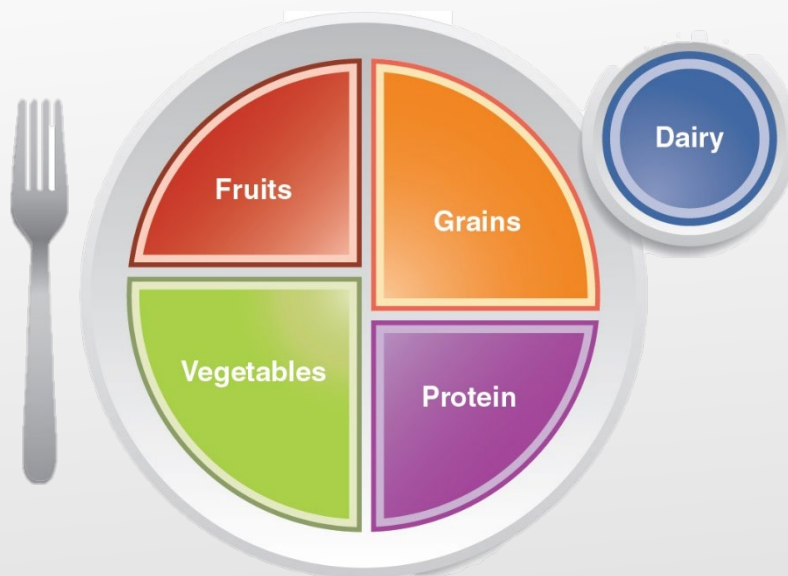




Meal Pattern & Nutrition Documentation in the School Nutrition Program



Rhode Island Department of Education



Agenda



Meal Pattern Overview



Breakfast Meal Pattern



Lunch Meal Pattern



Pre-School (CACFP)



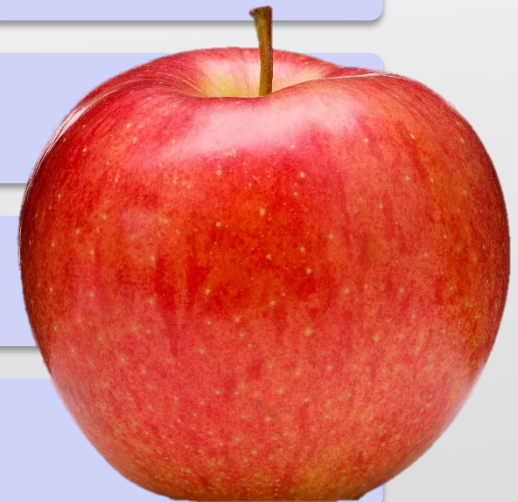
Smart Snacks



After School Snack Program



Nutrition-Related Record Keeping





Terminology

Components



Fruits



Vegetables



Grains

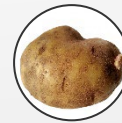
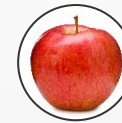
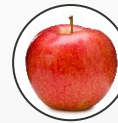


Meat/Meat Alternate (MMA)



Milk (fluid milk)

Items





Breakfast Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>
Fluid Milk (cups)	1	5	1	5	1	5
Fruits (cups)	1	5	1	5	1	5
Vegetables (cups)	Not required, but vegetables may be substituted for fruits if the first 2 cups per week are from the dark green, red/orange, legumes, or “other” subgroups. Starchy may be offered on any day if the weekly menu includes at least two cups of non-starchy vegetables.					
Grains (oz. eq.)	1	7-10	1	8-10	1	9-10
MMA (oz. eq.)	No daily or weekly requirement. MMA items can count toward weekly grain requirement when at least 1 oz. eq. grain is offered.					
<u>Dietary Specifications</u> Daily amount based on the average for a five day week						
Calories	350-500		400-550		450-600	
Saturated Fat (% of total calories)	<10		<10		<10	
Sodium (milligrams)	≤ 540		≤ 600		≤ 640	
Trans Fat (grams)	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					



Breakfast Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>
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Sodium (milligrams)	≤ 540		≤ 600		≤ 640	
Trans Fat (grams)	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					



Additional Breakfast Requirements

- Milk:
 - Milk must be skim or 1% fat
 - Flavored milk must be fat-free
 - Must offer 2 different milk varieties
- Juice:
 - Can only be offered at one meal service (breakfast OR lunch)
- Grains:
 - At least half must be 100% whole grain
 - Other half must be whole grain-rich





Preschool Breakfast		
Food Components	Preschool	
	<u>Daily</u>	<u>Weekly</u>
Fluid Milk (cups)	$\frac{3}{4}$	$3 \frac{3}{4}$
Fruits (cups)	$\frac{1}{2}$	$2 \frac{1}{2}$
Vegetables (cups)	May count towards fruit requirement	
Grains (slices/cups)	$\frac{1}{2}$ slices or $\frac{1}{4}$ cup	$1 \frac{1}{4}$ slices or $1 \frac{1}{4}$ cup
MMA (oz. eq.)	May substitute for grains up to 3 times per week	

- If co-mingled, follow the K-5 meal pattern
- If eating separately / different meal times, need to follow their own meal pattern (CACFP meal pattern)
- No min/max regulations for calories, saturated fat or sodium, but other restrictions apply (next slide)



Pre-K Meal Pattern

- Co-mingled follow K-5 meal pattern
- Pre-K meals if not co-mingled follow CACFP meal pattern
 - Biggest Differences:
 - Grains are not measured in ounce equivalents
 - Whole grain-rich at least once per day
 - No grain-based desserts
 - No flavored milk
 - Sugar limits on cereal and yogurt
 - No Offer Vs Serve
 - For more information on CACFP → www.ride.ri.gov/cnp





Meal Service Types

- Straight Service
 - Pre-plated meal with required components
 - Theoretically, every student receives a reimbursable meal
 - Only allowable type of meal service for preschoolers
 - RI regulation requires additional quantities of fruit and/or vegetable be available for student selection







Meal Service Types Cont'd

- Offer vs Serve (OVS)
 - Must ***offer*** all required components according to meal pattern
 - Students are able to ***choose what they take***, as long as they take at least a $\frac{1}{2}$ cup of fruit or vegetable
 - Pre-plating enough items for a reimbursable meal, and then allowing student to choose if they want the other items, is NOT offer vs serve
 - Breakfast and lunch have different requirements for what is offered and what student selects
 - Offer vs Serve is required for grades 9-12





Breakfast OVS

OVS Requirements at Breakfast	
Must Offer at Least Four Food Items from Three Food Components ¹	Student Must Choose
<ol style="list-style-type: none">1. MILK, 1 cup ²2. FRUITS or optional vegetable substitutions, 1 cup3. GRAINS, 1 oz eq4. Additional food item from either FRUITS (including optional vegetable substitutions) or GRAINS (including meat/meat alternate substitutions) 	<p>At least three food items including at least ½ cup of fruit (or vegetable substitution, if offered)</p> 
<p>¹ The serving size for each food item must be at least the minimum daily required quantities in the SBP meal pattern. The menu planner determines the daily serving size to meet the required weekly amounts for each component.</p> <p>² Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served. The four food items cannot include two servings of milk.</p>	



Breakfast Meal Pattern

Practice!



Reimbursable or Not?





Reimbursable or Not?





Reimbursable or Not?





Reimbursable or Not?





Lunch Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>
Fluid Milk (cups)	1	5	1	5	1	5
Fruits (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Grains (oz. eq.)	1	8-9	1	8-10	2	10-12
MMA (oz. eq.)	1	8-10	1	9-10	2	10-12
<u>Dietary Specifications</u> Daily amount based on the average for a five day week						
Calories	550-650		600-700		750-850	
Saturated Fat (% of total calories)	<10		<10		<10	
Sodium (milligrams)	≤ 1,230		≤ 1,230		≤ 1,230	
Trans Fat (grams)	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					



Lunch Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>
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Lunch Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
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Lunch

Lunch Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>	<u>Daily</u>	<u>Weekly</u>
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Fruits (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Dark Green	0	½	0	½	0	½
Red/Orange	0	¾	0	¾	0	1 ¼
Legumes	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	¾
Additional	0	1	0	1	0	1 ½
Grains (oz. eq.)	1	8-9	1	8-10	2	10-12
MMA (oz. eq.)	1	8-10	1	9-10	2	10-12



Lunch

Lunch Meal Pattern

<u>Food Components</u>	<u>K-5</u>		<u>6-8</u>		<u>9-12</u>	
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Fruits (cups)	½	2 ½	½	2 ½	1	5
Vegetables (cups)	¾	3 ¾	¾	3 ¾	1	5
Dark Green	0	½	0	½	0	½
Red/Orange	0	¾	0	¾	0	1 ¼
Legumes	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	¾
Additional	0	1	0	1	0	1 ½
Grains (oz. eq.)	1	8-9	1	8-10	2	10-12
MMA (oz. eq.)	1	8-10	1	9-10	2	10-12



Vegetable Subgroups

- Leafy greens:
Credit for half
their serving
size. $\frac{1}{2}$ cup
spinach = $\frac{1}{4}$ cup
of dark green
vegetables

- Find this
handout on the
RIDE website
under NSLP –
Meal Pattern
Requirements

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> arugula beet greens bok choy broccoli broccoli rabe (rapini) broccolini butterhead lettuce (Boston, bibb) dark green leafy lettuce chicory collard greens endive escarole kale mesclun mustard greens spinach Swiss chard romaine lettuce turnip greens watercress 		<ul style="list-style-type: none"> acorn squash butternut squash carrots chili peppers (red) hubbard squash pumpkin red peppers sweet potatoes tomatoes tomato juice winter squash 	<ul style="list-style-type: none"> black beans black-eyed peas (mature, dry) cowpeas fava beans garbanzo beans (chickpeas) kidney beans lentils lima beans, mature mung beans navy beans pink beans pinto beans soy beans split peas white beans 	<ul style="list-style-type: none"> * Does not include green peas, green lima beans and green (string) beans
STARCHY fresh, frozen and canned		OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> black-eyed peas, fresh (not dry) corn cassava cowpeas, fresh (not dry) field peas, fresh (not dry) green banana green peas lima beans, green (not dry) pigeon peas, fresh (not dry) plantains potatoes taro water chestnuts yams (not sweet potatoes) 		<ul style="list-style-type: none"> artichokes asparagus avocado bamboo shoots bean sprouts (e.g., alfalfa, mung) beets Brussels sprouts Cabbage, green and red cauliflower celeriac celery chives cucumbers daikon (oriental radish) 	<ul style="list-style-type: none"> eggplant fennel green beans garlic green peppers horseradish iceberg lettuce jicama kohlrabi leeks mushrooms olives okra onions parsnips 	<ul style="list-style-type: none"> peas in pod peppers (green sweet bell, green chili) pickles (cucumber) radishes rhubarb shallots snow peas spaghetti squash turnips wax beans yellow beans yellow summer squash zucchini squash



Additional Lunch Requirements

- Milk:
 - Milk must be skim or 1% fat
 - Flavored milk must be fat-free
 - Must offer 2 different milk varieties
- Juice:
 - If offered at breakfast, cannot offer at lunch
- Fruits and Vegetables:
 - Must offer at least 3 types
- Grains:
 - At least half must be 100% whole grain
 - Other half must be whole grain-rich





Preschool Lunch		
Food Components	Preschool	
	Daily	Weekly
Fluid Milk (cups)	$\frac{3}{4}$	$3 \frac{3}{4}$
Fruits (cups)	$\frac{1}{4}$	$1 \frac{1}{4}$
Vegetables (cups)	$\frac{1}{4}$	$1 \frac{1}{4}$
Grains (slices/cups)	$\frac{1}{2}$ slices or $\frac{1}{4}$ cup	$1 \frac{1}{4}$ slices or $1 \frac{1}{4}$ cup
MMA (oz. eq.)	$1 \frac{1}{2}$	$7 \frac{1}{2}$

- If co-mingled, follow the K-5 meal pattern
- If eating separately / different meal times, need to follow their own meal pattern (CACFP meal pattern)





Meal Service Types at Lunch

- Straight Service (same rules as breakfast)
 - Pre-plated meal with required components
 - Theoretically, every student receives a reimbursable meal
 - Only allowable type of meal service for preschoolers
 - RI regulation requires additional quantities of fruit and/or vegetable be available for student selection





Offer vs. Serve at Lunch

OVS Requirements at Lunch	
Must Offer Five Components ¹	Student May Decline
<ul style="list-style-type: none">• One serving of milk ²• One serving of fruits• One serving of vegetables• One serving of grains• One serving of meat/meat alternates 	<p>One or two food components but must take at least $\frac{1}{2}$ cup of fruits or vegetables</p> 
<p>¹ Serving sizes for each grade group must be at least the minimum daily required quantities in the NSLP meal pattern. The menu planner determines the daily serving size to meet the required weekly amounts for each component.</p> <p>² Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.</p>	



Lunch Meal Pattern

Practice!



Reimbursable or Not?





Reimbursable or Not?





Reimbursable or Not?





Reimbursable or Not?





Reimbursable or Not?





Smart Snacks



- Any food or beverage sold outside of a reimbursable meal
- Standards:
 - Whole grain-rich grain product; OR
 - First ingredient is fruit, veg, dairy, or protein; OR
 - Combination food containing at least $\frac{1}{4}$ cup fruit and/or veg; AND
 - Meets nutrient standards for calories, sodium, sugar and fat
- Additional RI requirements:
 - No artificial sweeteners
 - No added sweeteners in beverages
 - No caffeine

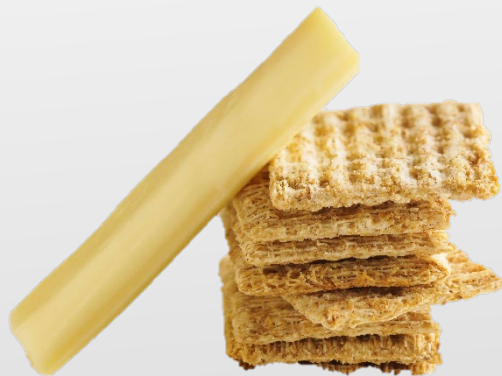


[Smart Snacks
Calculator](#)



Afterschool Snack

- Students must take two different components in the minimum serving size
- No requirement for a fruit or vegetable component
- Juice can only be offered twice per week per Rhode Island regulation



Serve any of the two following components (must be different components)

Grades K-12

Milk

Low-fat (1%) unflavored milk, fat-free unflavored milk, or fat-free flavored milk

1 cup

Meat / meat Alternate

Lean meat or poultry or fish

1 ounce

Tofu, soy products, or alternate protein products

1 ounce

Cheese

1 ounce

Cottage cheese

$\frac{1}{4}$ cup

Eggs, large

$\frac{1}{2}$

Cooked dry beans or peas

$\frac{1}{4}$ cup

Peanut butter or soy butter or other nut or seed butters

2 Tablespoons

Peanuts or soy nuts, or tree nuts or seeds

1 ounce

Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened

4 ounces or
 $\frac{1}{2}$ cup

Vegetables / Fruits

Vegetables, fruits, full-strength fruit or vegetable juice

$\frac{3}{4}$ cup

Grains / Breads

Whole grain or enriched bread

1 slice

Whole grain or enriched bread products (cornbread, biscuits, rolls, muffins)

1 serving

Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain, or pasta

$\frac{1}{2}$ cup

Whole grain or enriched savory crackers and sweet crackers (animal crackers, and graham crackers)

1 serving



Common Snack Combos

No Refrigerator Access

Apple
Sun butter

WG popcorn
Banana

WG pretzels
100% fruit juice

WG Goldfish Crackers
Orange

Refrigerator Access

Apple
Cheese Stick

Blueberries
Low fat yogurt

Carrot sticks w/low fat ranch
WG tortilla chips

WG blueberry muffin
Low fat milk



Nutrition Documentation & Record-Keeping

- Menus
- Standardized Recipes
- Production Records
- Product documentation
 - CN labels
 - Product Formulation Statements





Menus

- A menu is a descriptive list of all the reimbursable meals offered
- 5-day Monday-Friday
- RCCI: 7-day Sunday-Saturday

MONDAY

26

Cheese Ravioli w/Dinner Roll
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chicken Caesar Salad w/Bread Stick
Salad Blend Mix,
Broccoli Florets, Carrot Sticks,
Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

TUESDAY

27

Chicken Tenders w/Roll
Ham and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chicken Caesar Salad w/Bread Stick
Mix Vegetables
Salad Blend Mix,
Broccoli Florets, Carrot Sticks,
Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

WEDNESDAY

28

Corn Dog Nuggets
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chicken Caesar Salad w/Bread Stick
Peas
Salad Blend Mix,
Broccoli Florets, Carrot Sticks,
Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

THURSDAY

29

Chicken Fajita
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chicken Caesar Salad w/Bread Stick
Salad Blend Mix,
Broccoli Florets, Carrot Sticks,
Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

FRIDAY

30

Cheese Pizza
Tuna Salad on a Bun
Sunbutter and Jelly Sandwich
Chicken Caesar Salad w/Bread Stick
Salad Blend Mix,
Broccoli Florets, Carrot Sticks,
Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

This institution is an equal opportunity provider.



Production Records

- USDA requirement for the National School Lunch Program, School Breakfast Program and Afterschool Snack Program.
- Provides documentation that meals planned were served.
- Ensures that requirements for the meal pattern components are met in the correct quantities.
- An excellent planning and forecasting tool for a successful food service operation.
 - Minimizes overproduction and food waste; and
 - Identifies trends and tracks participation.



Production Records (cont.)

- Must show how the meals planned/offered contribute to the meal pattern.
 - food components
 - food quantities/portion size
 - age/grade group
- Demonstrate meals prepared AND served – demonstrate what was left over. Did any components run out?
- Show any substitutions made to menu
- Adult meals and a la carte sales



School Name: [REDACTED]

Date: January 13, 2017

Meal Type: [REDACTED]

Lunch, Secondary, 6-8, SY 16-17

Meals	Planned	Prepared	Served
Reimb			332
ALC			
Adult			7
Other			22
Total			361

Grade Group: 6-8

Chf vs. Serve: Yes _____ No _____

Manager Signature: [REDACTED]

Notes:

362

10 ft

Recipe #	Recipe Name	Portion Size	Utensil	Meal Components	Qty Prepared	Leftover	Serve Svgs Total	Serve Svgs ALC	Serve Svgs Reimb	Temp 1	Temp 2	Temp 3	Comments
----------	-------------	--------------	---------	-----------------	--------------	----------	------------------	----------------	------------------	--------	--------	--------	----------

CREATE

42893.9	Shepherd's Pie	1 piece		2 oz MMA, 1/2 c V (1/4 S, 1/4 A)	48	7	41	0	41	176	162	155	
70574.3	Whole Grain Dinner Roll	2 each	tongs	2 oz G (WG)	30	1			39				

2MATO

40416.82	Philly Cheese Steak Pizza	1 slice	spatula	2 oz MMA, 2.5 oz G (WG)	8	4	4	0	4	182	166	148	Bake
34238.184	Classic Pepperoni Pizza	1 slice	spatula	2 oz MMA, 2.5 oz G (WG)	88	2	86	1	85	184	170	180	cooked
34238.77	Classic Cheese Pizza	1 slice	spatula	2 oz MMA, 2.5 oz G (WG)						184	176	180	
37415	Roma Herb Blend	1/4 tsp											

GRILL

34925.386	Classic American Burger	1 sandwich	tongs	2 oz MMA, 2 oz G (WG)	6	1	5	0	5	168	160	142	
34925.430	Classic American Cheeseburger	1 sandwich	tongs	2.5 oz MMA, 2 oz G (WG)	20	0	20	2	20	168	160	142	
34925.452	Bacon Cheeseburger	1 sandwich	tongs	2.75 oz MMA, 2 oz G (WG)	20	0	20	0	20	168	160	142	
34921.177	Crispy Chicken Patty Sandwich	1 sandwich	spatula	2 oz MMA, 3 oz G (WG)	15	3	12	0	12	162	160	144	
35385.16	Whole Grain Chicken Nuggets	6 each	tongs	2.25 oz MMA, 1 oz G (WG)	40	0	40	0	40	162	148	140	

Component Key Code: MMA = Total Meat/Meat Alternate; L = Lean Meat/Meat Alternate; G = Total Grains; E = Enriched; WG = Whole Grain Rich; Fr = Total Fruits; Fr-J = Fruit Juice; V = Total Vegetables; DG = Dark Green; RO = Red/Orange; L = Beans and Peas (Legumes); S = Starchy; O = Other; A = Additional; DG-J = Vegetable Juice; RO-J = Vegetable Juice; O-J = Vegetable Juice; Milk = Total Milk; D = Total Dairy

Bulk Quantity Prepared: Number of pounds, cases, #10 cans, etc. needed to produce total number of portions prepared (refer to Buying Guide and/or right sized recipe)

HACCP Codes: 1 - Ready to eat foods: No Cook; 2 - Same day service - No leftovers; 3 - Complex food prep - Cold finished product; 4 - Complex food prep - Hot finished product



Vended Meals Production Records

- Planned column should come in filled out, or there should be receipt for each menu item
- SFA is then responsible for completing the rest of the PR to document what was served

recipe descriptions	portion size	Planned Reimb- ursable	Planned Ala Carte	Offered Reimb- ursable	Offered Ala Carte	Served Reimb- ursable	Served Ala Carte	Short/ Left- over	Waste	s
Confetti Muffin, SHRI	1 each	18								
Cereal, Cheerios Bowl	each	/								
CHEESE MOZZ STRING	1 each	18								
APPLE JUICE, SUNCUP 4.23 oz	1 each	18								
APPLES, Fresh	EACH	/								
BANANAS	EACH	18								
MILK 1% CARTON	1 each	110								
MILK FAT FREE CARTON	1 each	2								



CK12 APL Pizza, Cheese, Whole Wheat, (34238.77)

Revision Date: Jun 14, 2016

Classic Cheese Pizza

Category: Pizza/Calzone/Flatbread-Pizza/Calzone/Flatbread


Production Area: Hot Entree

Portion: 1 slice

Prep Time: 5 mins
Cook Time: 20 mins

Minimum Batch: 8
Maximum Batch:

(*) Indicates servings have been adjusted in accordance with assigned batch sizes

Step	Ingredients		8* Servings	Servings	Servings
1	CK12 APL Dough, Pizza, 16", WG, Rolled Edge, Drayton, Two Sicily's 68651 (77333)	AP	1 ea		
2	Sauce, Pizza, Canned (7198)	AP	3/4 cup		
3	Cheese, Mozzarella, Part Skim, Pre-Shredded (1656)	AP	1 lb		
	Spice, Oregano, Ground (7386)	AP	1 tsp		
4	 CK12 APL Garlic Herb Seasoned Oil (34237)		2 tsp		

Step	Method
------	--------

- 1 Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Remove desired number of pizza dough rounds from the freezer. Remove the paper liners. Place cornmeal dusted side down on prepared screens or pans.

NOTE: The edge of the dough may be crimped to produce a raised edge. To do so, allow the dough to thaw so you can stretch the crust slightly, pinch, and crimp or fold the edges of the pizza. See the Pizza Training Guide.

- 2 Place an 6 oz. ladle (3/4 cup) of pizza sauce in the center of the pizza. Using the back of the ladle spread the sauce within 1/2 inch of the rim of the pizza in a circular motion. Try to avoid getting sauce on the edge of the crust.
- 3 CCP: Wear single use gloves to prevent bare hand contact.

Weigh out one pound cheese and place all of it in the center of the pizza. Using both hands, evenly distribute the cheese over the sauce by gently moving it with your fingers to within 1/2 inch of the dough's edge. Make sure there are no clumps of cheese. Avoid getting cheese on the edge of the crust because it will burn during baking.

Optional: Sprinkle the oregano over the cheese.



Ounce Equivalents

- Grain products: check the whole grain content on the product ingredient label or use the manufacturer's product documentation.

Close

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, SUGAR, SOYBEAN OIL, SALT, DATEM, VINEGAR, MONOGLYCERIDES, SWEET DAIRY WHEY, CALCIUM PROPIONATE (A PRESERVATIVE), ETHOXYLATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SOY LECITHIN.

Close

INGREDIENTS: ENRICHED BLEACHED FLOUR, WHEAT FLOUR, MALTED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), NIACIN (VITAMIN B₃), FOLIC ACID, WATER, WHEAT BRAN, HIGH FRUCTOSE CORN SYRUP, WHOLE GRAIN WHEAT FLOUR, YEAST, WHEAT GLUTEN, SOYBEAN OIL, WHOLE GRAIN OATMEAL, MOLASSES, WHOLE GRAIN RYE MEAL, SALT, BARLEY FLAKES, VINEGAR, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (A PRESERVATIVE), SWEET DAIRY WHEY, CARAMEL COLOR, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SOY LECITHIN.



Ounce Equivalents

- Grain products: check the whole grain content on the product ingredient label or use the manufacturer's product documentation.

Close

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, SUGAR, SOYBEAN OIL, SALT, DATEM, VINEGAR, MONOGLYCERIDES, SWEET DAIRY WHEY, CALCIUM PROPIONATE (A PRESERVATIVE), ETHOXYLATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SOY LECITHIN.

Close

INGREDIENTS: ENRICHED BLEACHED FLOUR, WHEAT FLOUR, Malted Barley Flour, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), NIACIN (VITAMIN B₃), FOLIC ACID, WATER, WHEAT BRAN, HIGH FRUCTOSE CORN SYRUP, WHOLE GRAIN WHEAT FLOUR, YEAST, WHEAT GLUTEN, SOYBEAN OIL, WHOLE GRAIN OATMEAL, MOLASSES, WHOLE GRAIN RYE MEAL, SALT, BARLEY FLAKES, VINEGAR, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (A PRESERVATIVE), SWEET DAIRY WHEY, CARAMEL COLOR, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SOY LECITHIN.

- Processed meat products: Items that contain additives like water require a document from the manufacturer to determine the accurate ounce equivalent

INGREDIENTS: COOKED SMOKED HAM (HAM, WATER, SALT, TURBINADO SUGAR, NATURAL FLAVOR, LACTIC ACID CULTURE (NOT FROM MILK)), SEA SALT, ORGANIC EVAPORATED CANE JUICE, RENDERED CHICKEN FAT, DRIED TORULA YEAST, NATURAL FLAVORING, YEAST EXTRACT, DRIED SOY SAUCE (SOYBEANS, SALT, WATER), NATURAL SMOKE FLAVOR.



Product Documentation

When foods cannot be credited by a means of simply measuring or weighing the product look for:

- Child Nutrition (CN) Labels
- Product Formulation Statements (PFS)

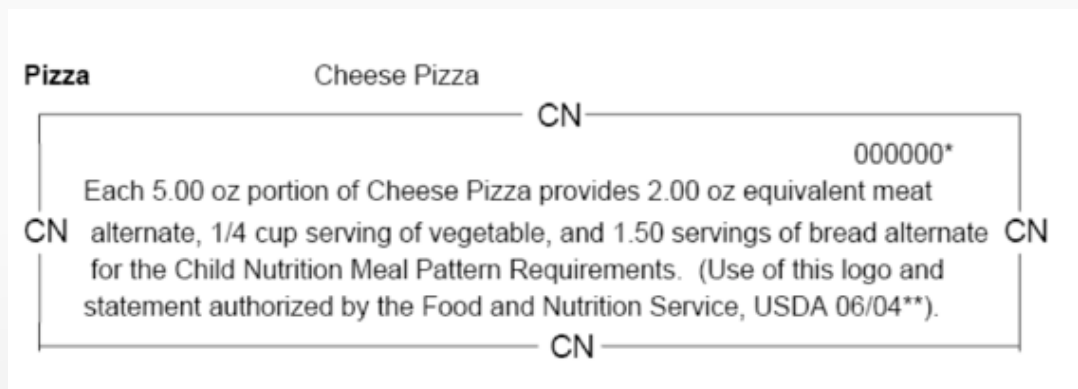


Child Nutrition (CN) Labels

The USDA, Child Nutrition (CN) Labeling Program provides food manufacturers the option to include a standardized food crediting statement on their product label.



Child Nutrition (CN) Labels clearly identify the contribution of a product toward the meal pattern requirements.



How to identify a CN label:

- The CN logo - a distinct border
- The meal pattern contribution statement
- A 6-digit product identification number
- USDA/FNS authorization statement
- The month and year of approval



CN Labels - Example



- Remove, photocopy, or photograph the label from the original packaging.
- Watermarked CN label copies may be used if the Bill of Lading (invoice) can be provided.



PFS (Cont.)

What to look for:

- Is the PFS on a company letterhead?
- Does the PFS include product name, product code number, and serving/portion size?
- Does the PFS demonstrate how creditable ingredients contribute toward the meal pattern requirement(s) (i.e., provides information to calculate crediting)?
- The total creditable amount should never be rounded up. The total creditable amount must **round down** to the nearest 0.25 oz. (e.g., total creditable amount of 0.99 oz. must **round down** to 0.75 oz.).
- Crediting cannot exceed the total serving size of the product (e.g., a 2.15 oz. beef patty may not credit more than 2.00 oz. meat/meat alternate).
- Signed by an official of the manufacturer – not a sales person.



RIDE

Land O'Lakes, Inc.



FOODSERVICE

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Product Analysis Sheet/Product Formulation Statement for Meat/Meat Alternate (M/MA) Products

Product Name: Shredded Mozzarella Cheese

Code No.: 41698

Manufacturer: Land O'Lakes, Inc.

Case/Pack/Count/Portion/Size: 20 lb. case (4-5 lb. pouches)

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount *
Low Moisture Part Skim Mozzarella cheese	1 oz.	X	1 oz.	1 m/ma
A. Total Creditable Amount:				1 m/ma

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in the Example of Documentation on the next page for each APP used.

*Percent of Protein As-Is is provided on the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		+ by 18	
		X		+ by 18	
		X		+ by 18	
B. Total Creditable Amount:					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)					

*Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 as most equivalent). Do not round up. If you are crediting both M/MA and APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased 1 oz.

Total creditable amount of product (per portion) 1 oz.

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I certify that the above information is true and correct and that a 1 ounce serving of the above product (ready for serving) contains 1 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Shirish Mehta
Signature of Company Official

Shirish Mehta

VP Research & Development, Dairy Foods

Title

2/18/2014



RIDE

Land O'Lakes, Inc.



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Product Analysis Sheet/Product Formulation Statement for Meat/Meat Alternate (M/MA) Products

Product Name Shredded Mozzarella Cheese

Code No.: 41698

Manufacturer: Land O'Lakes, Inc.

Case/Pack/Count/Portion/Size: 20 lb. case (4-5 lb. pouches)

I. Meat/Meat Alternate

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Low Moisture Part Skim Mozzarella cheese	1 oz.	X	1 oz.	1 m/ma
A. Total Creditable Amount:				1 m/ma

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in the Example of Documentation on the next page for each APP used.

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**18 is the percent of protein when fully hydrated.

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Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		+ by 18	
		X		+ by 18	
		X		+ by 18	
B. Total Creditable Amount:					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					

Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 as meat equivalent). Do not round up. If you are crediting both M/MA and APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased 1 oz.

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Product Analysis Sheet/Product Formulation Statement for Meat/Meat Alternate (M/MA) Products

Product Name: Shredded Mozzarella Cheese

Code No.: 41698

Manufacturer: Land O'Lakes, Inc.

Case/Pack/Count/Portion/Size: 20 lb. case (4-5 lb. pouches)

I. Meat/Meat Alternate

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A. Total Creditable Amount:				1 m/ma

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

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		X		+ by 18	
		X		+ by 18	
		X		+ by 18	
B. Total Creditable Amount†					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					

†Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 as meat equivalent). Do not round up. If you are crediting both M/MA and APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

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Code No.: 41698

Manufacturer: Land O'Lakes, Inc.

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Low Moisture Part Skim Mozzarella cheese	1 oz.	X	1 oz.	1 m/ma
A. Total Creditable Amount:				1 m/ma

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in the Example of Documentation on the next page for each APP used.

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Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		+ by 18	
		X		+ by 18	
		X		+ by 18	
B. Total Creditable Amount†					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					

†Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 as most equivalent). Do not round up. If you are crediting both M/MA and APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

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I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Shirish Mehta
Signature of Company Official

Shirish Mehta

VP Research & Development, Dairy Foods

Title

2/18/2014



Other Ways to Determine Menu Compliance: Food Buying Guide

The screenshot shows the USDA Food Buying Guide for Child Nutrition Programs website. The header features the USDA logo and the text "Food Buying Guide for Child Nutrition Programs" and "U.S. DEPARTMENT OF AGRICULTURE". Below the header is a green navigation bar with links: HOME, MEAL COMPONENTS, FOOD ITEMS, TOOLS, APPENDICES, HELP, and LOG OUT. The main content area has a heading "WELCOME TO THE FOOD BUYING GUIDE" followed by a paragraph describing the interactive guide. At the bottom, there is a grid of buttons for various tools and resources.

USDA Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDICES ▾ HELP ▾ LOG OUT

WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites
Download Food Buying Guide	
Exhibit A Grains Tool	FBG Calculator
Recipe Analysis Workbook (RAW)	



Other Ways to Determine Menu Compliance: Exhibit A Grain Requirements Chart

Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz



If you are unsure, always reach out!

Menu worksheets...



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