

# Menu Planning for Healthy School Meals

## 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

<b>Length</b>	3 Hours
<b>Description</b>	This class teaches menu planners of the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) key aspects of menu planning. Basic procurement and inventory management in relation to menu planning. As well as steps for successful menu planning utilizing menu development resources and effective marketing techniques.
<b>USDA Key Areas</b>	1000 (Nutrition) 2000 (Operations)
<b>USDA Professional Standards Codes</b>	Menu Planning: 1110, 1120, 1140, 1170 Food Production: 2110, 2120, 2150
<b>Learning Objective(s)</b>	<ol style="list-style-type: none"><li>1. Understand the Key Aspects of Menu Planning: Grade Groups, Meal Components, Meal Patterns, Dietary Specifications.</li><li>2. Steps for Successful Menu Planning for School Meals and Approved Meal Modifications.</li><li>3. Understand How Procurement and Inventory Management Supports School Nutrition Program Goals.</li></ol>



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division



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	<p>4. Know the Menu Development Resources Available as Tools.</p> <p>5. Effective Marketing Techniques to Increase Participation</p>
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## Common Acronyms

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

## Resources

<b>SquareMeals.org</b>	TDA Food & Nutrition Website	News, resources, and trainings for all 12 Food & Nutrition programs in Texas
<b>ARM</b>	Administrative Review Manual (located on SquareMeals.org)	A reference document used to provide guidance on the administration of federally funded programs.

<b>TASB.org</b>	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.
<b>TheICN.org</b>	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.

# Why does this Matter?

## Me

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- How will this class help me?

## My Organization

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

## My Food Program Participants

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

**Notes**

# Building a Compliant Meal

## Food Item List:

1. Beef **or** Chicken
2. Whole Grain Shells **or** Whole Grain Tortillas
3. Rice
4. Beans
5. Tomatoes
6. Romain Lettuce
7. Assorted milks
8. Homemade Salsa
9. Bananas **or** Canned peaches

Utilize the items listed to create a menu with correct serving sizes for the day for the grade group selected.

# Lunch Menu

Building a Compliant Meal Activity

**Main Entree**

**Vegetables**

**Fruits**

**Extras/Condiments**

**Beverage Choices**

**Texas Department of Agriculture**  
Daily Food Production Record - Onsite Kitchen

1. Contracting Entity (CE) Name or Vendor: \_\_\_\_\_

2. Site Name: \_\_\_\_\_

3. Meal Service:  Breakfast  Lunch  Snack  Supper

3a. Service type:  OVS  Serve Only

4. Number of Meals Served

4a. Reimbursable Student Meals: \_\_\_\_\_

4b. Non-Reimbursable Meals: \_\_\_\_\_

4c. Total Meals: \_\_\_\_\_

5. Date of Service \_\_\_\_\_

Abbreviations used: Meat (M/MA), Grain (G), Vegetable (V), Fruit (F), Milk (M)

6. Food / Menu Item (including condiments)	Planning Section-Complete Before Meal Service											Documentation Section-Complete After Meal Service							
	7. Meal Component Contribution					8. Recipe # or Product Brand and Code	9. Age/Grade: K-5		10. Age/Grade		11. Adults and A la Carte		12. Total Projected Servings (Planned)		13. Total Amount Prepared (Offered)  Purchase Units (Ex: Cases, Lbs, Quarts, Gallons, # 10 Cans, Pans, Etc)	14. Actual # of Servings Selected (Served)  Student	15. Actual # of Servings Selected (Served)  Adult/ Alacarte	16. Leftovers	17. Comments (as applicable)
	M	G	V	F	M		9a. # of Portions Planned	9b. Portion Size	10a. # of Portions Planned	10b. Portion Size	11a. # of Portions Planned	11b. Portion Size	12a. Total # of Planned Servings	12b. Planned Portion Size					

18. Signature & Date - Site Representative: \_\_\_\_\_



# Introduction

**Chart 1B: National School Lunch Program (NSLP)**

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
<b>Amount of Food<sup>1</sup> Per Week (Minimum per day)</b>			
Fruits (cups) <sup>2</sup>	2-1/2 (1/2)	2-1/2 (1/2)	5 (1)
Vegetables (cups) <sup>2</sup>	3-3/4 (3/4)	3-3/4 (3/4)	5 (1)
▶ Dark Green <sup>3</sup>	1/2	1/2	1/2
▶ Red/Orange <sup>3</sup>	3/4	3/4	1-1/4
▶ Beans and Peas (Legumes) <sup>3</sup>	1/2	1/2	1/2
▶ Starchy <sup>3</sup>	1/2	1/2	1/2
▶ Other <sup>3, 4</sup>	1/2	1/2	3/4
Additional Vegetable to Reach Total <sup>5</sup>	1	1	1-1/2
Grains (oz eq) <sup>6</sup>	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) <sup>7</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min - Max Calories (kcal) <sup>8</sup>	550-650	600-700	750-850
Saturated Fat (% of total calories) <sup>8</sup>	< 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> <sup>9</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.		

<sup>1</sup> Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

<sup>2</sup> 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.

<sup>3</sup> Larger amounts of these vegetables may be served.

<sup>4</sup> 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.

<sup>5</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>6</sup> 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.

<sup>7</sup> 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.

<sup>8</sup> 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.

<sup>9</sup> Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

**Chart 1A: School Breakfast Program (SBP)**

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

- <sup>1</sup> Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- <sup>2</sup> 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.
- <sup>3</sup> 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.
- <sup>4</sup> 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.
- <sup>5</sup> There is no meats/meat alternates requirement.
- <sup>6</sup> 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.
- <sup>7</sup> 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).
- <sup>8</sup> 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.
- <sup>9</sup> Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

# EXAMPLE

## Menu-Planning Template Grades K–5 Lunch

	MON	TUE	WED	THURS	FRI	WEEKLY TOTAL
<b>Menu</b>						
<b>Meats/Meat Alternates</b> (1 oz eq minimum per day) (8–10 oz eq per week)						
<b>Vegetables</b> (3/4 cup per day) (3 ¾ cups per week)						
Dark green (1/2 cup per week)						
Red/Orange (3/4 cup per week)						
Beans/Peas (Legumes) (1/2 cup per week)						
Starchy (1/2 cup per week)						
Other (1/2 cup per week)						
Additional Vegetable to Reach Total (1 cup per week)						
<b>Fruits</b> (1/2 cup per day) (2 ½ cups per week)						
<b>Grains</b> (1 oz eq per day) (8–9 oz eq per week)						
<b>Fluid Milk</b> (1 cup per day) (5 cups per week)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	5 cups

# EXAMPLE

## Menu-Planning Template Grades 6–8 Lunch

	MON	TUE	WED	THURS	FRI	WEEKLY TOTAL
<b>Menu</b>						
<b>Meats/Meat Alternates</b> (1 oz eq minimum per day) (9–10 oz eq per week)						
<b>Vegetables</b> (3/4 cup per day) (3 3/4 cups per week)						
Dark green (1/2 cup per week)						
Red/Orange (3/4 cup per week)						
Beans/Peas (Legumes) (1/2 cup per week)						
Starchy (1/2 cup per week)						
Other (1/2 cup per week)						
Additional Vegetable to Reach Total (1 cup per week)						
<b>Fruits</b> (1/2 cup per day) (2 1/2 cups per week)						
<b>Grains</b> (1 oz eq per day) (8–10 oz eq per week)						
<b>Fluid Milk</b> (1 cup per day) (5 cups per week)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	5 cups

# EXAMPLE

## Menu-Planning Template Grades 9–12 Lunch

	MON	TUE	WED	THURS	FRI	WEEKLY TOTAL
<b>Menu</b>						
<b>Meats/Meat Alternates</b> (2 oz eq minimum per day) (10–12 oz eq per week)						
<b>Vegetables</b> (1 cup per day) (5 cups per week)						
Dark green (1/2 cup per week)						
Red/Orange (1 1/4 cup per week)						
Beans/Peas (Legumes) (1/2 cup per week)						
Starchy (1/2 cup per week)						
Other (3/4 cup per week)						
Additional Vegetable to Reach Total (1 1/2 cups per week)						
<b>Fruits</b> (1 cup per day) (5 cups per week)						
<b>Grains</b> (2 oz eq per day) (10–12 oz eq per week)						
<b>Fluid Milk</b> (1 cup per day) (5 cups per week)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	Fat-free Milk or 1% (8 oz)	5 cups

## Exhibit A: Grain Requirements For Child Nutrition Programs<sup>1,2</sup>

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

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
<b>Group A</b>	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
<b>Group B</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) <a href="#">Sweet Crackers<sup>5</sup> (graham crackers - all shapes, animal crackers)</a> 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
<b>Group C</b>	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
<a href="#">Cookies<sup>3</sup> (plain - includes vanilla wafers)</a> Cornbread Corn muffins Croissants Pancakes Pie crust ( <a href="#">dessert pies<sup>3</sup></a> , <a href="#">cobbler<sup>3</sup></a> , <a href="#">fruit turnovers<sup>4</sup></a> , 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
<b>Group D</b>	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
<a href="#">Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</a> <a href="#">Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</a> Muffins (all, except corn) <a href="#">Sweet roll<sup>4</sup> (unfrosted)</a> <a href="#">Toaster pastry<sup>4</sup> (unfrosted)</a>	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

<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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.

<sup>4</sup> 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.

<sup>5</sup> 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.

<b>Group E</b>	<b>Ounce Equivalent (oz eq) for Group E</b>	<b>Minimum Serving Size for Group E</b>
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces) Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed) French toast Sweet rolls <sup>4</sup> (frosted) Toaster pastry <sup>4</sup> (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
<b>Group F</b>	<b>Ounce Equivalent (oz eq) for Group F</b>	<b>Minimum Serving Size for Group F</b>
Cake <sup>3</sup> (plain, unfrosted) Coffee cake <sup>4</sup>	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
<b>Group G</b>	<b>Ounce Equivalent (oz eq) for Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies <sup>3</sup> (plain) Cake <sup>3</sup> (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
<b>Group H</b>	<b>Ounce Equivalent (oz eq) for Group H</b>	<b>Minimum Serving Size for Group H</b>
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) <sup>6,7</sup> 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
<b>Group I</b>	<b>Ounce Equivalent (oz eq) for Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal (cold, dry) <sup>6,7</sup>	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

- <sup>3</sup> 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.
- <sup>4</sup> 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.
- <sup>6</sup> 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.
- <sup>7</sup> 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.

## 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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1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
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