

Meal Patterns

Participant Guide

This participant guide provides resources, hand-outs, activities, and space to write notes during class. It is designed to supplement the class rather than directly mirror the PowerPoint slides in a one-to-one manner.

Training Overview

Length	6 Hours
Description	This class aims to teach operators of the National School Lunch Program and the School Breakfast Program the basic meal pattern knowledge, skills, and competencies necessary to run effective and compliant programs including the lunch and breakfast meal patterns. To include offer vs. serve requirements for NSLP and SBP and reimbursable meals.
USDA Key Areas	1000- Nutrition 2000- Operations
USDA Professional Standards Codes	Menu Planning: 1100, 1120, 1140,1170 Nutrition Education:1210 Food Production: 2100, 2200,2150
Learning Objective(s)	<ol style="list-style-type: none">1. Discuss the components required for a lunch and breakfast reimbursable meal.2. Discuss the OVS similarities between school lunch and breakfast meals.3. Discuss unit prices for a reimbursable meal.4. Discuss considerations for OVS menu planning.5. Create signage that identifies food components/food items for a reimbursable lunch and breakfast and promotes nutrition education messages in the cafeteria.



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Food and Nutrition Division
Nutrition Assistance Programs

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www.SquareMeals.org

Common Acronyms

CE	Contracting Entity (same as RA)
FND/F&N	Food & Nutrition
NSLP	National School Lunch Program
RA	Recipient Agency (same as CE). This term is more common in USDA
TDA	Texas Department of Agriculture
USDA	United States Department of Agriculture

Resources

SquareMeals.org	TDA Food & Nutrition Website	News, resources, and trainings for all 12 Food & Nutrition programs in Texas
ARM	Administrative Review Manual (located on SquareMeals.org)	A reference document used to provide guidance on the administration of federally funded programs.
TASB.org	Texas Association of School Boards Website	TASB is a voluntary, nonprofit, statewide educational association that serves and represents local Texas school boards to share information through publications and training to help Texas board members serve their communities more effectively.

TheICN.org	Institute of Child Nutrition Website	The ICN is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs.
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Why does this Matter?

Me

- How will this class help me?

My Organization

- Which specific areas within this course topic does their organization needs help or guidance with?

My Food Program Participants

- How will this class help the recipients of my food program?

Notes

Chart 5A: Preschool Meal Pattern: Breakfast

Select all three components for a reimbursable meal

Meal Component ¹	Minimum Quantities	
	Ages 1 - 2	Ages 3 - 5
Fluid Milk ²	4 fl oz	6 fl oz
Vegetables, fruits, or portions of both ³	1/4 cup	1/2 cup
Grains (oz eq) ^{4, 5, 6, 7}	1/2 oz eq	1/2 oz eq

¹ Must serve all three components for a reimbursable meal.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.

³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵ Meats and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one-ounce equivalent of grains.

⁶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

⁷ Refer to FNS guidance for additional information on crediting different types of grains.

Chart 5B: Preschool Meal Pattern: Lunch

Select all five components for a reimbursable meal

Meal Component ¹		Minimum Quantities	
		Ages 1 - 2	Ages 3 - 5
Fluid Milk ²		4 fl oz	6 fl oz
Meats/Meat Alternates (Edible portion as served)	Lean meat, poultry, or fish	1 oz eq	1-1/2 oz eq
	Tofu, soy products, or alternate protein products ³	1 oz eq	1-1/2 oz eq
	Cheese	1 oz eq	1-1/2 oz eq
	Large egg	1/2	3/4
	Cooked dry beans or peas	1/4 cup	3/8 cup
	Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ⁴	4 ounces or 1/2 cup	6 ounces or 3/4 cup
	The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 oz eq = 50%	3/4 oz eq = 50%
Vegetable ^{5, 6}		1/8 cup	1/4 cup
Fruits ^{5, 6}		1/8 cup	1/4 cup
Grains (oz eq) ^{7, 8, 9}		1/2 oz eq	1/2 oz eq

¹ Must serve all five components for a reimbursable meal.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.

³ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁸ Refer to FNS guidance for additional information on crediting different types of grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Chart 1A: School Breakfast Program (SBP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Amount of Food¹ Per Week (Minimum per day)			
Fruits (cups) ^{2,3}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{2,3}	0	0	0
▶ Dark Green	0	0	0
▶ Red/Orange	0	0	0
▶ Beans and Peas (Legumes)	0	0	0
▶ Starchy	0	0	0
▶ Other	0	0	0
Grains (oz eq) ⁴	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ⁵	0	0	0
Fluid Milk (cups) ⁶	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min - Max Calories (kcal) ^{7,8}	350-500	400-550	450-600
Saturated Fat (% of total calories) ⁸	< 10	< 10	< 10
Sodium Target 1 (mg) (SY 2022-2023 SY 2023-2024)	≤ 540	≤ 600	≤ 640
<u>Trans Fat</u> ⁹	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.		

- ¹ Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- ² One quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- ³ Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups, as defined in §210.10(c)(2)(iii) of this chapter.
- ⁴ At least eighty percent of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.
- ⁵ There is no meats/meat alternates requirement.
- ⁶ All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.
- ⁷ The average daily calories for a 5-day school week menu must be within the range (at least the minimum and no more than the maximum values).
- ⁸ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
- ⁹ Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

Introduction

Chart 1B: National School Lunch Program (NSLP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Amount of Food¹ Per Week (Minimum per day)			
Fruits (cups) ²	2-1/2 (1/2)	2-1/2 (1/2)	5 (1)
Vegetables (cups) ²	3-3/4 (3/4)	3-3/4 (3/4)	5 (1)
▶ Dark Green ³	1/2	1/2	1/2
▶ Red/Orange ³	3/4	3/4	1-1/4
▶ Beans and Peas (Legumes) ³	1/2	1/2	1/2
▶ Starchy ³	1/2	1/2	1/2
▶ Other ^{3, 4}	1/2	1/2	3/4
Additional Vegetable to Reach Total ⁵	1	1	1-1/2
Grains (oz eq) ⁶	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min - Max Calories (kcal) ⁸	550-650	600-700	750-850
Saturated Fat (% of total calories) ⁸	< 10	< 10	< 10
Sodium Target 1 (mg) (SY 2022-2023)	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Target 1A (mg) (SY 2023-2024)	≤ 1,110	≤ 1,225	≤ 1,280
<u>Trans Fat</u> ⁹	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.		

- ¹ Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- ² One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- ³ Larger amounts of these vegetables may be served.
- ⁴ This category consists of "Other vegetables" as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.
- ⁵ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ⁶ At least eighty percent of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched.
- ⁷ All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.
- ⁸ The average daily calories for a 5-day school week menu must be within the range (at least the minimum and no more than the maximum values). Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.
- ⁹ Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

Qualifying Legumes (Beans/Peas)

Bean Products, dehydrated, Refried Beans

Bean Products, dry beans, canned, beans baked or in sauce with pork

Bean Products, dry beans, canned, beans with bacon in sauce

Bean Products, dry beans, canned, beans with frankfurters in sauce

Bean Products, dry beans, canned; Beans, Baked or in sauce, Vegetarian, includes USDA Foods

Bean Products, dry beans, canned; Refried Beans, includes USDA Foods

Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)

Bean soup, dry beans, canned, ready-to-serve

Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods

Beans, black, (Turtle beans), dry, whole

Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods

Beans, black-eyed (or Peas), dry, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, whole

Beans, Great Northern, dry, canned, whole, includes USDA Foods

Beans, Great Northern, dry, whole, includes USDA Foods

Beans, Kidney, dry, canned, whole, includes USDA Foods

Beans, Kidney, dry, whole, includes USDA Foods

Beans, Lima, dry Baby, whole, includes USDA Foods

Beans, Lima, dry, canned, Green, whole, includes USDA Foods

Beans, Lima, dry, Fordhook, whole

Beans, Mung, dry, whole

Beans, Navy or Pea, dry, whole, includes USDA Foods

Beans, Pink, dry, canned, whole, includes USDA Foods

Beans, Pink, dry, whole, includes USDA Foods

Qualifying Legumes (Beans/Peas), continued

Beans, Pinto, dehydrated

Beans, Pinto, dry, canned, whole, includes USDA Foods

Beans, Pinto, dry, whole, includes USDA Foods

Beans, Red, Small, dry, canned, whole, includes USDA Foods

Beans, Red, Small, dry, whole, includes USDA Foods

Beans, Soy, Edamame

Beans, Soy, dry, canned, shelled

Beans, Soy, dry, shelled

Lentils, dry

Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup

Pea soup, dry peas, canned, ready-to-serve

Peas, dry, split

Peas, dry, whole

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) Sweet Crackers ⁵ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	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
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

¹ In the NSLP and SBP (grades K-12), at least eighty percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criteria.

² For the NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/breads servings. Beginning Oct. 1, 2021, grain quantities in the CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) ^{6,7}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Vegetable Menu Worksheet

Instructions:

- Locate the Sample CN Label for Chicken Stir Fry Bowl, the White Chicken Chile recipe, the K-8 Sample Lunch Menu, and the Vegetables K-8 Menu Worksheet located in your Participant's Guide.
- Review the menu items.
- Identify the name of all the vegetables, portion sizes, and the appropriate vegetable subgroup. Record your answers on the Vegetables K-8 Menu Worksheet.
- Monday menu has been completed on the worksheet as an example.

Sample CN Label



The CN Label product will always contain the following:

- the CN Label, which has a distinctive border,
- the meal pattern contribution statement,
- a unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo,
- the USDA/FNS authorization statement,
- the month and year of final FNS approval appearing at the end of the authorization statement, and
- the remaining required label features: product name, inspection legend, ingredients, USDA statement, signature/address line, and net weight.

Main Dish

White Chicken Chile Recipe

Healthier Kansas Recipe 128

HACCP: #2 Same Day Service

Iowa Gold Star

Ingredients	100 Servings		Servings		PREPARATION INSTRUCTIONS
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb. 8 oz. 5 oz. 10 lb.	3 #10 cans plus 28 oz.			1. In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally.
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz. 12 lb. 8 oz.	3 Tbsp			3. Add green chili peppers. 4. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gallons + 2 ¾ quarts. Adjust with extra chicken stock if needed. CCP: Heat to 165°F or higher for 15 seconds. 5. Pour into serving pans. Portion with 6 oz. ladle (K-8) or 8 oz. ladle (9-12). CCP: Hold for hot service at 135° F or higher.
Mozzarella Cheese, part skim, shredded	4 lb. 11 oz.				6. Top chiii with ½ oz. mozzarella cheese.

Serving Size	1 Serving Provides	Yield
3/4 cup (6 oz. spoodle)	2.25 oz. equivalent M/MA and 0.25 cup vegetable, BP (legumes)	K-8: 100 servings

Nutrients Per Serving

Calories	176	Vitamin A	8.09 IU	Iron	2.5 mg
Protein	23.53 gm	Vitamin C	3.2 mg	Calcium	190.38 mg
Carbohydrate	12.36 gm	Fiber	3.19 gm	Cholesterol	48.63 mg
Fat	4.6 gm	% Fat	23.53 %	Sodium	590.92 mg
Saturated Fat	2.34 gm	% Saturated Fat	11.98 %		

K-8 Sample Lunch Menu

<p>Notes: Garden Bar & Vegetable Offerings: Leafy Greens (1 cup = ½ cup serving), Vegetables (½ cup unless otherwise noted), Fruits (½ cup) All lunches include fat-free unflavored or flavored Fluid Milk (1 cup)</p>				
Monday	Tuesday	Wednesday	Thursday	Friday
Lentils of the Southwest (2 oz eq M/MA) Carrot Coins WW Roll (2 oz eq) Garden Bar: Romaine/Spinach, Celery, Tomatoes, Vegetarian Baked Beans Peaches Fresh Banana	Chicken Stir Fry Bowl (1.5 oz eq M/MA + 1 oz eq Grain+ 5/8 cup Vegetable) Roasted Corn Garden Bar Romaine, Garbanzo Beans, Baby Carrots, Cucumber Mandarin Oranges Fresh Apples	Beef & Pinto Bean Taco Salad (Shredded Romaine/Spinach w/ 1 oz eq Beef, 1 oz eq Cheese, & 1/8 cup Pinto Beans (V) Whole Grain Pita Chips (2 oz eq) Garden Bar Romaine, Celery, Cabbage/Carrot Slaw (1/4 cup Cabbage, 1/8 cup Carrot), Tomato Salsa Pineapple Tidbits Fresh Kiwi	White Chicken Chile (2. 1/4 M/MA oz eq + 1/4 cup Vegetable) WW Roll (2 oz eq) Romaine Salad (Romaine, 1/2 cup tomatoes, 1/4 cup cucumbers) Mixed Fruit Fresh Orange Smiles	Crispy Fish Taco (1 oz eq + 1 oz eq) on WW Tortilla (1 oz eq) Cabbage 1/4 cup Sweet Potato Fries Garden Bar Romaine/Spinach, Salsa, Cucumbers, Garbanzo Beans Pears Fresh Fruit Salad (Bananas Apples, Oranges, Kiwi)

Note: Green leafy vegetables serving sizes were determined using this equivalent 1 cup = ½ cup serving. The serving size listed on the menu represents the necessary portion for a ½ cup serving.

Vegetables K-8 Menu Worksheet

Instructions:

Locate in your Participant's Guide the Sample CN Label, the White Chicken Chile recipe, and the K-8 Sample Lunch Menu. Review the menu items. Identify the name of all the vegetables, portion sizes, and the appropriate vegetable subgroup. Record your answers in the appropriate vegetable subgroup column. Answers for fresh dark green leafy vegetables should be recorded in the credible serving size such as ½ cup. Monday menu has been completed on the worksheet as an example.

Day	Dark Green Servings	Red/ Orange Servings	Legumes Servings	Starchy Servings	Other Servings
Monday	Romaine and Spinach ½ cup	Carrot Coins ½ cup Tomatoes ½ cup	Vegetarian Baked Beans ½ cup		Celery ½ cup
Tuesday					
Wednesday					
Thursday					
Friday					
Total Servings					

Fruit and Vegetable Selection Worksheet Sample

Beef Stew Scenario

Instructions: List possible options the K-5 and 6-8 grade students must select to meet the minimum fruit/or vegetable quantity requirement for a reimbursable lunch.

Beef Stew Menu

- Beef stew (contains $\frac{1}{2}$ cup vegetables)
- Seasoned corn ($\frac{1}{2}$ cup vegetables)
- Carrot/raisin salad ($\frac{1}{2}$ cup fruit/vegetable combo)
- Green bean (contains $\frac{1}{4}$ cup vegetables)
- Steamed green peas ($\frac{1}{4}$ cup vegetables)
- Chilled peaches ($\frac{1}{4}$ cup fruit)
- Fresh red apple ($\frac{1}{2}$ cup fruit)

Grades

K-5	Daily minimum fruit requirements <u>$\frac{1}{2}$ cup</u>
6-8	Daily minimum fruit requirements <u>$\frac{1}{2}$ cup</u>
K-5	Daily minimum vegetable requirements <u>$\frac{3}{4}$ cup</u>
6-8	Daily minimum vegetable requirements <u>$\frac{3}{4}$ cup</u>

What are the menu items options a K-5 or a 6-8 grade student could select for a $\frac{1}{2}$ cup serving of fruit and/or vegetables?

Possible responses:

Next Steps

1. Identify Key Take-Aways

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2. Create a Plan

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3. Contact for TA

- My ESC Number:
- My ESC Contact Name:
- My ESC Contact Email:
- My ESC Contact Phone Number
- Other Info:

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