

# NUTS & BOLTS

OF SCHOOL NUTRITION PROGRAMS

CONTINUATION SERIES

## Solutions for Real Life Challenges to Serving a Reimbursable Lunch or Breakfast

December 10, 2019

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MASSACHUSETTS DEPARTMENT OF  
ELEMENTARY AND SECONDARY  
EDUCATION



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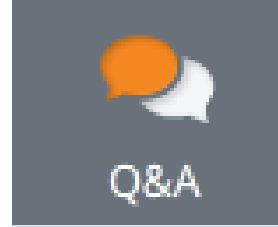


# Questions & Answers

- You can ask questions throughout the training!

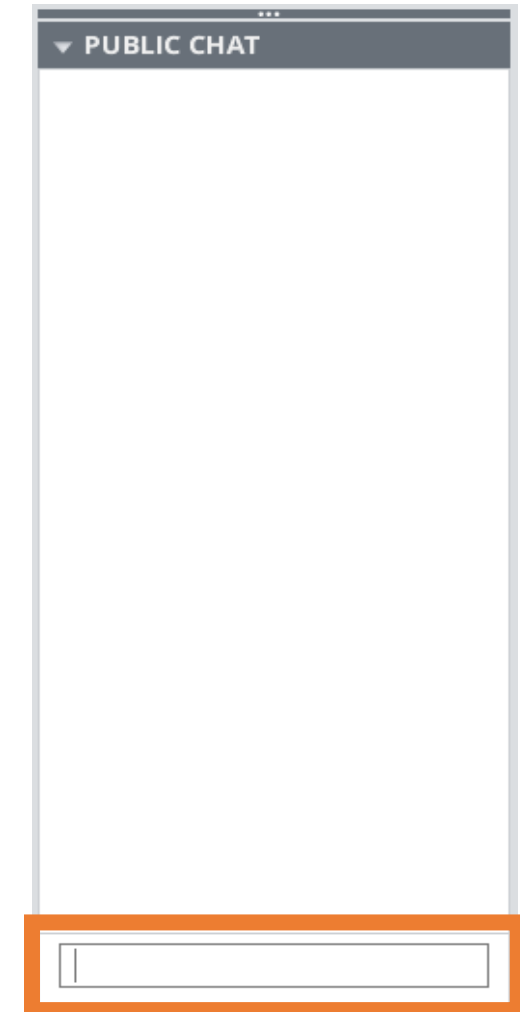
- ✓ **Chat box:**

- Type your questions in the chat box to the left of your screen
- Press enter to submit



- ✓ **Q&A Button:**

- Click "Q&A" icon at the top of the screen
- Type question into box
- Press "Ask a new question" to submit





## **At the end of this hour participants will be able to:**

- Identify solutions to overcome common challenges with the meal pattern.
- Determine if and how current operation needs to change to serve a reimbursable lunch or breakfast.
- Identify updated policy guidance on the meal pattern requirements for NSLP and SBP.



## Not-So-Secret Common Findings:

- Meals observed are not reimbursable
- Not offering at least two types of milk
- Production records did not show meal pattern contribution
- Not all components available at every line
- Daily minimums not met
- No signage to indicate reimbursable meal





# Reimbursable Meal Challenge

## Common finding:

One or more of the meals observed, on the day of review, did not contain all of the required meal components.





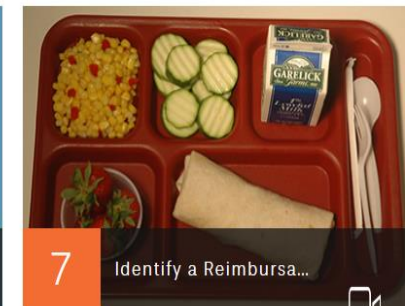
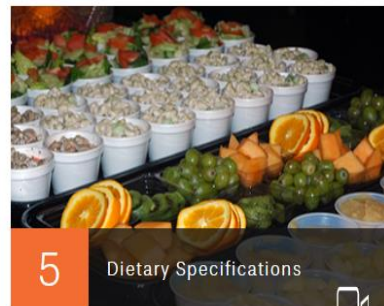
# Reimbursable Meal Solution

- **Solution:**
  - Fruits and vegetables at register
- **Solution:**
  - Staff training
  - [Making it Count](#)



## MAKING IT COUNT

School Meals Accountability & Responsibility Training Tools





# Reimbursable Meal Challenge

I am preparing for my AR and updating the signage in my cafeteria and serving lines. I hung up the And Justice for All Poster. Is other documentation required?





# Signage Requirements

## The following signage is needed:



Non- Student/Adult Prices		
Breakfast		\$2.50
Lunch w/Milk & Salad Bar		\$3.50
Lunch Entrée		\$3.50
Salad Bar		\$3.50
Milk		\$ .50
Snack		\$1.50
Student Prices		
	Reduced	Full Price
Elementary Breakfast	No Charge	No Charge
Elementary Lunch	\$2.00	No
Charge		
Secondary Breakfast	No Charge	No
Charge		





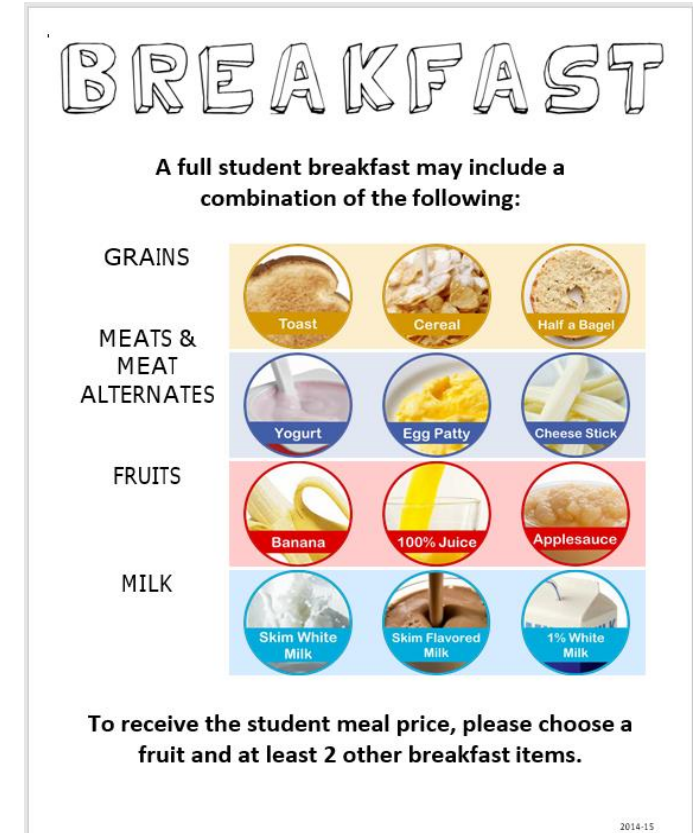
# Reimbursable Meal Signage

## Common finding:

There was no signage or signage missing requirements explaining what constitutes a reimbursable meal to students. Schools must identify, near or at the beginning of the serving line(s), the food items that constitute the unit-priced reimbursable school meal(s). The price of a reimbursable lunch does not change if the student does not take a food item or requests smaller portions.













## ✓Solution:

- Document Reference Library
  - NSLP Meal Signage Folder



**BREAKFAST**

A full student breakfast may include a combination of the following:

GRAINS	 Toast	 Cereal	 Half a Bagel
MEATS & MEAT ALTERNATES	 Yogurt	 Egg Patty	 Cheese Stick
FRUITS	 Banana	 100% Juice	 Applesauce
MILK	 Skim White Milk	 Skim Flavored Milk	 1% White Milk

To receive the student meal price, please choose a fruit and at least 2 other breakfast items.

2014-15



# Signage Solution

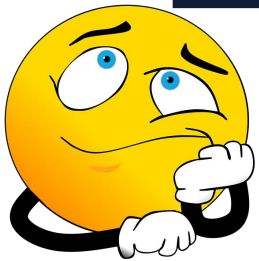
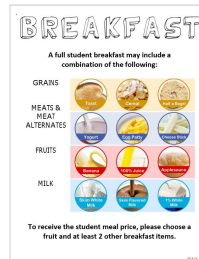
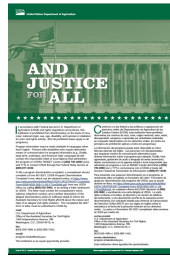
- ✓ **Solution:**
  - [Team Up Nutrition Resources](#)
- ✓ **Solution:**
  - [Child Nutrition Outreach Program Resources](#)
- ✓ **Design your own!**
  - Project for intern
  - Assignment for media/marketing class





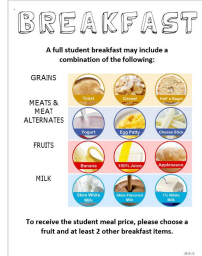
# Reimbursable Meal Challenge

## Can you identify a meal pattern finding on our breakfast cart?





# Reimbursable Meal Solution



! Need to offer **TWO** types of milk at all points of service!



**I have multiple serving lines in my high school cafeteria (pizza station, deli line...). Students don't have the same choice in all lines but can go to the line they want to get their lunch.**





# Multiple Serving Line Solution

The following **MUST** be available at **EVERY** line:

✓ **All 5 components**



✓ **Weekly vegetable subgroups**

✓ **At least half grains offered are whole grain-rich**

✓ **Two varieties of milk**

✓ **Reimbursable meal signage**



# Reimbursable Meal Challenge

**I am confused with calculating minimum servings when it comes to grains. I always make sure one meal has the maximum equivalent, so I can offer less in other meals.**





# Daily Minimum Grains at Lunch Challenge

## Welcome to DESE 9-12 Cafeteria



### Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)

## Two lunch options today:

Pizza	Chicken Tacos on Corn Taco Shells
2 grain equivalent	1 grain equivalent





# Daily Minimum Grain Solution

## Welcome to DESE 9-12 Cafeteria

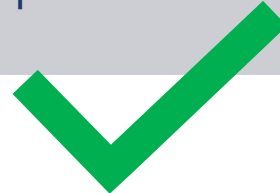


### Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)

## Two lunch options today:

Pizza	Chicken Tacos on Corn Taco Shells with Brown Rice
2 grain equivalent	2 grain equivalent





# Weekly Minimum Grains at Lunch Challenge

Welcome to DESE 6-8



Two lunch options this week:



2 oz grain eq

OR



1 oz grain eq

## Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)

Monday

Tuesday

Wednesday

Thursday

Friday



 offered 5 grain equivalents








# Weekly Minimum Grain Solution

## Welcome to DESE 6-8



### Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)

Monday	Tuesday	Wednesday	Thursday	Friday
				
2 grain eq	1 grain eq	2 grain eq	1 grain eq	2 grain eq



Offered 8 grain equivalents



# Weekly Minimum Grains at Breakfast Challenge

## Welcome to DESE K-5



Two breakfast options this week:



2 grain  
equivalent






OR



1 grain  
equivalent

### Breakfast Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)

Monday	Tuesday	Wednesday	Thursday	Friday
				
1 grain eq	1 grain eq	1 grain eq	1 grain eq	1 grain eq

 5 grain  
equivalents



# Weekly Minimum Grains Solution

## Welcome to DESE K-5

Two breakfast options this week:



### Breakfast Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)








2 grain  
equivalent

OR



1 grain  
equivalent

Monday	Tuesday	Wednesday	Thursday	Friday
				
1 grain eq	2 grain eq	1 grain eq	2 grain eq	1 grain eq

 7 grain  
equivalents



**With the new whole grain flexibility,  
can I now offer white bagels on my  
breakfast menu?**

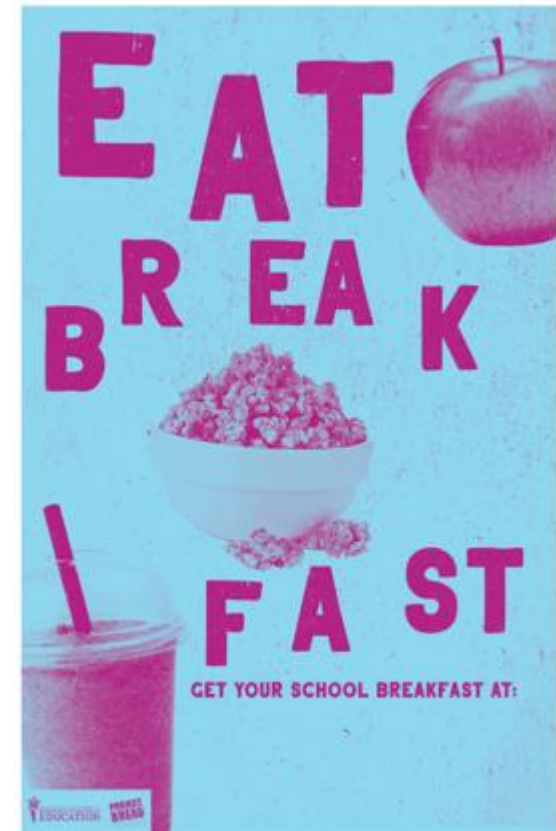




# Whole Grain Flexibility Solution

## Breakfast

- ✓ **At least half of the grains offered per week must be whole grain-rich**
- ✓ **All other grains enriched**
- ✓ **Applies to each serving line**
  - **BIC or BATB weekly offerings**
- ✓ [Memo: Whole Grain Flexibility](#)





# Whole Grain Guidance

## Whole Grain-Rich Label

Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Thiamine Mononitrate, Niacin, Reduced Iron, Riboflavin, Folic Acid, Malted Barley Flour), Water, Yeast, Wheat Gluten, Contains 2% or less of: Sugar, Soybean Oil, Salt, Calcium Propionate, Fumaric Acid, Baking

## Enriched Food Label

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: PALM, CANOLA, SOYBEAN WITH TBHQ FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF: ENZYMES, YEAST, MALTED BARLEY FLOUR, SODIUM SULFITE, SALT, LEAVENING (BAKING SODA).

**ALLERGEN INFORMATION:**

CONTAINS: WHEAT  
MAY CONTAIN TRACE AMOUNTS OF SOY.

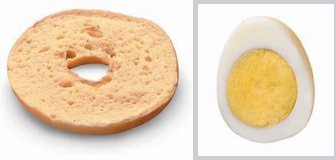


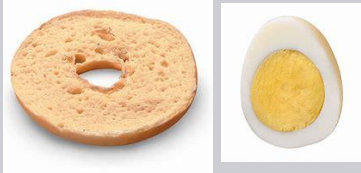



# Whole Grains Flexibility Solution

## Welcome to DESE K-8 Breakfast Cart



- If you offer m/ma in place of grains, the requirement only applies to actual grains offered

Monday	Tuesday	Wednesday	Thursday	Friday
				
1 grain eq EG	1 grain eq WG	1 grain eq WG	1 grain eq EG	1 grain eq WG



**3 out of 5 grain options are whole grain-rich**








# Whole Grain Flexibility Challenge

**Welcome to DESE K-8 Breakfast Cart**



**Pay attention to serving size!**

Monday	Tuesday	Wednesday	Thursday	Friday
				
2 grain eq EG	1 grain eq WG	1 grain eq WG	2 grain eq EG	1 grain eq WG

**✗ 3 out of 7 grain options are whole grain-rich**



**Do I still need to fill out a waiver if I want to use white (enriched) pasta?**





# Whole Grains Flexibility Solution

## Lunch

- ✓ **No waiver needed**
- ✓ **At least half of the grains offered per week must be whole grain-rich**
- ✓ **All other grains enriched**
- ✓ **Applies to serving lines**





# Whole Grains Flexibility Challenge

Welcome to DESE 9-12 Cafeteria

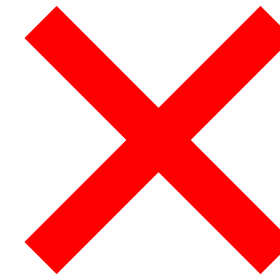


## Pizza Line

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>EG</b>	 <b>EG</b>	 <b>EG</b>	 <b>EG</b>	 <b>EG</b>

## Main Entrée Line

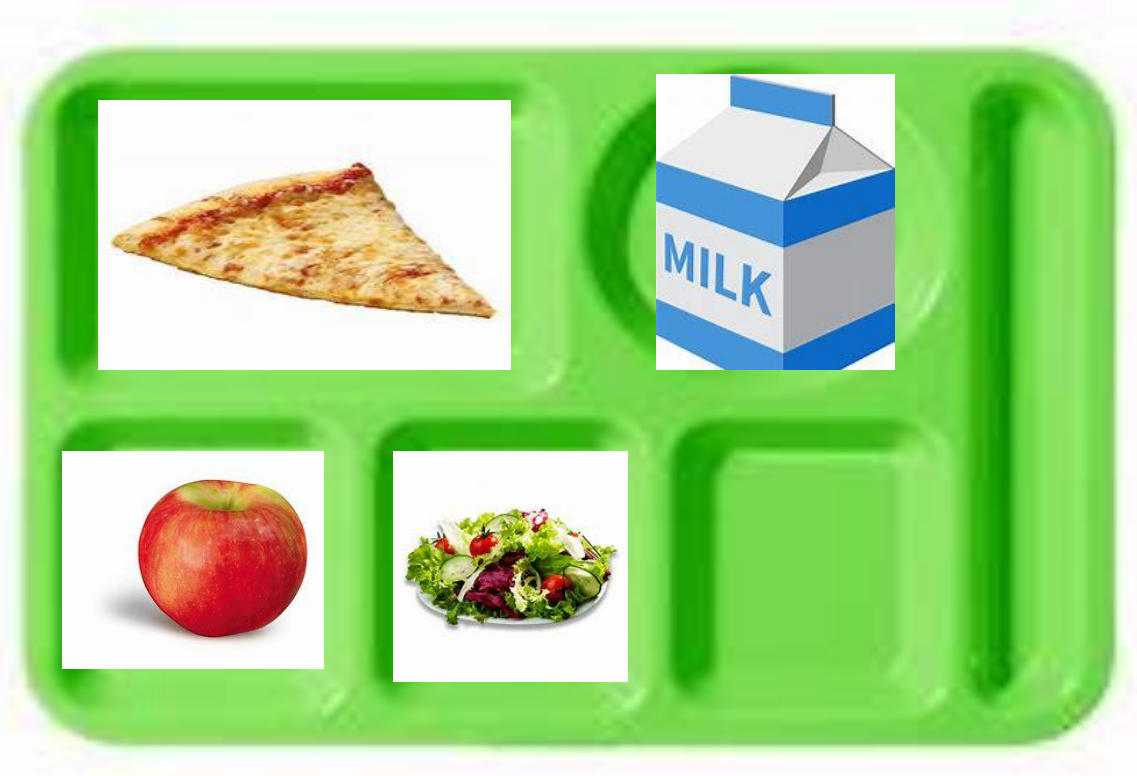
Monday	Tuesday	Wednesday	Thursday	Friday
 <b>WG</b>	 <b>WG</b>	 <b>WG</b>	 <b>WG</b>	 <b>WG</b>





# Whole Grains Flexibility a la Carte

## DESE 9-12 Cafeteria



+

**A la Carte**



Comparisons of MA Competitive Food Sales and USDA standards



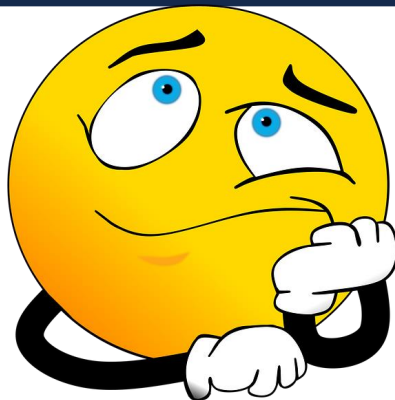
# Whole Grain Flexibility Solution

- ✓ **Keep nutrition integrity**
- ✓ **Did any whole grain-rich options decrease participation?**





**I started offering 1% chocolate milk as an option in my cafeteria. I heard I wasn't allowed to sell it though, and now I'm confused.**







## 1% flavored milk:



Can offer as reimbursable meal



Can not sell a la carte

[Comparisons of MA Competitive Food Sales and USDA standards](#)



**Can I offer bottled water with my reimbursable meal? I want to offer it in my milk chest so students can either pick water or milk.**





# Water vs Milk Solution



**Make potable water available**



**Water can not compete with milk**





# Water vs Milk Solution

## DO

- ✓ Advertise price if a la carte
- ✓ Offer water in a separate location from meal components



## DON'T

- ✗ Put water on serving line
- ✗ Serve water in place of milk
- ✗ Have water available with milk in the milk chest
- ✗ Advertise that it is a component

[Memo: Clarification on the Milk and Water Requirements](#)



# Reimbursable Meal Challenge

**I have a parent requesting soy milk for their child. The student does not have an allergy, it is personal preference. Could I make it available for this student?**





# Non-Dairy Milk Solution



**Yes**, you can provide non-dairy milk substitutions for non-disability reasons

- ✓ Need written statement from parent/guardian
- ✓ Must be nutritionally equivalent to cow's milk

**Table 1: Nutrient Requirement for Milk Substitute:**

Nutrient	Per cup
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg



**I taste tested a new smoothie recipe and my students loved it! I want to know how it would credit for breakfast?**

## **Strawberry Banana Smoothie**

8 oz of 1% unflavored milk

4 oz low fat vanilla yogurt

$\frac{1}{4}$  cup frozen strawberry puree

$\frac{1}{4}$  cup frozen banana puree





# Smoothie Solution

## What can credit in a smoothie:

- ✓ Fluid milk
- ✓ Fruit & vegetable puree/juice
- ✓ Yogurt (only m/ma creditable)

Strawberry Banana Smoothie	Credits
8 oz of 1% unflavored milk	1 cup milk
4 oz low fat vanilla yogurt	1 oz m/ma
¼ cup frzn strawberry puree	¼ cup fruit
¼ cup frzn banana puree	¼ cup fruit



**1 c milk, 1 oz m/ma,  
½ cup fruit juice**



# Smoothie Solution

- ✓ Menu offerings must meet the meal pattern
- ✓ Identify components with signage or labels
  - “Fruit and Yogurt Smoothie”
- ✓ Fruit and vegetable purees count toward the weekly juice limit
- ✓ Commercial smoothies may be acceptable **if** they have a Product Formulation Statement or CN Label
- ✓ [Updated Guidance on Smoothies](#)





# Smoothie Solution



## CREATE-A-SMOOTHIE

**STEP 1** Select fluid milk, yogurt, fruits, and/or vegetables. Add ingredients to blender and cover.

**STEP 2** Pulse until smooth.

**STEP 3** Hold for cold service at 41°F or below.

Did you know that smoothies can be included as part of a reimbursable breakfast or lunch? Milk, yogurt, fruits, and vegetables in smoothies can be credited at breakfast and lunch. Smoothies must be prepared by program operators, and use ingredient quantities that meet meal pattern requirements. Fruits and vegetables in smoothies are credited as juice.

Smoothie Ingredients		
<b>Fluid Milk</b> Low-fat or Fat-free, flavored or unflavored, including lactose-free (in accordance with USDA regulations)		
<b>Low-fat or Fat-free Yogurt</b> Plain Fruit-flavored Vanilla Greek Style		
<b>Fruits and Vegetables</b> Use frozen fruits for best consistency		
Bananas	Kale	Peaches
Beets	Kiwi	Pineapple
Berries	Mango	Pumpkin
Carrots	Melons	Spinach
Cherries	Papaya	
<b>Extras (optional)</b> Cinnamon Mint Cocoa Nutmeg Ginger Vanilla		

Middle/High School Base Recipe	
Makes 10, 12-16 oz. servings Credit as 1 cup of milk; ½ oz. equivalent of meat/meat alternate, and 1 cup of juice	
<b>Ingredients:</b>	<b>Amount:</b>
Milk, Fat-free or low-fat	80 fl. oz.
Yogurt, low-fat	20 oz.
Frozen fruit, pureed	10 cups

Elementary School Base Recipe	
Makes 10, 10-12 oz. servings Credit as 1 oz. equivalent of meat/meat alternate, and 1/2 cup of juice	
<b>Ingredients:</b>	<b>Amount:</b>
Milk, Fat-free or low-fat	20 fl. oz.
Yogurt, low-fat	40 oz.
Frozen fruit, pureed	5 cups

Watch our smoothie how-to videos on [NewEnglandDairy.com](http://NewEnglandDairy.com) for a bonus recipe, Razzle Dazzle Smoothie!



## The Green Monster Smoothie

 Appropriate for an elementary or middle school portion size

5 C low-fat vanilla yogurt

5 medium pureed bananas

5 C thawed pureed frozen peeled apple slices

1 ¼ C packed baby spinach

Credits as 1 oz. equivalent meat/meal alternate and at least ½ C juice

Makes 10 smoothies

*Adapted from recipe submitted from Barre Town Middle & Elementary School, Barre, VT*



# Reimbursable Meal Challenge





**I am planning my January breakfast menu. Can I offer my breakfast sandwich with hash browns for a reimbursable meal?**





# Vegetables at Breakfast Solution

- Can not credit starchy vegetables at breakfast without offering 2 cups additional subgroups
  - flexibility only from February 15, 2019 - September 30, 2019
- To credit starchy vegetables at breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
				





# Reimbursable Meal Challenge

**My parent council is advocating for a salad bar in the elementary school. I want to start one but am overwhelmed where to begin.**





# Salad Bar Solution



- ✓ **Salad Bar Memo** new resources how to implement salad bars in elementary schools



# Reimbursable Meal Challenge

**My 6-8 students have lunch, then immediately after my 9-12 students come down. I have no time to make a different menu for my older students and my staff will never follow different recipes. What should I do?**





# Meal Pattern 6-12 Solution

## ★ 6-8 and 9-12 meal pattern do not overlap

- Make 1 cup fruit and vegetables required for 9-12 available to both grade groups
- 9-12 consider additional grain option or larger serving size to meet calories



**Lunch Meal Pattern**

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Fruits (cups) <sup>b</sup>	2½ ( ½ )	2½ ( ½ )	5 (1)
Vegetables (cups) <sup>b</sup>	3¾ ( ¾ )	3¾ ( ¾ )	5 (1)
Dark green <sup>c</sup>	½	½	½
Red/Orange <sup>c</sup>	¾	¾	1¼
Beans and peas (legumes) <sup>c</sup>	½	½	½
Starchy <sup>c,d</sup>	½	½	½
Other <sup>c,d</sup>	½	½	¾
Additional Vegetables to Reach Total <sup>e</sup>	1	1	1½
Grains (oz eq) <sup>f</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>g</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>h</sup>	550-650	600-700	750-850



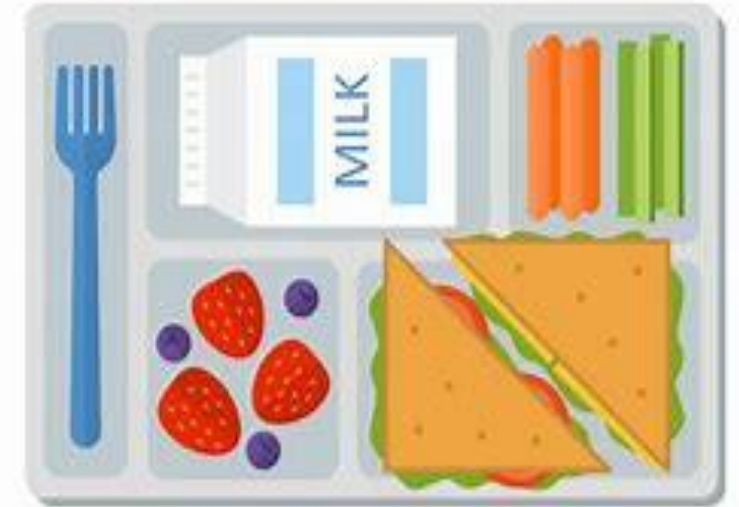
# Meal Pattern K-8 Solution

**I have my K-8  
students combined  
at lunch?**



## ✓ **K-5 and 6-8 meal pattern overlap**

- 8-9 oz eq grains/week
- 9-10 oz eq meats/meat alternates /week
- average weekly calorie range 600-650
- average weekly sodium limit  $\leq$ less than or equal to 1,230 mg





# Reimbursable Meal Challenge

What information is missing from the production records?



## Food Production Record

Site:

Meal Date:

Meal Type: ☐ Breakfast ☐ Lunch

Grade Group:

Total Student Reimbursable Meals:

Total A la Carte or Second Meals:

Total Adult Meals:

Comments:

## MENU (Including Alternate Meals)

Menu Item(s)	Portion Size	Recipe # or Product Name	Total Amount of Menu Items   PLANNED	Used Amount of Food (lbs./cups/cases)	Actual Meals/Menu Items – SERVED			Leftover or Short	Temperatures		
					Student	A la Carte	Adult		TEMP 1	TEMP 2	TEMP 3
Entrée 1:											
Entrée 2:											



# Reimbursable Meal Challenge

## Common finding:

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Production records did not show planned menu quantities met meal pattern requirements for the review period. SFA's must keep production and menu records for the meals they produce. These records must show how the meals offered contribute to the required food components and food quantities for each age/grade group every day. Production and menu records must be maintained in accordance with FNS guidance.

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# Production Record Solution

Component Contributions (indicate which component is contained in each entrée and/or side)							
M/MA (oz. eq.)	Grain (oz. eq.)	Fruit/ Juice	Dark Green	Red/ Orange	Legumes	Starchy	Other Veg.



## Food Production Record

Site:  
Meal Date:  
Meal Type: ☐ Breakfast ☐ Lunch  
Grade Group:

Total Student Reimbursable Meals:  
Total A la Carte or Second Meals:  
Total Adult Meals:  
Comments:

## MENU (Including Alternate Meals)

Menu Item(s)	Portion Size	Recipe # or Product Name	Total Amount of Menu Items PLANNED	Used Amount of Food (lbs./cans/cases)	Component Contributions (indicate which component is contained in each entrée and/or side)								Actual Meals/Menu Items – SERVED			Leftover or Short	Temperatures		
					M/MA (oz. eq.)	Grain (oz. eq.)	Fruit/ Juice	Dark Green	Red/ Orange	Legumes	Starchy	Other Veg.	Student	A la Carte	Adult		TEMP 1	TEMP 2	TEMP 3
<b>Entrée 1:</b>																			



# Production Record Solution

## ✓ Possible Solution:

- Document Reference Library
  - Sample production record

### NSLP MENU PLANNING DOCUMENTS

NSLP Sample Food Production Record

Sheet and Long Week Menu Calculation

- ## ✓ Additional Training Opportunity!
- Production records & CN Labels
  - In person at Framingham State
  - March 19<sup>th</sup>

MARK YOUR  
CALENDAR!



# Solution to Stay Informed

- [To subscribe to MIC newsletter](#)
- [Most recent updated policy guidance on meal requirements](#)





# THANK YOU

**Kristina Webber, Denise Courtney & Kelly Burke**

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