

Food Production Records

Food Based: Traditional or Enhanced
Menu Planning

Food-Based Menu Planning: An Overview

- Use meal patterns and age/grade groups as planning tools.
- Both Traditional and Enhanced Menu Planning require specific food group components be served in specific amounts
- Both use meal patterns that are designed to provide over time: 1/3 of the Recommended Dietary Allowances (RDA) for key nutrients for a specific age/grade group for lunch; and 1/4 of the RDA for key nutrients for breakfast.

Traditional Vs. Enhanced

In addition to providing $\frac{1}{3}$ of RDA for lunch and $\frac{1}{4}$ of RDA for breakfast, the Enhanced Food Based pattern is designed to :

- Provide $\frac{1}{3}$ of the *calories* needed for specific age/grade groups for lunch
- Provide $\frac{1}{4}$ of the *calories* needed for specific age/grade groups for breakfast
- Help ensure consistency with the Dietary Guidelines

What Does This Mean In Practical Terms?

- If you select Enhanced Food-Based Menu Planning instead of the Traditional approach, you may have an easier time meeting the nutrition goals required by the USDA's Dietary Guidelines.
- The meal pattern for the Enhanced system has been designed specifically with the nutrition goals in mind.
- While you may be able to meet the nutrition goals with the Traditional system, you will need to be extra careful to reach the target goals for key nutrients and calories as well as the recommended levels for total and saturated fat.

Nutrition Goals

- What are the nutrition goals for Food-Based Menu Planning?
How will your menus be monitored for compliance with them?
 - Menus must meet nutrition goals when averaged over a school week and analyzed by the state agency during a state nutrition (SMI) review.
- In other words, your objective is the same for *both* Traditional and Enhanced systems— to plan menus that meet the nutrition goals when averaged over a school week for:
 - Recommended Dietary Allowances (RDA) for key nutrients
 - Calories
 - Dietary Guidelines

Nutrient Analysis

- Your school is not *required* to do a nutrient analysis to ensure that school menus are in compliance with the aforementioned guidelines.
- An analysis will be done by the Student Nutrition Bureau at the time of your SMI review.
- However, you may want to do an analysis—perhaps a computer analysis— for planning purposes and to assess your progress.

To Summarize...

- 1) Each meal planned with either Traditional or Enhanced system must do *both* of the following:
 - Provide the required number of food components and food items
 - Menus must meet the nutrient standards for the age/grade group you are serving

Summary Cont.

- 2) While the four food components for lunch are the same for both Traditional and Enhanced systems...
- Meat/Meat Alternates
 - Vegetables/Fruits
 - Grains/Breads
 - Milk
- ... there are different meal *patterns* for the two systems.

Summary Cont.

- And, because the Enhanced patterns were designed as part of the School Meals Initiative (SMI) for Healthy Children, they provide required foods in proper portion sizes to meet the nutrition goals.

What are the meal patterns? How do they relate to age/grade groups?

- An important step in Food-Based Menu Planning is determining the age/grade group or groups you will be serving and selecting the correct meal pattern(s).
- Meal Pattern- the set of food components and food items and minimum quantities required for a reimbursable meal (lunch or breakfast) for a specific age/grade group.

Age/Grade Groups

- Age/grade groups are designed to reflect the differing needs of younger and older children while also accommodating the grade structure of the majority of schools.
- Since not all schools will fall into these groups, some schools will need to use more than one grade group.

How many age/grade groups are there for Traditional and Enhanced menu planning?

What are they? And how do they differ?

- For school-age students (Grades K-12), both Traditional and Enhanced Food-Based Menu Planning systems use two established age/grade groups for lunch and one established age/grade group for breakfast.
- However, while there are the same number of age/grade groups for both plans for lunch, the grades are grouped differently.
- Traditional and Enhanced offer an additional optional age/grade group for lunch, these optional groups are not the same.
- The Enhanced system offers an optional age/grade group for breakfast as well as lunch.

Traditional Menu Planning: Lunch

Age/Grade Groups

- Available grouping options:
 - Grades K-3
 - Grades 4-12
 - Additional grouping option: Grades 7-12
- Each age/grade grouping will require different serving sizes for required food components.

Traditional Menu Planning: Breakfast Age/Grade Group

- Schools serving any students between grades K-12, must use the *one established age/grade group*. This is Grades K-12 age/grade group.

Does this mean that K-12 schools using the Traditional system **MUST** use at least two age/grade groups every day?

- USDA requires that schools meet the minimum amounts specified in the meal pattern for the appropriate age/grade group.
- USDA *highly* recommends using at least the two established age/grade groups, as well as the optional third group if possible.
- The calorie and nutrient needs of children vary by age, gender, size, and activity level.

Is it a good idea to use one age/grade group for all children?

- No, and here's why: Schools cannot use the Grade K-3 pattern for the older children; the food would be insufficient and minimum requirements will not be met.
- While it is technically possible to use the Grade 4-12 pattern for the younger children as well as the older children, this is not recommended.
- The food provided by the Grade 4-12 pattern may be excessive for the younger students grades K-3 and plate waste as well as overfeeding can occur.

Enhanced Menu Planning: Lunch Age/Grade Groups

- Available Grouping Options:
 - Grades K-6
 - Grades 7-12
 - Additional Grouping Option: Grades K-3
- Each age/grade grouping will require different serving sizes for required food components.
- USDA highly recommend use this optional group along with the other two.

Enhanced Menu Planning: Breakfast

Age/Grade Groups

- Schools serving any students between the grades K-12 must use at least one established age/grade group. Age/grade grouping options include:
 - Grades K-12
 - Additional optional age/grade group: Grades 7-12
- This additional optional age/grade group is recommended to meet the increased nutrient needs of the older children.

Criteria for a Reimbursable Meal: Traditional Menu Planning

- For Traditional Food-Based Menu Planning, USDA policy states:

Meals provide the required food components and food items in the correct serving sizes to meet the appropriate Traditional meal pattern.

- Four food *components* for lunch
- Five food *items* for lunch
- Three or four food *components* for breakfast
- Four food *items* for breakfast

Criteria for a Reimbursable Meal: Enhanced Menu Planning

- For Enhanced Food-Based Menu Planning, the wording is the same with the following exception: the word “Enhanced” (instead of “Traditional”) comes before “meal pattern.”
- The wording is different because the two systems use different meal *patterns* but *both* systems require the same number of meal *components* and meal *items* for each meal.

Meal Structure for Lunch: Traditional Menu Planning

- Meat/Meat Alternate
 - Grades K-3: 1-1 ½ oz
 - Grades 4-12: 2 oz
 - Optional Grades 7-12: 3 oz
- Grains/Breads
 - Grades K-3: 8 servings per week; minimum 1 serving per day
 - Grades 4-12: 8 servings per week; minimum 1 serving per day
 - Optional grades 7-12: 10 servings per week; minimum 1 serving per day

Meal Structure for Lunch Cont.:

Traditional Menu Planning

■ Vegetables/Fruit

- At least two different fruits and/or vegetables must be offered with every lunch.
- Grades K-3: $\frac{1}{2}$ cup per day
- Grades 4-12: $\frac{3}{4}$ cup per day
- Optional grades 7-12: $\frac{3}{4}$ cup per day

□ Milk

- For all age/grade groups: 8 oz fluid milk as a beverage per day

Traditional Food-Based Menu Planning: Key Points

- 1) The FIVE required food items daily for lunch are:
 - One serving of Meat/Meat Alternate
 - One serving of Grains/Breads
 - Two servings of Vegetables (must be two different vegetables) OR two servings of Fruits (must be two different fruits), OR one of each
 - One serving of Milk (8 fl oz)

Traditional Menu Planning: Key Points Cont.

- 2) For some components, servings are specified by day. For others, servings are specified on a daily and weekly basis.
- 3) Minimum requirements are shown.
- 4) Information is given for several different age/grade groups.

Meal Pattern for Lunch: Traditional Food-Based Menu Planning

■ Meat or Meat Alternate:

	Ages 1-2 yrs	Ages 3-4 yrs	Grades K-3	Grades 4-12	Grades 7-12
• Lean meat, poultry, or fish	1 oz	1-1 ½ oz	1-1 ½ oz	2 oz	3 oz
• Cheese	1 oz	1-1 ½ oz	1-1 ½ oz	2 oz	3 oz
• Large egg	½ egg	¾ egg	¾ egg	1 egg	1-1 ½ egg
• Cooked beans or peas	¼ cup	3/8 cup	3/8 cup	½ cup	¾ cup
• Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
• Yogurt	4 oz or ½ cup	6 oz or ¾ cup	6 oz or ¾ cup	8 oz or 1 cup	12 oz or 1-1 ½ cup

Traditional Menu Planning

- Meat/Meat Alternate Requirements:
 - The serving of Meat/Meat Alternate may be contained only in the main dish plus one other menu item.
 - Dry beans and peas may count as a Vegetable or a Meat Alternate, but not as both in the same meal.
 - A serving of cooked meat is lean meat without the bone.
 - A serving of cooked fresh or frozen chicken or turkey includes meat and skin as normally served.
 - Two “alternate” foods may count as part of the Meat/Meat Alternate as long as they are used according to USDA directions: These foods are: vegetable protein products and enriched macaroni products with fortified protein.

Meal Pattern for Lunch: Traditional Food-Based Menu Planning Cont.

■ Grains/Breads:

	Ages 1-2 yrs	Ages 3-4 yrs	Grades K-3	Grades 4-12	Grades 7-12
Minimum per week:	5 serv	8 serv	8 serv	8 serv	10 serv
Minimum per day:	1/2 serv	1 serv	1 serv	1 serv	1 serv

□ Vegetables/Fruits:

At least two different vegetables and/or fruit must be offered. Minimum requirements per day...

Ages 1-2 yrs	Ages 3-4 yrs	Grades K-3	Grades 4-12	Grades 7-12
1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup

□ Milk (Fluid):

Ages 1-2 yrs	Ages 3-4 yrs	Grades K-3	Grades 4-12	Grades 7-12
6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz

Traditional Menu Planning

■ Grains/Breads Requirements:

Must be enriched or whole grain or contain germ or bran.

A serving is...

- A slice of bread or equivalent serving of biscuit, rolls, etc., OR
- 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains

Traditional Menu Planning

- Vegetables/Fruits Requirements:
 - At least two different vegetables and/or fruits must be offered.
 - 100% vegetable or fruit juice may be used to meet no more than $\frac{1}{2}$ of the total requirement for lunch for Vegetables/Fruits.
 - A serving of thawed frozen fruit is the fruit plus the juice that accumulated during thawing.
 - $\frac{1}{8}$ cup of a vegetable or fruit is the minimum serving size which can be: (a) counted toward the required total servings and (b) counted as one of the two different Vegetables/Fruits.

Meal Structure for Lunch: Enhanced Menu Planning

- Meat/Meat Alternate:

- Grades K-6 : 2 oz
- Grades 7-12: 2 oz
- Optional Grades K-3: 1-1 ½ oz

- Grains/Breads:

- Grades K-6: 12 servings per week; minimum 1 serving per day
- Grades 7-12: 15 servings per week; minimum 1 serving per day
- Optional Grades K-3: 10 serving per week; minimum 1 serving per day

Meal Structure for Lunch: Enhanced Menu Planning

■ Vegetables/Fruits:

At least two different fruits and/or vegetables must be offered with every lunch.

- Grades K-6: $\frac{3}{4}$ cup per day plus additional $\frac{1}{2}$ cup per week
- Grades 7-12: 1 cup per day
- Optional Grades K-3: $\frac{3}{4}$ cup per day

□ Milk:

- For all age/grade groups: 8 fl oz milk as a beverage offered at every meal

Enhanced Food-Based Menu Planning: Key Points

- 1) The FIVE required food items for a daily lunch are:
 - One serving of Meat/Meat Alternate
 - One serving of Grains/Breads
 - Two servings of Vegetables (must be two different vegetables) OR two servings of Fruits (must be two different fruits), OR one serving of each
 - One serving of Milk

Enhanced Food-Based Menu Planning: Key Points Cont.

- 2) For some components, servings are specified by day. For others, servings are specified on a daily or weekly basis.
- 3) Minimum requirements are shown.
- 4) Information is given for several different age/grade groups. The two established grade groups for the Enhanced lunch pattern are Grades K-6 and 7-12.
- 5) For the purposes of the provided charts, a week equals 5 days.

Meal Pattern for Lunch: Enhanced Food-Based Menu Planning

- Meat/Meat Alternate:

	Ages 1-2 yrs	Preschool	Grades K-6	Grades 7-12	Grades K-3
• Lean meat, poultry, or fish	1 oz	1-1 ½ oz	2 oz	2 oz	1-1 ½ oz
• Cheese	1 oz	1-1 ½ oz	2 oz	2 oz	1-1 ½ oz
• Large egg	½ egg	¾ egg	1 egg	1 egg	¾ egg
• Cooked beans or peas	¼ cup	3/8 cup	½ cup	½ cup	3/8 cup
• Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	3 Tbsp
• Yogurt	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	6 oz or ¾ cup

Enhanced Menu Planning

- Meat/Meat Alternate Requirements:
 - The serving of Meat/Meat Alternate may be contained only in the main dish plus one other menu item.
 - Dry beans and peas may count as a Vegetable or a Meat Alternate, but not as both in the same meal.
 - A serving of cooked meat is lean meat without the bone.
 - A serving of cooked fresh or frozen chicken or turkey includes meat and skin as normally served.
 - Two “alternate” foods may count as part of the Meat/Meat Alternate as long as they are used according to USDA directions: These foods are: vegetable protein products and enriched macaroni products with fortified protein.

Meal Pattern for Lunch: Enhanced Food-Based Menu Planning

- **Grains/Breads:**

	Ages 1-2 yrs	Preschool	Grades K-6	Grades 7-12	Grades K-3
Minimum per week:	5 serv	8 serv	12 serv	15 serv	10 serv
Minimum per day:	1/2 serv	1 serv	1 serv	1 serv	1 serv

- **Vegetables/Fruits:**

At least two different vegetables and/or fruit must be offered. Minimum requirements per day...

Ages 1-2 yrs	Preschool	Grades K-6	Grades 7-12	Grades K-3
1/2 cup	1/2 cup	3/4 cup	1 cup	3/4 cup

*Plus an extra

1/2 cup over a wk

- **Milk (Fluid):**

Ages 1-2 yrs	Preschool	Grades K-6	Grades 7-12	Grades K-3
6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz

Enhanced Menu Planning

■ Grains/Breads Requirements:

Must be enriched or whole grain or contain germ or bran.

A serving is...

- A slice of bread or equivalent serving of biscuit, rolls, etc., OR
- 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains

* Up to one serving per day may be a grain-based dessert.
(This applies only to Grades K-12, not to Ages 1-2 and Preschool.)

Enhanced Menu Planning

- Vegetables/Fruits Requirements:
 - At least two different vegetables and/or fruits must be offered.
 - 100% vegetable or fruit juice may be used to meet no more than $\frac{1}{2}$ of the total requirement for lunch for Vegetables/Fruits.
 - A serving of thawed frozen fruit is the fruit plus the juice that accumulated during thawing.
 - $\frac{1}{8}$ cup of a vegetable or fruit is the minimum serving size which can be: (a) counted toward the required total servings and (b) counted as one of the two different Vegetables/Fruits.

Meal Structure for Breakfast: Traditional and Enhanced

- There is *no* difference in the meal structure for breakfasts planned with Traditional and Enhanced systems. However, with the Enhanced system, there is an *optional* second age/grade group for Grades 7-12.
- Meat/Meat Alternate AND/OR Grains/Breads:
- Grades K-12: Two servings of Meat/Meat Alternate OR two servings of Grains/Breads OR one serving of each

Meal Structure for Breakfast: Traditional and Enhanced

- Juice/Fruit/Vegetable:
 - Grades K-12: ½ cup
 - Milk
 - For all age/grade groups: 8 oz fluid milk as a beverage OR on cereal OR both
- ** If you are using the optional extra age/grade group for the Enhanced system (Grades 7-12), you will need to serve one additional serving of Grains/Breads.

Food-Based Menu Planning: Breakfast Key Points

- 1) The FOUR required food items for a daily breakfast are:
 - Two servings of Grains/Breads or two servings of Meat/Meat Alternate or one of each
 - One serving of Milk
 - One serving of Juice/Fruit/Vegetable
- 2) The number of food items for breakfast is a *daily* criteria.
- 3) Minimum requirements are shown.
- 4) Information is given for several different age/grade groups.

Meal Pattern for Breakfast: Traditional or Enhanced Systems

- Grains/Breads:

	Ages 1-2 yrs	Preschool	Grades K-12	Grades 7-12
• (a) Whole-grain or enriched bread	1/2 serv	1/2 serv	1 serv	1 serv
• (b) Whole grain or enriched biscuit, roll, or muffin, etc.	1/2 serv	1/2 serv	1 serv	1 serv
• (c) Whole-grain, enriched, or fortified cereal	1/4 c or 1/3 oz	1/3 c or 1/2 oz	3/4 c or 1 oz	3/4 c or 1 oz

Meal Pattern for Breakfast: Traditional or Enhanced Systems

- Meat/Meat Alternate:

	Ages 1-2 yrs	Preschool	Grades K-12	Grades 7-12
• Lean meat, poultry, or fish	1/2 oz	1/2 oz	1 oz	1 oz
• Cheese	1/2 oz	1/2 oz	1 oz	1 oz
• Large egg	1/2 egg	1/2 egg	1/2 egg	1/2 egg
• Cooked beans or peas	2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
• Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
• Yogurt	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

Meal Pattern for Breakfast: Traditional and Enhanced Systems

- Milk (Fluid):

Ages 1-2 yrs	Preschool	Grades K-12	Grades 7-12
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	8 fl oz	8 fl oz

- Juice/Fruit/Vegetable:

Ages 1-2 yrs	Preschool	Grades K-12	Grades 7-12
$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup

** The same requirements for food components from lunch apply to breakfast components. Please reference previous slides for each of the Traditional and Enhanced Food-Based Menu Planning options.

Standardized Recipes

- Standardized recipes are an important tool in any food service program. They help ensure consistent quality and quantity.
- When state agency representatives analyze menus to check for compliance with the nutrition goals, they will need to know which recipes were used and have copies of those recipes. The NM Student Nutrition Bureau and USDA require that all recipes used contain all necessary information in which the state agency can conduct an accurate and thorough nutrient analysis.

Recipe Source/# Section on Food Production Records

- Required to contain the number that correlates to the USDA recipe used.
- If schools choose to use their own recipes, they must adjust recipes to be in USDA approved standardized recipe format.
- In addition, a numbering system must be created for all SFA generated recipes and the number assigned to each SFA generated recipes is to be recorded in the “Recipe Source/ #” section of the FPR.

Offer Vs. Serve for Lunch

- Students must be offered all five required items: one serving each of Meat/Meat Alternate, Milk, Grains/Breads; and two servings of Vegetables/Fruits.
- Students have the option of which item(s) to decline.
- Senior high school students are allowed to decline two of the five required foods items.
- Students in junior high, middle, and elementary schools may be permitted to decline one or two of the five required food items. Local SFA decide whether students may decline as many as two items, or only one.

Offer Vs. Serve for Lunch Cont.

- Students are allowed to take smaller portions of the declined food items. The required food items taken by the student, however, must each be a full serving.
- Serving sizes must be at least equal to the minimum required quantities by age or grade group.
- The lunch must be priced as a unit. A student's decision to decline or take smaller serving sizes of food items does not affect the charge for the meal.
- For OVS meal to qualify as reimbursable, it must contain certain combinations of foods. Cashiers at the POS need to ensure that student meals contain all required components for meal reimbursement.

Which Schools Can Participate in OVS?

- Required for high schools
- High school students must take no fewer than three of the required five food items. They get to choose which item(s) to decline.
- Optional for lower grades (K-8). School food authorities decide whether to have OVS.

Offer Vs. Serve for Breakfast

- Students must be *offered* all four required food items:
 - One serving of Milk
 - One serving of Juice/Fruit/Vegetable
 - Two servings of Meat/Meat Alternate OR two servings of Grains/Bread OR one serving of each
- The serving sizes must equal the minimum quantities required by age/grade group.
- Students may refuse ONE food item from any component
- The breakfast must be priced as a unit. The charge for the meal is the same whether or not a student chooses to decline a food item.