (optional)**

- Cinnamon
- Coconut powder
- Ginger
- Mint
- Nutmeg
- Vanilla

[www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf](http://www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf)


51

### School-made Fruit Smoothies

- **Must INFORM students about the components included by listing the type of smoothie on the menu and serving line signage**

**TODAY'S MENU**


**Strawberry and yogurt smoothie**



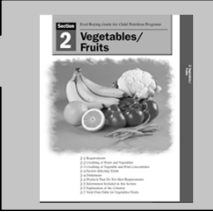
52

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### Crediting Information for Fruits



**Food Buying Guide for Child Nutrition Programs**



Revised online sections to separate fruits and vegetables

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

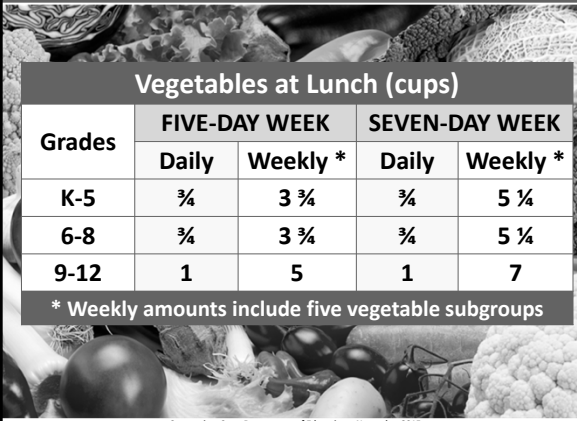
53

### VEGETABLES COMPONENT



54

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### Vegetables at Lunch (cups)

Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly *	Daily	Weekly *
K-5	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	5 $\frac{1}{4}$
6-8	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	5 $\frac{1}{4}$
9-12	1	5	1	7

\* Weekly amounts include five vegetable subgroups

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### Vegetable Subgroups at Lunch (cups)

#### Weekly Amounts for FIVE-DAY Week

Subgroups	Grades K-5 and 6-8	Grades 9-12
▪ Dark Green	$\frac{1}{2}$	$\frac{1}{2}$
▪ Red/Orange	$\frac{3}{4}$	1 $\frac{1}{4}$
▪ Beans/Peas (Legumes)	$\frac{1}{2}$	$\frac{1}{2}$
▪ Starchy	$\frac{1}{2}$	$\frac{1}{2}$
▪ Other	$\frac{1}{2}$	$\frac{3}{4}$
<b>Subtotal</b>	<b>2 <math>\frac{3}{4}</math></b>	<b>3 <math>\frac{1}{2}</math></b>
<b>Additional vegetables to reach WEEKLY total</b>	<b>1</b>	<b>1 <math>\frac{1}{2}</math></b>
<b>TOTAL</b>	<b>3 <math>\frac{3}{4}</math></b>	<b>5</b>

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### Vegetable Subgroups at Lunch (cups)

#### Weekly Amounts for SEVEN-DAY Week

Subgroups	Grades K-5 and 6-8	Grades 9-12
▪ Dark Green	$\frac{1}{2}$	$\frac{1}{2}$
▪ Red/Orange	$\frac{3}{4}$	1 $\frac{1}{4}$
▪ Beans/Peas (Legumes)	$\frac{1}{2}$	$\frac{1}{2}$
▪ Starchy	$\frac{1}{2}$	$\frac{1}{2}$
▪ Other	$\frac{1}{2}$	$\frac{3}{4}$
<b>Subtotal</b>	<b>2 <math>\frac{3}{4}</math></b>	<b>3 <math>\frac{1}{2}</math></b>
<b>Additional vegetables to reach WEEKLY total</b>	<b>2 <math>\frac{1}{2}</math></b>	<b>3 <math>\frac{1}{2}</math></b>
<b>TOTAL</b>	<b>5 <math>\frac{1}{4}</math></b>	<b>7</b>

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### Allowable Vegetables


- Fresh
- Frozen
- Canned (consider sodium content)



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### Serving Sizes of Vegetables


- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of  $\frac{1}{2}$  CUP to count toward daily total
- Can offer **COMBINATION** of various vegetables to meet daily total



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### Serving Sizes of Vegetables

- All servings are based on **ACTUAL VOLUME SERVED**, except
  - ▶ raw leafy greens
  - ▶ tomato paste and puree




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### Leafy Greens



**RAW**

- Credit at **HALF** the volume served
- 1 cup raw equals ½ cup vegetable
- Need minimum of ¼ CUP to count as ½ cup




**COOKED**

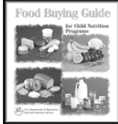
- Credit at **FULL** volume served
- ½ CUP cooked equals ½ cup vegetable

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### Tomato Paste and Puree

- Credit based on Food Buying Guide
- ▶ 1 tablespoon of tomato paste equals ¼ cup vegetable
- ▶ 2 tablespoons of tomato puree equal ¼ cup vegetable







Food Buying Guide: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>  
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### Five Vegetable Subgroups

- Based on 2010 Dietary Guidelines
- Vegetables grouped by **NUTRIENT** content
- **COLOR IS A GUIDE** but does not always identify the subgroup



**OTHER SUBGROUP**



**DARK GREEN SUBGROUP**

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### DARK GREEN Vegetable Subgroup

■ arugula	■ escarole
■ beet greens	■ fiddle heads
■ bok choy	■ grape leaves
■ broccoli	■ kale
■ broccoli rabe (rapini)	■ mesclun
■ broccolini	■ mustard greens
■ butterhead lettuce (Boston, bibb)	■ parsley
■ chicory	■ spinach
■ Chinese cabbage	■ Swiss chard
■ celery cabbage	■ red leaf lettuce
■ cilantro	■ romaine lettuce
■ collard greens	■ turnip greens
■ endive	■ watercress




This list is not all-inclusive

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### RED/ORANGE Vegetable Subgroup

■ acorn squash	■ red peppers
■ butternut squash	■ salsa (all vegetables)
■ carrots	■ sweet potatoes/yams
■ cherry peppers	■ tomatoes
■ chili peppers (red)	■ tomato juice
■ Hubbard squash	■ winter squash
■ orange peppers	
■ pimientos	
■ pumpkin	




This list is not all-inclusive

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### BEANS AND PEAS (LEGUMES) Vegetable Subgroup\*

Canned, frozen or cooked from dry

■ black beans	■ mung beans
■ black-eyed peas (mature, dry)	■ navy beans
■ cowpeas	■ pink beans
■ edamame	■ pinto beans
■ fava beans	■ red beans
■ garbanzo beans (chickpeas)	■ refried beans
■ Great Northern beans	■ soy beans
■ kidney beans	■ (mature, dry) split peas
■ lentils	■ white beans
■ lima beans (mature, dry)	





\* Does not include immature (fresh) beans or peas such as green beans, green lima beans and green (string) beans

This list is not all-inclusive

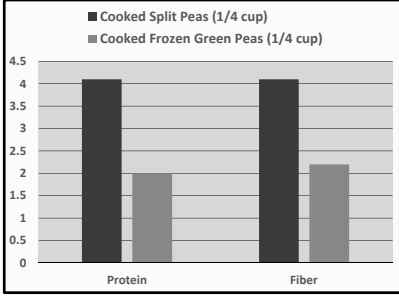
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### The beans and peas (legumes) subgroup does NOT include

-  **Green peas**  
STARCHY Subgroup
-  **Green lima beans**  
STARCHY Subgroup
-  **Green beans**  
OTHER Subgroup

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### Comparison of Cooked Frozen Green Peas and Cooked Mature Dry Split Peas




Nutrient	Cooked Split Peas (1/4 cup)	Cooked Frozen Green Peas (1/4 cup)
Protein	4.0	2.0
Fiber	4.0	2.2

Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)  
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### Crediting Beans and Peas (Legumes)

- May credit as vegetable OR meat alternate
- CANNOT credit one serving as BOTH components in same meal
- May offer two DISTINCT servings of legumes in one meal as vegetable and meat alternate
  - ▶ salad with garbanzo beans (vegetable) and chili made with kidney beans (meat alternate)




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### STARCHY Vegetable Subgroup

- black-eyed peas, fresh (not dry)
- corn
- cassava
- cowpeas, fresh (not dry)
- field peas, fresh (not dry)
- green bananas
- green peas
- jicama
- lima beans, green (not dry)
- parsnips
- pigeon peas, fresh (not dry)
- plantains
- potatoes
- poi
- taro
- water chestnuts
- yautia (tannier)

This list is not all-inclusive




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### OTHER Vegetable Subgroup

- artichokes
- asparagus
- avocado
- bamboo shoots
- bean sprouts, cooked only (for food safety), e.g., alfalfa, mung
- beans, green and yellow
- beets
- Brussels sprouts
- cabbage, green and red
- cactus (nopales)
- cauliflower
- celeriac
- celery
- chayote (mirliton)
- chives
- cucumbers
- daikon (oriental radish)
- eggplant
- fennel
- garlic
- green chili peppers
- green onions (scallions)
- green peppers
- horseradish
- iceberg lettuce
- kohlrabi
- leeks
- mushrooms
- okra
- olives
- onions
- peas in pod, e.g., snap peas, snow peas
- pepperoncini
- purple peppers
- pickles (cucumber)
- radishes
- rhubarb
- rutabagas
- shallots
- sauerkraut
- seaweed
- snap peas
- snow peas
- spaghetti squash
- tomatillo
- turnips
- wax beans
- yellow peppers
- yellow summer squash
- zucchini squash


This list is not all-inclusive



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### Vegetables at Lunch

- Subgroups can be offered in ANY ORDER AND AMOUNT throughout the week as long as menu meets weekly totals
- Larger amounts may be served if meals meet weekly DIETARY SPECIFICATIONS (limits for calories, saturated fat and sodium)



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## "Additional" Vegetables

- A catch-all category for additional vegetables that can come from ANY SUBGROUP to meet the weekly total



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## Vegetable Subgroups

**VEGETABLE SUBGROUPS\***

\*The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) credit system includes the vegetable subgroups that are used for credit and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 Deep Catalog 2011 revision. \*The chart below identifies some examples used in this document.

DARK GREEN	RED/ORANGE	BEANS AND PEAS (LEGUMES)
Asparagus Broccoli Brussels sprouts Cauliflower Cucumbers Eggplant Green beans Green peas Kale Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini	Carrots Cucumbers Eggplant Green beans Green peas Kale Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini	Black beans Chickpeas Kidney beans Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini
STARCHY	OTHER	OTHER
Asparagus Broccoli Brussels sprouts Cauliflower Cucumbers Eggplant Green beans Green peas Kale Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini	Carrots Cucumbers Eggplant Green beans Green peas Kale Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini	Black beans Chickpeas Kidney beans Lentils Lima beans Mushrooms Okra Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegetable\_groups.pdf  
Connecticut State Department of Education • November 2015 74

### Vegetable Subgroups Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>DARK GREEN</b>	<b>RED/ORANGE</b>	<b>LEGUMES</b>	<b>STARCHY</b>	<b>OTHER</b>
	■ Broccoli ■ Red leaf lettuce	■ Carrots ■ Sweet potato	■ Chick peas ■ Edamame	■ Corn ■ Peas	■ Cucumbers ■ Green beans
Week 2	<b>RED/ORANGE</b>	<b>LEGUMES</b>	<b>STARCHY</b>	<b>OTHER</b>	<b>DARK GREEN</b>
	■ Orange peppers ■ Butternut squash	■ Lentils ■ Kidney beans	■ Water chestnuts ■ Potatoes	■ Cauliflower ■ Cabbage	■ Spinach ■ Romaine lettuce
Week 3	<b>LEGUMES</b>	<b>STARCHY</b>	<b>OTHER</b>	<b>DARK GREEN</b>	<b>RED/ORANGE</b>
	■ Split peas ■ Black beans	■ Corn ■ Potatoes	■ Celery ■ Green peppers	■ Boston lettuce ■ Kale	■ Acorn squash ■ Tomatoes
Week 4	<b>STARCHY</b>	<b>OTHER</b>	<b>DARK GREEN</b>	<b>RED/ORANGE</b>	<b>LEGUMES</b>
	■ Peas ■ Lima beans, green	■ Beets ■ Zucchini	■ Broccoli ■ Mesclun	■ Carrots ■ Tomatoes	■ Split peas ■ Navy beans

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### Vegetable Subgroups Cycle Menu

Vegetable Subgroup	Monday	Tuesday	Wednesday	Thursday	Friday
<b>DARK GREEN</b>	■ Broccoli ■ Red leaf lettuce	■ Spinach ■ Romaine lettuce	■ Boston lettuce ■ Kale	■ Broccoli ■ Mesclun	■ Bok choy ■ Green leaf lettuce
<b>RED/ORANGE</b>	■ Carrots ■ Sweet potato	■ Orange peppers ■ Butternut squash	■ Acorn squash ■ Tomatoes	■ Carrots ■ Tomatoes	■ Red peppers ■ Sweet potato
<b>LEGUMES</b>	■ Chick peas ■ Edamame	■ Lentils ■ Kidney beans	■ Split peas ■ Navy beans	■ Split peas ■ Black beans	■ Soy beans ■ Kidney beans
<b>STARCHY</b>	■ Corn ■ Peas	■ Water chestnuts ■ Potatoes	■ Corn ■ Potatoes	■ Peas ■ Lima beans, green	■ Plantains ■ Cassava
<b>OTHER</b>	■ Cucumbers ■ Green beans	■ Cauliflower ■ Cabbage	■ Celery ■ Green peppers	■ Beets ■ Zucchini	■ Snow peas ■ Summer squash

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## Other Crediting Considerations for Vegetables

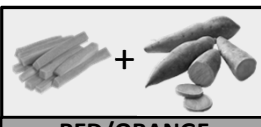
- Mixed vegetables
- Soups
- Pureed vegetables
- Vegetable juice



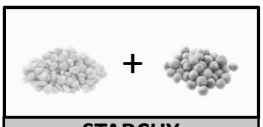
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## Mixed Vegetables

- Vegetable combinations from the SAME subgroup credit toward that vegetable subgroup



**RED/ORANGE**





**STARCHY**

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### Mixed Vegetables

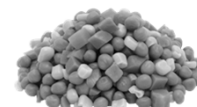
- Vegetable combinations that contain **AT LEAST ¼ cup each of DIFFERENT vegetable subgroups credit toward the appropriate subgroup for each vegetable**

¼ cup 	+	¼ cup 
<b>= ¼ cup RED/ORANGE</b>		<b>AND ¼ cup STARCHY</b>

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### Mixed Vegetables

- If quantities of different vegetables are **NOT** known, mixture credits as **ADDITIONAL** vegetables
  - Blend of peas, corn and carrots
  - California mix (broccoli, cauliflower and carrots)




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### Soups

**SCHOOL-MADE**

- Credit based on **ACTUAL VOLUME** of vegetables per serving based on standardized recipe




**COMMERCIAL**

- Only **CERTAIN TYPES** of commercial vegetable soups credit toward the vegetables component

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### Allowable Commercial Soups

"ADDITIONAL" VEGETABLES	LEGUMES
1 cup credits as ¼ CUP ADDITIONAL vegetables *	1 cup credits as ½ CUP LEGUMES subgroup
<ul style="list-style-type: none"> <li>Minestrone</li> <li>Tomato</li> <li>Tomato with other basic components such as rice</li> <li>Vegetable (contains only vegetables)</li> <li>Vegetable with other basic components such as meat or poultry</li> </ul>	<ul style="list-style-type: none"> <li>Lentil</li> <li>Pea, e.g., split pea</li> <li>Bean, e.g., black bean, mixed bean</li> </ul>
* May use product formulation statement (PFS) or CN label to determine creditable amount	



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### Crediting Soup

U.S. Department of Agriculture (USDA) School Nutrition Programs

**CREDITING SOUP**

The purpose of this document is to provide information to help school nutrition programs understand the requirements for crediting soup. This document is intended to be used in conjunction with the USDA School Nutrition Programs Manual, which provides the requirements for crediting soup. This document is not intended to be used as a substitute for the USDA School Nutrition Programs Manual. For more information, please contact the USDA School Nutrition Programs Manual at [www.fns.gov/programs/school](http://www.fns.gov/programs/school).

This document is intended to be used in conjunction with the USDA School Nutrition Programs Manual, which provides the requirements for crediting soup. This document is not intended to be used as a substitute for the USDA School Nutrition Programs Manual. For more information, please contact the USDA School Nutrition Programs Manual at [www.fns.gov/programs/school](http://www.fns.gov/programs/school).


ADDITIONAL VEGETABLES		LEGUMES
1 cup credits as ¼ CUP	ADDITIONAL vegetables *	1 cup credits as ½ CUP
<ul style="list-style-type: none"> <li>Minestrone</li> <li>Tomato</li> <li>Tomato with other basic components such as rice</li> <li>Vegetable (contains only vegetables)</li> <li>Vegetable with other basic components such as meat or poultry</li> </ul>	<ul style="list-style-type: none"> <li>Lentil</li> <li>Pea, e.g., split pea</li> <li>Bean, e.g., black bean, mixed bean</li> </ul>	

\* May use product formulation statement (PFS) or CN label to determine creditable amount

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/crediting/credit\_soup.pdf  
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### Pureed Vegetables


- Must be **RECOGNIZABLE**, e.g., pureed foods made from **ONE** vegetable
  - tomato sauce
  - split pea soup
  - mashed potatoes
  - pureed butternut squash
- Combination foods with pureed **UNRECOGNIZABLE** vegetables credit only if they also provide an adequate amount of recognizable creditable vegetables



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### Weekly Limit for Vegetable Juice at Lunch

- No more than HALF of weekly vegetable offerings




**Allowable Frequency for Vegetable Juice (Number of ½-cup Servings per Week)**

Grade Group	Five-Day Week	Seven-Day Week
K-5	3	5
6-8	3	5
9-12	5	7

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### Vegetable Juice Blends

- If contain vegetables from the SAME subgroup, may contribute toward that vegetable subgroup




**Example**  
Full-strength carrot and tomato vegetable juice blend counts toward the RED/ORANGE vegetable subgroup

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### Vegetable Juice Blends

- If contain vegetables from MORE THAN ONE subgroup may contribute to the "OTHER" vegetable subgroup




**Example**  
Full-strength vegetable juice blend containing carrots, spinach, tomato and watercress counts toward the OTHER vegetable subgroup

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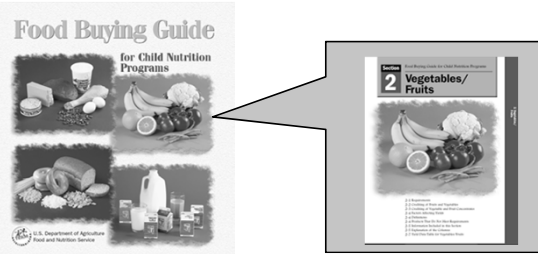
### Fruit and Vegetable Juice Blends

- If first ingredient is FRUIT juice, contributes to FRUITS component
- If first ingredient is VEGETABLE juice, contributes to either "OTHER" subgroup or "ADDITIONAL" vegetables



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### Crediting Information for Vegetables



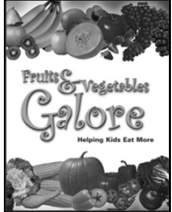
Revised online sections to separate vegetables and fruits

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

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### Fruits and Vegetables Galore USDA, 2004

- Tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables



[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)

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## GRAINS COMPONENT

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## Criteria for Whole Grain-rich Foods

U.S. Department of Agriculture (USDA) School Nutrition Programs

**CRITERIA FOR WHOLE GRAIN-RICH FOODS**

To meet the grain component of the USDA meal pattern for the National School Lunch Program (NSLP) and School Breakfast Program (SBP), all grains must be whole grain (WGR) and provide the required serving size as the USDA's latest regulatory text, *The Child Nutrition Programs Reauthorized (2010)*.

The Connecticut Nutrition Standards (2015) with the same WGR criteria of grain products and require that approximately 50% of the total grain amount in the total daily serving of grain products and cereals must be whole grain. The WGR criteria are as follows:

- The product must contain at least 50 percent whole grain, as indicated by a list of all ingredients.
- Whole grain must be the first ingredient in the product.
- Whole grain must be the first ingredient in the product.
- Whole grain must be the first ingredient in the product.

For more information on labeling products for compliance with this criteria, see the *NSLP Handbook*, page 10.

Whole grain products are those that contain whole grain as the first ingredient in the product label. To comply with this rule, the product label must list the first ingredient as whole grain. The product label must also list the other ingredients in the product. The product label must also list the amount of whole grain in the product.

Whole grain products are those that contain whole grain as the first ingredient in the product label. To comply with this rule, the product label must list the first ingredient as whole grain. The product label must also list the other ingredients in the product. The product label must also list the amount of whole grain in the product.

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf

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## Whole Grain-rich Ounce Equivalents

Whole Grain-rich Ounce Equivalents (Oz Eq) for School Nutrition Programs<sup>1,2</sup>

Grade	Whole Grain-rich Ounce Equivalents (Oz Eq)
K-5	Daily: 1 oz eq
	Weekly: 5 oz eq
6-8	Daily: 1 oz eq
	Weekly: 5 oz eq
9-12	Daily: 2 oz eq
	Weekly: 10 oz eq

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/grainsozeq.pdf

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## Grains at Lunch (Oz Eq)

All grains must be whole grain-rich

Grades	FIVE-DAY WEEK		SEVEN-DAY WEEK	
	Daily	Weekly*	Daily	Weekly*
K-5	1	8-9	1	11-12.5
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

\* Must meet weekly minimum but not maximum

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## Two Requirements for Grain Products

- Must be **WHOLE GRAIN-RICH (WGR)**
  - ▶ 100% whole grain
  - ▶ At least 50% whole grain
- Must meet **MINIMUM** serving size

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## WGR Definition



- AT LEAST 50% whole grains by weight**
  - ▶ whole grain is **FIRST** ingredient
  - ▶ if **WATER** is first ingredient, whole grain is **SECOND** ingredient
- Any other grain ingredients are **ENRICHED**
- Any noncreditable grains are **LESS THAN 2%**

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### WGR Definition Criterion 1 At least 50% WHOLE GRAINS


- **GRAIN-BASED PRODUCTS**, e.g., breads, cereals, waffles, muffins
  - ▶ Whole grain is **FIRST** ingredient listed
- **COMBINATION FOODS**, e.g., pizza, lasagna, chicken nuggets
  - ▶ Whole grain is **FIRST GRAIN** ingredient listed

97

### Is it a Whole Grain?

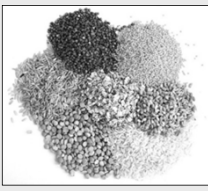
- Look for the word **“WHOLE”** e.g., whole corn, whole rye, whole-wheat flour
- Grains without **“whole”** are usually not whole grains, e.g., corn, rye flour, wheat flour
  - ▶ Require manufacturer documentation (PFS)
  - ▶ **EXCEPTIONS:** Some grains do not state **“whole”** but are whole grains



98

### Examples of Exceptions\*

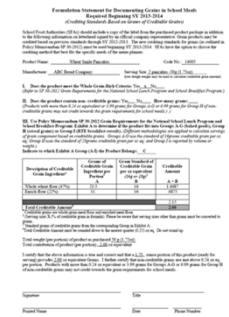
- **BERRIES or GROATS** (e.g., wheat berries or oat groats)
- **OATS or OATMEAL** (old-fashioned, quick-cooking, instant)
- Amaranth
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Quinoa
- Triticale
- Teff
- Sorghum



\* These grains do not state **“whole”** in their description but they are whole grains

99

### USDA Product Formulation Statement (PFS) for Grains



[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796)

100

### Examples of Whole-Grain Products and Ingredients \*

<b>BARLEY</b> <ul style="list-style-type: none"> <li>■ dehulled barley</li> <li>■ dehulled-barley flour</li> <li>■ whole barley</li> <li>■ whole-barley flakes</li> <li>■ whole-barley flour</li> <li>■ whole-grain barley</li> <li>■ whole-grain barley flour</li> </ul> <b>BROWN RICE</b> <ul style="list-style-type: none"> <li>■ brown rice</li> <li>■ brown rice flour</li> </ul>	<b>CORN</b> <ul style="list-style-type: none"> <li>■ masa (whole corn treated with lime)</li> <li>■ whole corn</li> <li>■ whole-corn flour</li> <li>■ whole cornmeal</li> <li>■ whole-grain corn flour</li> <li>■ whole-grain grits</li> <li>■ whole-ground corn</li> </ul> <b>OATS</b> <ul style="list-style-type: none"> <li>■ oat groats</li> <li>■ oatmeal, including old-fashioned, quick-cooking and instant</li> <li>■ rolled oats</li> <li>■ whole oats</li> <li>■ whole-oat flour</li> </ul>	<b>RYE</b> <ul style="list-style-type: none"> <li>■ whole rye</li> <li>■ rye berries</li> <li>■ whole-rye flour</li> <li>■ whole-rye flakes</li> </ul>
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\* This list is not all-inclusive

101

### Examples of Whole-Grain Products and Ingredients \*

<b>WHEAT (RED)</b> <ul style="list-style-type: none"> <li>■ bulgur (cracked wheat)</li> <li>■ bromated whole-wheat flour</li> <li>■ cracked wheat</li> <li>■ crushed wheat</li> <li>■ entire-wheat flour</li> <li>■ graham flour</li> <li>■ sprouted wheat</li> <li>■ sprouted wheat berries</li> <li>■ stone ground whole-wheat flour</li> <li>■ toasted crushed whole wheat</li> <li>■ wheat berries</li> <li>■ whole bulgur</li> <li>■ whole durum flour</li> <li>■ whole durum wheat flour</li> </ul>	<b>WHEAT (RED), continued</b> <ul style="list-style-type: none"> <li>■ whole-grain bulgur</li> <li>■ whole-grain wheat</li> <li>■ whole wheat</li> <li>■ whole-wheat flour</li> <li>■ whole-wheat pastry flour</li> <li>■ whole-wheat flakes</li> </ul> <b>WHEAT (WHITE)</b> <ul style="list-style-type: none"> <li>■ whole white wheat</li> <li>■ whole white wheat flour</li> </ul> <b>WILD RICE</b> <ul style="list-style-type: none"> <li>■ wild rice</li> <li>■ wild rice flour</li> </ul>	<b>LESS COMMON GRAINS</b> <ul style="list-style-type: none"> <li>■ amaranth</li> <li>■ buckwheat,</li> <li>■ buckwheat groats</li> <li>■ einkorn</li> <li>■ emmer (farro)</li> <li>■ Kamut®</li> <li>■ millet</li> <li>■ quinoa</li> <li>■ sorghum (milo)</li> <li>■ spelt</li> <li>■ teff</li> <li>■ triticale</li> </ul>
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\* This list is not all-inclusive

102

## Identifying Whole Grains

U.S. Department of Agriculture USDA School Nutrition Programs

**IDENTIFYING WHOLE GRAINS**

Whole grain products are those that contain the entire grain kernel or a portion of the kernel that includes the bran, germ, and endosperm. The bran is the outer layer of the grain kernel and is rich in fiber and B vitamins. The germ is the embryo of the grain and is rich in B vitamins, iron, and zinc. The endosperm is the middle layer of the grain kernel and is rich in starch. Whole grain products are those that contain all three parts of the grain kernel.

**WHOLE GRAINS**  
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**CRITERIA THAT DO NOT INDICATE WHOLE GRAIN CONTENT**  
There are several terms that are often used to describe a grain product, but do not indicate whole grain content. These include: whole, natural, stone-ground, and whole meal.

**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**


www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/identifyingwg.pdf

Connecticut State Department of Education • November 2015

## Products with Flour Blends

**PFS must indicate that**

- whole grain content is **AT LEAST 8 GRAMS** per ounce equivalent (groups A-G) **OR**
- weight of whole grain is **MORE THAN FIRST INGREDIENT** listed after flour blend




**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**

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## Products with Flour Blends

SAMPLE PRODUCT		
Ingredient	Percentage of Total Product Weight	
Flour Blend	40%	Whole wheat flour = 25% Enriched Flour = 15%
Brown sugar	30%	



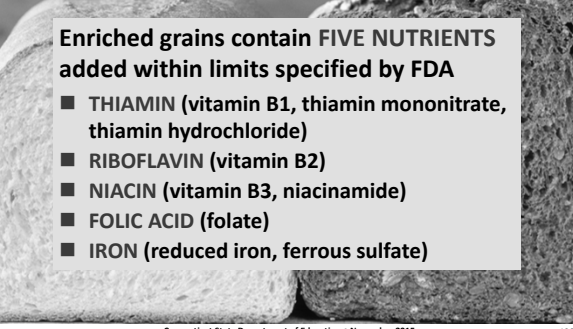
**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**

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## WGR Definition Criterion 2 Any Other Grains are ENRICHED

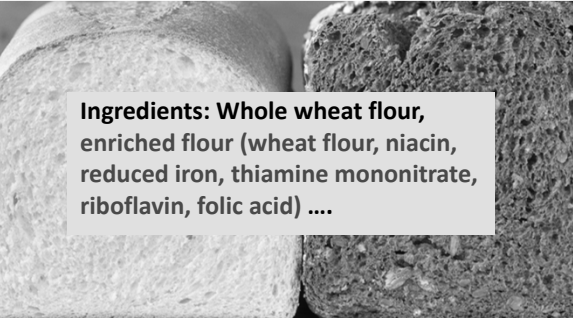
**Enriched grains contain FIVE NUTRIENTS added within limits specified by FDA**

- THIAMIN (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
- RIBOFLAVIN (vitamin B2)
- NIACIN (vitamin B3, niacinamide)
- FOLIC ACID (folate)
- IRON (reduced iron, ferrous sulfate)



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## Sample Label with Enriched Flour



**Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) ....**

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## Crediting Enriched Grains

U.S. Department of Agriculture USDA School Nutrition Programs

**CREATING ENRICHED GRAINS**

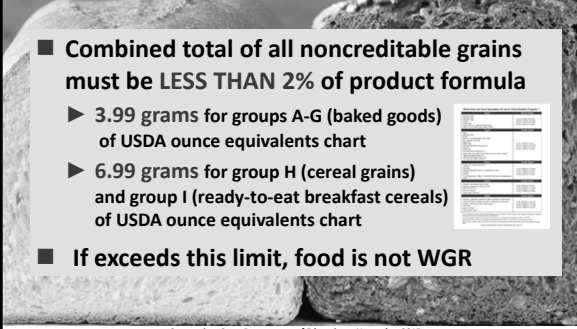
Enriched grains are those that contain the entire grain kernel or a portion of the kernel that includes the bran, germ, and endosperm. The bran is the outer layer of the grain kernel and is rich in fiber and B vitamins. The germ is the embryo of the grain and is rich in B vitamins, iron, and zinc. The endosperm is the middle layer of the grain kernel and is rich in starch. Whole grain products are those that contain all three parts of the grain kernel.

**Water, FLOUR BLEND [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....**

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/enrichedgrains.pdf

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### WGR Definition Criterion 3 Limit for NONCREDITABLE GRAINS



- **Combined total of all noncreditable grains must be LESS THAN 2% of product formula**
  - ▶ 3.99 grams for groups A-G (baked goods) of USDA ounce equivalents chart
  - ▶ 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals) of USDA ounce equivalents chart
- **If exceeds this limit, food is not WGR**

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### Examples of Noncreditable Grain Ingredients \*


<ul style="list-style-type: none"> <li>■ barley grits</li> <li>■ bran</li> <li>■ corn bran</li> <li>■ corn fiber</li> <li>■ corn flour (not enriched)</li> <li>■ corn grits</li> <li>■ corn starch</li> <li>■ cultured wheat starch</li> <li>■ durum grits</li> <li>■ fava bean flour</li> <li>■ fermented wheat</li> <li>■ germ</li> <li>■ hydrolyzed starch</li> </ul>	<ul style="list-style-type: none"> <li>■ malted barley flour (not enriched)</li> <li>■ modified food starch (including potato, legume and other vegetable flours)</li> <li>■ modified corn starch</li> <li>■ modified rice starch</li> <li>■ modified tapioca starch</li> <li>■ modified wheat starch</li> <li>■ oat fiber</li> <li>■ potato flour</li> <li>■ potato starch</li> <li>■ rice flour (not enriched)</li> </ul>	<ul style="list-style-type: none"> <li>■ rice starch</li> <li>■ soluble corn fiber</li> <li>■ soy fiber</li> <li>■ soy grits</li> <li>■ soy flour</li> <li>■ tapioca starch</li> <li>■ wheat bran</li> <li>■ wheat germ</li> <li>■ wheat flour (not enriched)</li> <li>■ wheat starch</li> </ul>
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\* This list is not all-inclusive

Criteria for Whole Grain-rich Foods: [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/WGRCriteria.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/WGRCriteria.pdf)  
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### Nongrain Ingredients in Combination Foods

- **If noncreditable grain ingredients are NOT part of combination food's GRAIN COMPONENT, they do NOT count toward the noncreditable grains limit**




- **If a product contains an ingredient that contains two or more ingredients itself, these ingredients will be LISTED IN PARENTHESES after the name of the ingredient**

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### Combination Food Example: Apple Breakfast Bun

Ingredients: 100% WHOLE-GRAIN WHITE WHEAT FLOUR, APPLE FILLING (corn syrup, MODIFIED FOOD STARCH, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of: dough conditioner (RYE FLOUR, Malted BARLEY FLOUR, ascorbic acid, enzymes, guar and/or arabic gums, WHEAT FLOUR), nonfat dry milk (nonfat dry milk, whey [milk]), natural orange emulsion (natural flavor, propylene glycol, gum), salt, eggs, egg replacer (WHOLE SOY FLOUR, wheat gluten, corn syrup solids, alginate), yeast (leavening), mold inhibitor (cultured organic spelt flour, lactic acid).



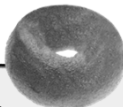
- This product contains APPLE FILLING (nongrain ingredient) and BUN (grain component)
- The modified food starch in the apple filling does NOT count toward noncreditable grains limit
- The FOUR NONCREDITABLE GRAINS in the bun (rye flour, malted barley flour, wheat flour, whole soy flour) count toward noncreditable grains limit

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### “Contains 2% or less”

- **If product lists only ONE noncreditable grain after “contains 2% or less” PFS NOT NEEDED**

WHOLE-WHEAT BAGEL  
Ingredients: WHOLE WHEAT FLOUR, sugar, wheat gluten.  
Contains 2% or less of each of the following: honey, salt, YELLOW CORN FLOUR, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

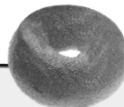


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### “Contains 2% or less”

- **If product lists TWO OR MORE noncreditable grains after “contains 2% or less,” PFS REQUIRED**
  - ▶ **Must document combined weight of all noncreditable grains**


WHOLE-GRAIN BAGEL  
Ingredients: WHOLE WHEAT FLOUR, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mono nitrate [vitamin B-1], ferrous sulfate [iron], potassium bromate, riboflavin [vitamin B-2], and folic acid), water, brown sugar granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, CORN MEAL, calcium propionate, Malted BARLEY FLOUR, molasses powder (molasses, WHEAT STARCH), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes



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### Two Exemptions for Noncreditable Grains

- FORTIFIED BREAKFAST CEREALS** that contain a **WHOLE GRAIN** as the first ingredient
- CEREAL BARS** made from a fortified breakfast cereal that contains a whole grain as the first ingredient




**Only CEREAL PORTION of ingredients is exempt**

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### Identifying Fortified Cereals

ENRICHED	FORTIFIED
1. Iron	1. Iron
2. Thiamin	2. Thiamin
3. Riboflavin	3. Riboflavin
4. Niacin	4. Niacin
5. Folic acid	5. Folic acid
	6. Additional vitamins and minerals *




\* Manufacturers choose which ones and how much

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### Ready-to-Eat Breakfast Cereals

- Cereals containing **ONLY ENRICHED GRAINS, BRAN OR GERM** are not WGR and do not credit
- Cereals that contain **MORE THAN 2 PERCENT** of these ingredients only credit if
  - whole grain is first ingredient AND
  - cereal is fortified



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### Crediting Breakfast Cereals

118 Department of Education (11/15) Student Nutrition Programs

**CREDITING BREAKFAST CEREALS**

Ready-to-eat (RTE) and cooked breakfast cereals served in the Statewide School Lunch Program (SSLP) and School Breakfast Program (SBP) must be whole-grain (WGR) and meet the minimum serving size requirements. The state will monitor all the Connecticut State Department of Education (CSDE) licensees (Superior Child Care and Food, and the CSDE's school operations) to ensure the program meets the quality of food standards.

**SERVING SIZES FOR BREAKFAST CEREALS**

Serving sizes for RTE and cooked breakfast cereals are based on the CSDE's own guidelines. The state does not provide a specific amount of grams (g) for RTE and cooked breakfast cereals. Cooked breakfast cereals are based on 1/2 cup of cereal. RTE cereals are based on 1/2 cup of cereal (or 1/4 cup of cereal for young children).

**CSDE Breakfast Cereals** must contain at least 1/2 cup of cereal (or 1/4 cup of cereal for young children) per serving. They must also contain at least 1/2 cup of cereal (or 1/4 cup of cereal for young children) per serving. They must also contain at least 1/2 cup of cereal (or 1/4 cup of cereal for young children) per serving.


**WGR REQUIREMENT FOR BREAKFAST CEREALS**

To be WGR, RTE and cooked breakfast cereals must contain at least 50 percent whole grain. The state will monitor all the CSDE licensees (Superior Child Care and Food, and the CSDE's school operations) to ensure the program meets the quality of food standards.

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### Crediting Considerations for Grains


- Grain-based desserts
- Battered or breaded products
- Enriched grains (WGR Waiver)



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### Grain-based Desserts


- At lunch, up to **2 OUNCE EQUIVALENTS** of grains per week may be grain-based desserts
  - Examples include cakes, pies, cookies, brownies, sweet rolls, cereal bars and granola bars
- No definition – based on how product is used



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### Battered or Breaded Products


- WGR batter or breading credits toward daily and weekly grains
- Must have **DOCUMENTATION** (CN label or PFS)
- If **NOT WGR**
  - ▶ cannot credit as grains
  - ▶ could credit as M/MA with CN label or PFS
  - ▶ must count toward dietary specifications



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### WGR Waiver

- Allowed only through school year 2015-16
- SFAs must demonstrate hardship in procuring compliant WGR products that are acceptable to students
- Submit CSDE WGR waiver form
- Contact school nutrition staff



Operational Memorandum 20-15: [www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM\\_20-15.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/15/OM_20-15.pdf)  
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Purchasing specifications are critical to ensure compliance with WGR requirements

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### Serving Sizes for Grains

- Menu planner determines **SERVING SIZES** and **NUMBER** of servings
- Minimum of  $\frac{1}{4}$  OUNCE EQUIVALENT to count toward daily total
  - ▶ Amounts less than  $\frac{1}{4}$  ounce equivalent **NOT** included in daily and weekly grains
- Can offer **COMBINATION** of various grains to meet daily total




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### Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

#### METHOD 1

Use **WEIGHT OR VOLUME** in USDA ounce equivalents chart

- To use this method
  - ▶ all grains must be **CREDITABLE** (whole grain or enriched)
  - ▶ combined total of any **noncreditable** grains must be no more than 3.99 grams




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### Two Methods to Determine Serving Sizes for Baked Goods (Groups A-G)

#### METHOD 2

Determine **WEIGHT** of **CREDITABLE** grains

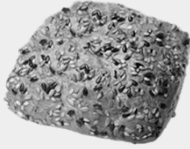
- Requires **MANUFACTURER DOCUMENTATION (PFS)** for commercial products
- Requires **STANDARDIZED RECIPE** for school-made products



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**For both methods, round DOWN all calculations to nearest ¼ ounce equivalent**

**Whole-wheat Roll, 1.49 ounces**





**Group B: 1 ounce equivalent = 28 grams (1 ounce)  
Credits as 1.25 ounce equivalents of grains**

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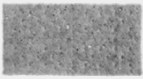





**Method 1 – Ounce Equivalents Chart**

- Use serving sizes (WEIGHTS) in USDA ounce equivalents chart
- Nine groups based on amount that provides 1 OUNCE EQUIVALENT of grains

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**Weight Required for 1 Ounce Equivalent**

 Cereal 1 ounce (1 cup for flakes and rounds, 1 ¼ cups for puffed cereal and ½ cup for granola)	 Toast 1 ounce	 Graham Crackers 1 ounce	 Corn muffin 1.2 ounces
 Waffles 1.2 ounces	 Blueberry Muffin 2 ounces	 French Toast 2.4 ounces	 Frosted Sweet Roll 2.4 ounces

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**How much equals 1 ounce equivalent?**


**Whole-wheat Bagel**



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**How much equals 1 ounce equivalent?**


**Hard Pretzels**



Connecticut State Department of Education • November 2015 131

**How much equals 1 ounce equivalent?**


**Granola Bars, Plain**



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### How much equals 1 ounce equivalent?


**Cooked Pasta**



133

### Method 2 – Creditable Grains

- Calculate GRAMS OF CREDITABLE GRAINS per serving
- Requires documentation from
  1. an original CN LABEL from the product carton if the grains are part of a M/MA product  
OR
  2. a PFS signed by an official of the manufacturer



134

### Calculation Methods for Crediting Grains

U.S. Department of Agriculture (USDA) School Nutrition Program

**CALCULATION METHODS FOR CREDITING GRAINS**

Check notes to whole grains which (WGC) to use the most systems to use the Federal School Lunch Program (FSLP) and School Nutrition Program (SNP). WGC products include whole grains which grains, and other grains ingredients are included and the combined weight of all non-creditable grains does not exceed 50% of the grain. All listed grains are 100% whole grains. All listed grains are 100% whole grains and are not included in the USDA creditable grains. All listed grains are 100% whole grains and are not included in the USDA creditable grains. For more information, see the USDA School Nutrition Program (SNP) Handbook. For more information, see the USDA School Nutrition Program (SNP) Handbook. For more information, see the USDA School Nutrition Program (SNP) Handbook.

**CHOOSING A CALCULATION METHOD**

Manufacturers have not always been consistent in labeling the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains.

1. The manufacturer claims the product contains the amount of grain products toward the USDA creditable grains.
2. A product does not claim to contain the amount of grain products toward the USDA creditable grains.
3. A product does not claim to contain the amount of grain products toward the USDA creditable grains.
4. A product does not claim to contain the amount of grain products toward the USDA creditable grains.

The USDA does not require schools to use one method or the other. Schools may use either method to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains. The USDA has developed two methods to calculate the amount of grain products toward the USDA creditable grains.

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/graincalc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/graincalc.pdf)

135

### NONCREDITABLE FOODS




[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/noncreditsnp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/noncreditsnp.pdf)

136

### Noncreditable Foods

- CANNOT CREDIT toward meal pattern
- LIMIT frequency and amount
  - ▶ Often contain little nutritional value
- Must count toward weekly DIETARY SPECIFICATIONS (nutrition standards)



137

### Noncreditable Fruits \*

- Snack-type foods made from fruits
  - ▶ dried banana chips
  - ▶ fruit snacks, e.g., fruit drops, roll-ups, wrinkles, twists and yogurt-covered fruit snacks
  - ▶ 100% fruit strips
- Jam or jelly
- Home-canned products (for food safety reasons)
- Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, lemonade




\* This list is not all-inclusive

138

### Noncreditable Vegetables\*

- Snack-type foods made from vegetables, such as potato chips or *popcorn*
- Pickle relish
- Tomato catsup and chili sauce
- Home-canned products (for food safety reasons)
- Dehydrated vegetables used for seasoning




\* This list is not all-inclusive

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### Noncreditable M/MA \*

- Shelf-stable, DRY OR SEMI-DRY meat snacks
  - ▶ Smoked snack sticks made with beef and chicken
  - ▶ Summer sausage
  - ▶ Pepperoni sticks
  - ▶ Meat, poultry or seafood jerky
  - ▶ Meat or poultry nuggets (similar to jerky)
- Bacon
- Cream Cheese



\* This list is not all-inclusive

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### Noncreditable Grains \*


- Products that are not WGR
- Products that are only enriched
- Products that contain more than 3.99 grams of noncreditable grains for groups A-G or 6.99 grams for groups H and I



\* This list is not all-inclusive

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## Dietary Specifications (Nutrition Standards)



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### Dietary Specifications (Nutrition Standards) for Lunch

School Years 2014-15 through 2016-17


Daily Amount Based on Weekly Average			
NUTRIENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Calories	550-650	600-700	750-850
Saturated Fat	< 10 %	< 10 %	< 10 %
Sodium *	≤1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

\* First sodium target through June 30, 2017

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### Four Dietary Specifications (Nutrition Standards)

- WEEKLY average requirements for calories, saturated fat and sodium
- DAILY requirement for trans fat (all foods)




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### Calorie Ranges


- **MINIMUM and MAXIMUM** calorie levels averaged over the week
- **NUTRIENT-DENSE** menus (more fruits, vegetables and whole grains)
  - ▶ Avoiding foods high in fats and added sugars



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### Saturated Fat

- Limit saturated fat to **LESS THAN 10 PERCENT** of total calories




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### Sodium

#### Sodium Reduction Timeline for Lunch

Grade Group	Target 1 (mg)	Target 2 (mg)	Final Target (mg)
	Meet by July 1, 2014 (SY 2014-15)	Meet by July 1, 2017 (SY 2017-18)	Meet by July 1, 2022 (SY 2022-23)
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740




[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/sodium\\_timeline.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/sodium_timeline.pdf)

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### Sodium Intake

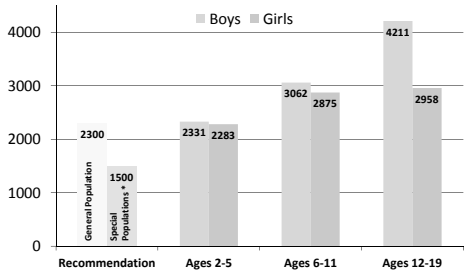
- 75% from processed and prepared foods
- 12% naturally occurring in foods
- 13% added during cooking and at the table



Get the Facts: Sources of Sodium in Your Diet (CDC, 2012). [www.cdc.gov/salt/pdfs/sources\\_of\\_sodium.pdf](http://www.cdc.gov/salt/pdfs/sources_of_sodium.pdf)

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### Children's Average Daily Sodium Intake



Age Group	Boys (mg)	Girls (mg)
Recommendation	1500	1500
Ages 2-5	2331	2283
Ages 6-11	3062	2875
Ages 12-19	4211	2958

\* Special populations include children who are African American and children who have hypertension, diabetes or chronic kidney disease


Source: U.S. Department of Agriculture, Agricultural Research Service and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. What We Eat in America, NHANES 2009-2010. [http://sepr.lars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table\\_1\\_NIN\\_GEN\\_09.pdf](http://sepr.lars.usda.gov/SP2UserFiles/Place/12355000/pdf/0910/Table_1_NIN_GEN_09.pdf)

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### Sodium Content of Typical Lunch Menus

#### SODIUM LIMITS (through June 30, 2017)

K-5 1,230  
6-8 1,360  
9-12 1,420



Food	Portion Size	Sodium (milligrams) *
Lasagna with meat sauce (commercial)	5 ounces	522
Garlic bread	2 ounces	305
Garden salad with reduced-fat Italian dressing	2 cups, 2 tablespoons	289
Orange slices	½ cup	0
Fresh banana	1 medium	1
Low-fat milk	8 fluid ounces	130
<b>TOTAL</b>		<b>1,247</b>


\* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands  
\* When evaluating school menus, use sodium content of actual foods purchased and prepared

Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)

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### Sodium Content of Typical Lunch Menus

**SODIUM LIMITS**  
(effective July 1, 2017)  
K-5 935  
6-8 1,035  
9-12 1,080




Food	Portion Size	Sodium (milligrams) *
Lasagna with meat sauce (commercial)	5 ounces	522
Garlic bread	2 ounces	305
Garden salad with reduced-fat Italian dressing	2 cups, 2 tablespoons	289
Orange slices	½ cup	0
Fresh banana	1 medium	1
Low-fat milk	8 fluid ounces	130
<b>TOTAL</b>		<b>1,247</b>

\* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands  
\* When evaluating school menus, use sodium content of actual foods purchased and prepared

Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)  
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### Sodium Content of Typical Lunch Menus

**SODIUM LIMITS**  
(through June 30, 2017)  
K-5 1,230  
6-8 1,360  
9-12 1,420




Food	Portion Size	Sodium (milligrams) *
Cheese pizza (commercial)	5 ounces	635
Sweet potato fries	½ cup	182
Broccoli florets	½ cup	15
Red grapes	1 cup	3
Low-fat milk	8 fluid ounces	130
<b>TOTAL</b>		<b>965</b>

\* Sodium values represent typical sodium content of these foods but are not valid for all varieties or brands  
\* When evaluating school menus, use sodium content of actual foods purchased and prepared

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Source: USDA National Nutrient database (<http://ndb.nal.usda.gov/>)  
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### Creative Ways to Boost Flavor with Less Sodium




<http://healthymeals.nal.usda.gov/whatsshaking>

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### Trans Fat

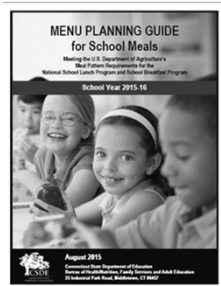
- Restriction for **ARTIFICIAL** trans fat only
  - ▶ Excludes naturally occurring trans fat, e.g., beef, lamb, dairy products
- Nutrition label or manufacturer's specifications must indicate **ZERO GRAMS** of trans fat per serving (less than 0.5 gram)



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### Guidance on Dietary Specifications


#### Menu Planning Guide for School Meals (Section 5)



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpg5.pdf)

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### Guidance on Dietary Specifications *Menu Planning Resources for School Meals*



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/MPResources.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/MPResources.pdf)

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### Offer versus Serve (OVS) at Lunch



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/OVS\\_NSLP.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsip/OVS_NSLP.pdf)

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### Overview of OVS at Lunch


- Required for senior high schools
- Optional for lower grade schools
- Schools must offer all 5 required food components in the full required amounts



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### Overview of OVS at Lunch

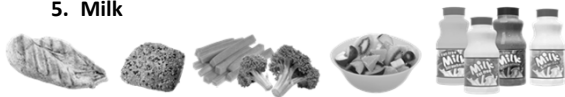
- Students may decline 1 or 2 of the five components
- Must take AT LEAST ½ CUP of fruits or vegetables
- Same meal price if student declines any components



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### Components versus Items

FOOD COMPONENT	FOOD ITEM
One of the FIVE FOOD GROUPS that make up the reimbursable meal	A SPECIFIC FOOD offered within the five food components
<ol style="list-style-type: none"> <li>1. Meat/Meat Alternates</li> <li>2. Grains</li> <li>3. Fruits</li> <li>4. Vegetables</li> <li>5. Milk</li> </ol>	



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### Components versus Items

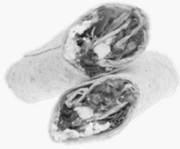


1 Food Item

How many food components?

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### Components versus Items



**1 Food Item**  
**How many food components?**

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### Components versus Items



**1 Food Item**  
**How many food components?**

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### Reimbursable Lunch with OVS




**Schools must OFFER**

- all 5 components in **MINIMUM** daily serving size

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### Reimbursable Lunch with OVS




**Students must SELECT**

- **AT LEAST ½ CUP** of fruits or vegetables **AND**
- minimum portion of **AT LEAST 2** other food components

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### Communicate Options for Fruit and Vegetable Selections



Take up to 2 fruits and 2 vegetables!

Unlimited fruits and vegetables with your meal!


Select 1 or 2 fruits or vegetables to complete your meal!

Choose at least **1 FRUIT OR VEGETABLE** with every meal!

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### Planned Menu

**5 COMPONENTS**



#### Student Selections of Reimbursable Meals

**3 COMPONENTS** including at least ½ cup of fruits or vegetables


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**MENU**

**Menu Planning Decisions**

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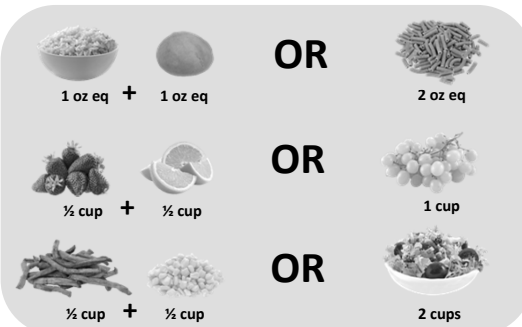
**MENU**

Menu planner determines  
**HOW TO OFFER** food items

- Consider serving sizes
- Be consistent

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**Splitting Fruits, Vegetables and Grains**




1 oz eq + 1 oz eq **OR** 2 oz eq

½ cup + ½ cup **OR** 1 cup

½ cup + ½ cup **OR** 2 cups

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**Student Selections for OVS**



Students must select at least the **MINIMUM DAILY PORTION** to count as a food component for OVS (except for fruits and vegetables)

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**Grains Component**

**GRADES 9-12**

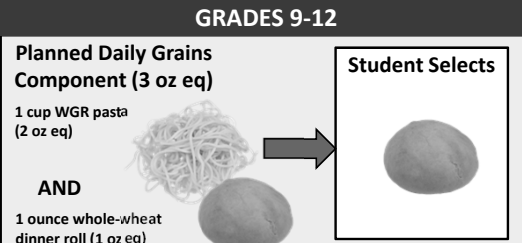
**Planned Daily Grains Component (3 oz eq)**

1 cup WGR pasta (2 oz eq)

**AND**

1 ounce whole-wheat dinner roll (1 oz eq)

**Student Selects**



**Counts as grains component?**

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**M/MA Component**

**GRADES 9-12**

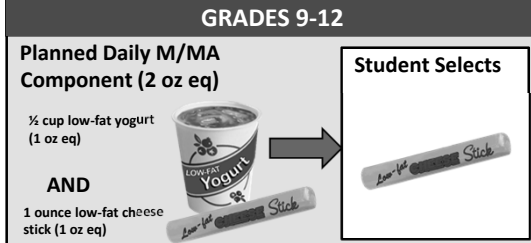
**Planned Daily M/MA Component (2 oz eq)**

½ cup low-fat yogurt (1 oz eq)

**AND**

1 ounce low-fat cheese stick (1 oz eq)

**Student Selects**




**Counts as M/MA component?**

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### Student Selections for OVS

A selection of MORE than the MINIMUM DAILY PORTION counts as only ONE food component for OVS



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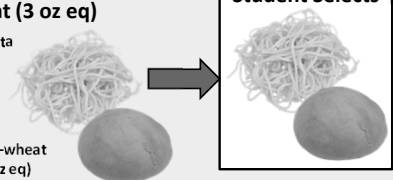
### Grains Component

#### GRADES 9-12

**Planned Daily Grains Component (3 oz eq)**  
1 cup WGR pasta (2 oz eq)

**AND**  
1 ounce whole-wheat dinner roll (1 oz eq)

**Student Selects**



**Counts as grains component?**

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### Identifying Reimbursable Meals



Schools must IDENTIFY CONTENT of reimbursable meals NEAR OR AT THE BEGINNING of serving lines so students know what to select

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### Sample Lunch Menu for Grades K-5 and 6-8

Each lunch includes 5 components: meat/meat alternates, grains, vegetables, fruits and milk.

Choose AT LEAST 1 fruit or vegetable and 2 other components.

*For best nutrition, take all choices!*

ENTREES*	Choose at least 1 serving (1/2 cup)		MILK
	VEGETABLES	FRUITS	
<b>CHOOSE 1</b>	<b>CHOOSE UP TO 2</b>	<b>CHOOSE 1</b>	<b>CHOOSE 1</b>
<ul style="list-style-type: none"> <li>Hamburger on a whole-grain bun</li> <li>Cheese pizza</li> <li>Grilled chicken and whole-wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>Garden salad with choice of dressing</li> <li>Steamed broccoli</li> <li>Golden corn</li> <li>Oven-baked potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Orange smiles</li> <li>Fresh strawberries</li> <li>Sliced peaches</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat (1%)</li> <li>Fat-free plain</li> <li>Fat-free chocolate</li> <li>Fat-free strawberry</li> </ul>

\* All entrees include two components (meat/meat alternates and grains)

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### Sample Lunch Menu for Grades 9-12

Each lunch includes 5 components: meat/meat alternates, grains, vegetables, fruits and milk.

Choose AT LEAST 1 fruit or vegetable and 2 other components.

*For best nutrition, take all choices!*

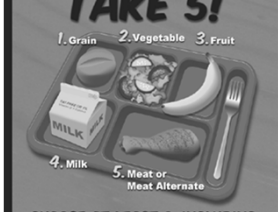
ENTREES*	Choose at least 1 serving (1/2 cup)		MILK
	VEGETABLES	FRUITS	
<b>CHOOSE 1</b>	<b>CHOOSE UP TO 2</b>	<b>CHOOSE UP TO 2</b>	<b>CHOOSE 1</b>
<ul style="list-style-type: none"> <li>Hamburger on a whole-grain bun</li> <li>Cheese pizza</li> <li>Grilled chicken and whole-wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>Garden salad with choice of dressing</li> <li>Steamed broccoli</li> <li>Golden corn</li> <li>Oven-baked potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Orange smiles</li> <li>Fresh strawberries</li> <li>Sliced peaches</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat (1%)</li> <li>Fat-free plain</li> <li>Fat-free chocolate</li> <li>Fat-free strawberry</li> </ul>

\* All entrees include two components (meat/meat alternates and grains)

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IT'S LUNCH...  
**TAKE 5!**

1. Grain 2. Vegetable 3. Fruit



4. Milk 5. Meat or Meat Alternate


**CHOOSE AT LEAST 3, INCLUDING:**  
1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS

**5 FOR BEST NUTRITION, CHOOSE ALL 5!**

A FULL TRAY **FUELS YOUR DAY!**

1. Grain 2. Vegetable 3. Fruit

**5 FOR BEST NUTRITION, CHOOSE ALL 5!**



4. Milk 5. Meat or Meat Alternate

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter\\_components.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter_components.pdf)

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter\\_OVS.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/lunchposter_OVS.pdf)

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### Identifying Reimbursable Meals

**Cashiers must be PROPERLY TRAINED on how to identify a reimbursable meal under OVS**



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### Menu Planning Guide for School Meals



[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320)  
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- The *What's for Lunch* workshop training materials are available on the Connecticut State Department of Education's (CSDE) Meal Pattern Training Materials Web page at [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806)
- This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflhandout](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflhandout)

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