

FOOD BASED MENU PLANNING

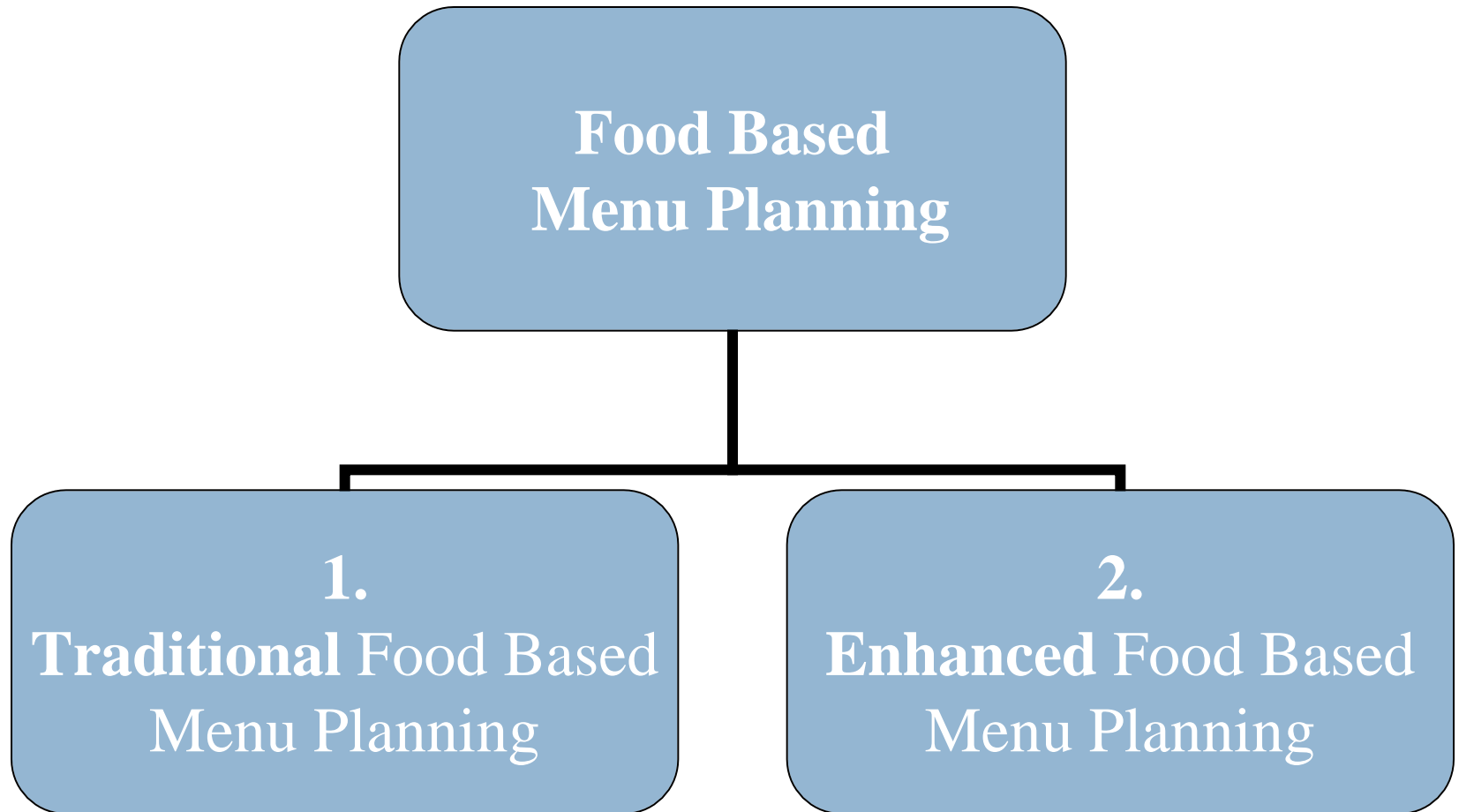
DESE School Food Services

Today's outline:

- ▣ Identify a reimbursable meal.
- ▣ Identify correct grade groups.
- ▣ Understand Offer versus Serve.
- ▣ Construct standardized recipes.
- ▣ Complete a menu production record.
- ▣ Evaluate a production record.
- ▣ Calculate and evaluate grains/breads servings.
- ▣ Recognize and understand Nutrition Facts Labels.
- ▣ Organize materials for a State review and nutrient analysis.
- ▣ Identify methods to modify menus to improve menu nutrient analysis.

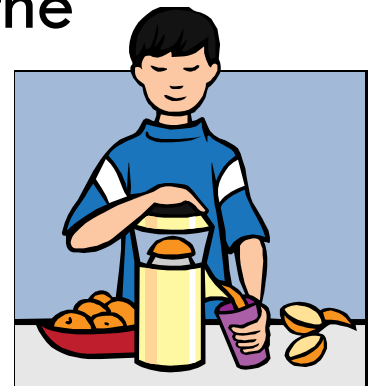


Two Food Based Menu Planning Options



Traditional Food Based Menu Planning (TFBMP)

- It is most familiar to school food service professionals.
- Remained virtually unchanged since its inception in 1946. In the past this method was known as “Type A” lunch.
- Because of its familiarity, TFBMP remains attractive to many food service directors and, with modifications, can allow meal planning that complies with the nutrition standards.



Traditional Food Based Menu Planning (TFBMP)

- **The goal of the TFBMP meal pattern:**
 - ▣ To provide 1/3 of the Recommended Dietary Allowances (RDA) for key nutrients for specific age/grade groups for lunch.
 - ▣ To provide 1/4 of the RDA for key nutrients for specific age/grade groups for breakfast.



Enhanced Food Based Menu Planning (EFBMP)

- ❑ Implemented on June 13, 1995.
- ❑ Designed to increase calories from nonfat or low fat sources.
- ❑ EFBMP may appeal to schools that wish to retain the structure of a meal pattern but need to offset the loss of calories resulting from serving lower fat menu items. They can do this by using foods from the grains/breads and vegetables/fruits components.



Enhanced Food Based Menu Planning (EFBMP)

- Similar to Traditional – it requires specific group components in specific amounts.
- However, TFBMP and EFBMP have different established age/grade groups.
- **The goal of the EFBMP meal pattern:**
 - Provide 1/3 of the RDA for key nutrients as well as 1/3 of calorie needs for specific age/grade groups for lunch.
 - Provide 1/4 of the RDA for specific nutrients as well as 1/4 of calorie needs for each age or grade group for breakfast.
 - Help ensure consistency with the Dietary Guidelines.

PROGRAM REQUIREMENTS AND REGULATIONS



Nutrition Goals

Nutrient goals are averaged from a typical school week (3 to 7 consecutive school days)

1. Calories
2. Total Fat
3. Saturated Fat
4. Protein
5. Calcium
6. Iron
7. Vitamin A
8. Vitamin C



Nutrition Goals

- The regulations also seem to reduce sodium and cholesterol and to increase carbohydrate and fiber in school meals.



Where do these goals come from?

- ▣ **RDA** – *Recommended Dietary Allowance*
- ▣ Set by the National Academy of Sciences/National Research Council and the Food and Nutrition Board. (not gov't agencies)
- ▣ Set for the first time in 1943.
- ▣ Revised periodically based on reviews of scientific research.
- ▣ **The RDAs are the levels of nutrients that have been determined to be adequate to meet the known nutritional needs of most healthy people.**

Additional Dietary Guidelines

- Eat a variety of foods
- Limit total fat to 30% of calories
- Limit saturated fat to less than 10% of calories
- Choose a diet low in cholesterol
- Choose a diet with plenty of vegetables, fruits, and grain products
- Use salt and sodium in moderation



GRADE/AGE GROUPINGS



Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Lunch

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH (School week averages)

Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-6	Grades 7-12	Option for Grades K-3
Energy Allowance (calories)	517	664	825	633
Total fat	1	1	1	1
Saturated fat	2	2	2	2
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15
Cholesterol (mg) ³	100	100	100	100
Fiber (g) ³	3	4	7	4
Sodium (mg) ³	1350	1350	1350	1350

¹ Total fat not to exceed 30 percent of calories over a school week.

² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Breakfast

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST

(School week averages)

Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-12	Option for Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat	1	1	1
Total Saturated Fat	2	2	2
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14
Cholesterol (mg) ³	75	75	75
Fiber (g) ³	2	4	5
Sodium (mg) ³	1000	1000	1000

¹ Total fat not to exceed 30 percent of calories over a school week.

² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

Grade Groups For Traditional Food Based Menu Planning

School Lunch

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH (School week averages)

Nutrients and Energy Allowances	Preschool	Grades K-3	Grades 4-12	Option for Grades 7-12
Energy Allowance (calories)	517	633	785	825
Total fat	¹	¹	¹	¹
Total saturated fat	²	²	²	²
Protein (g)	7	9	15	16
Calcium (mg)	267	267	370	400
Iron (mg)	3.3	3.3	4.2	4.5
Vitamin A (RE)	150	200	285	300
Vitamin C (mg)	14	15	17	18
³ Cholesterol (mg)	100	100	100	100
³ Fiber (g)	3	4	6	7
³ Sodium (mg)	1350	1350	1350	1350

¹ Total fat not to exceed 30 percent of calories over a school week.

² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

Grade Groups For Traditional Food Based Menu Planning

School Breakfast

MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST (School week averages)

Nutrients and Energy Allowances	Preschool	Grades K-12
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³ Fiber (g)	2	4
³ Sodium (mg)	1000	1000

¹ Total fat not to exceed 30 percent of calories over a school week.

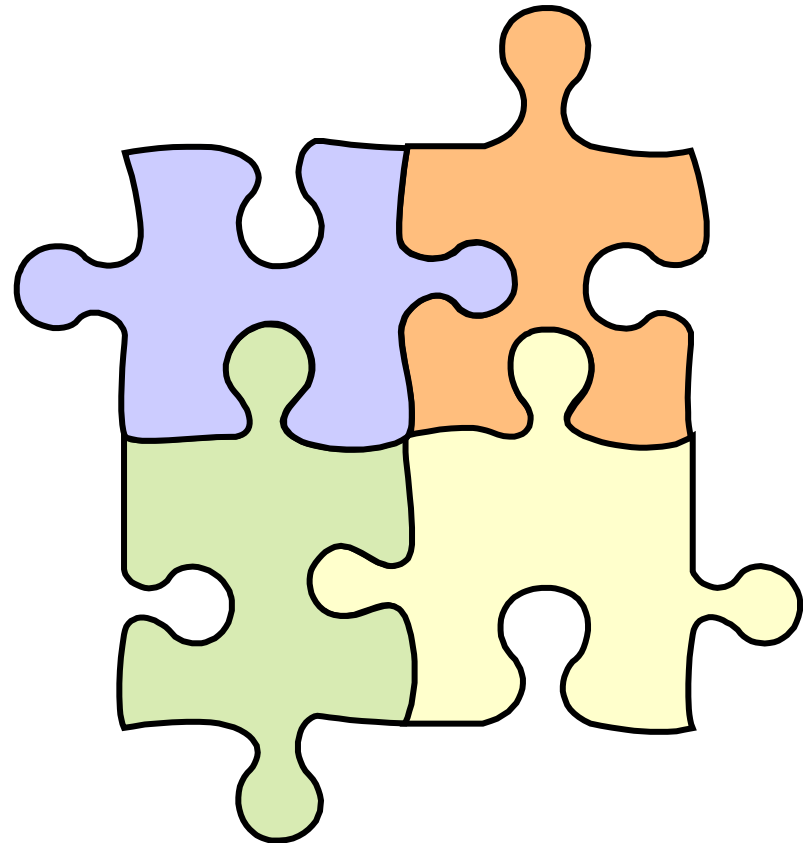
² Saturated fat to be less than 10 percent of calories over a school week.

³ State Guidance

Food Components and Items

□ A *food component* is one of the four food groups which compose a reimbursable meal.

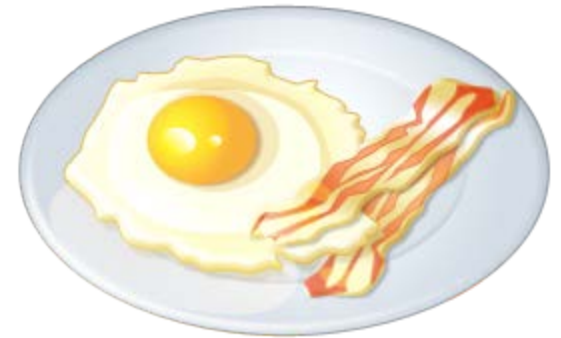
1. Meat/Meat Alternate
2. Vegetables/Fruit/Juice
3. Grain/Breads
4. Milk



Lunch & Breakfast Components

□ Breakfast Components

- Meat/Meat Alternate
 - (what about bacon?)
- Juice/Fruit/Vegetable
- Grains/Breads
- Milk



□ Lunch Components

- Meat/Meat Alternate
- Vegetables/Fruits
- Grains/Breads
- Milk

What is a food item?

A Reimbursable Breakfast must consist of four required food items:

Two Grains/Breads and/or Meat or Meat Alternate
Milk

Juice/Fruit/Vegetable

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A Reimbursable Lunch must consist of five required items:

Meat or Meat Alternate
Milk

Grains/Breads

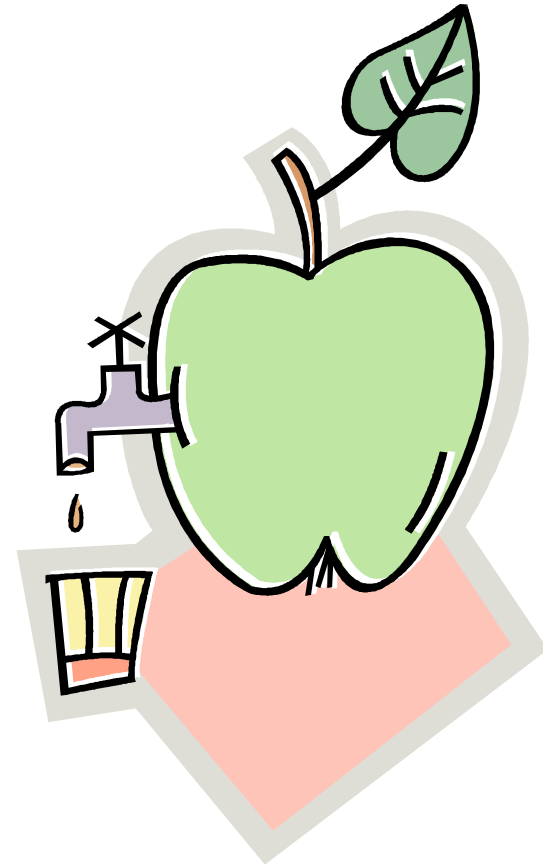
Two Vegetables and/or Fruits

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Ok, So now let's play with some food!

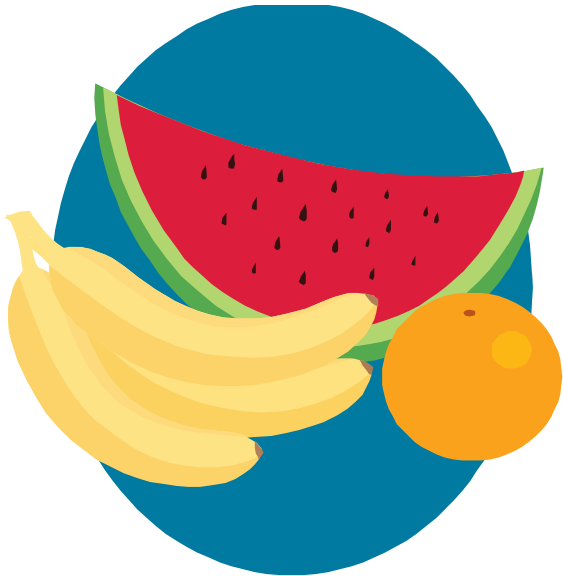
A Note about Juice

- Juice must be full strength to count as a fruit.
- If juice is 50% strength, credit can only be claimed for one half of the volume. For example an 8 oz carton of 50/50 juice would count as 4 oz. of juice for the component.



Minimum Quantities for TFBMP and EFBMP

(page 12-15 in SMI workbook)



Traditional Food Based Menu Planning

School Breakfast

MINIMUM QUANTITIES FOR TRADITIONAL MEAL PATTERN BREAKFAST			
	Minimum quantities required for		
	Ages 1-2	Ages 3, 4, and 5	Grades K-12
Meal Component			
Milk (fluid - as a beverage, on cereal or both)	4 fl. oz. or 1/2 cup	6 fl. oz. or 3/4 cup	8 fl. oz. or 1 cup
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
Select <u>one</u> serving from each of the following components or <u>two</u> from one component:			
Grains/Breads One of the following or an equivalent combination:			
Whole grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain or enriched biscuit/roll, muffin, etc.	1/ 2 serving	1/ 2 serving	1 serving
Whole grain, enriched or fortified cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.
Meat or Meat Alternates:			
Meat/poultry or fish	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Egg (large)	1/2	1/2	1/2
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
Nut and/or seeds (as listed in program guidance) ¹	1/2 oz.	1/2 oz.	1 oz.

¹ No more than 1 oz. of nuts and/or seeds may be served in any one meal.

Traditional Food Based Menu Planning

School Lunch

MINIMUM QUANTITIES FOR TRADITIONAL MEAL PATTERN LUNCH

	Required				Recommended Quantities
	Preschool		Grades K-3	Grades 4-12	Grades 7-12
	Ages 1-2 Group I	Ages 3-4 Group II	Ages 5-8 Group III	Ages 9 & Older Group IV	Ages 12 & Older Group V
<i>Meal Component</i>					
Milk (fluid - as a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
Meat or Meat Alternate (quantity of the edible portion as served)					
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	1 1/2 oz.	2 oz.	3 oz.
Cheese	1 oz.	1 1/2 oz.	1 1/2 oz.	2 oz.	3 oz.
Large egg	1/2	3/4	3/4	1	1 1/2
Cooked dry beans or peas	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	6 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	12 oz. or 1 1/2 cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, 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. - 50%	3/4 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%	1 1/2 oz. = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup

Grains/Breads	5 servings per week ¹	8 servings per week ¹	8 servings per week ¹	8 servings per week ¹	10 servings per week ¹
<p>Must be enriched or whole grain</p> <p>A serving is a slice of bread or an equivalent serving of biscuits, rolls etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains</p>	Minimum of 1/2 per day	Minimum of 1 per day	Minimum of 1 per day	Minimum of 1 per day	Minimum of 1 per day

¹ For the purposes of this chart, a week equals five days.

ENHANCED FOOD BASED MENU PLANNING

School Breakfast

MINIMUM QUANTITIES REQUIRED FOR ENHANCED MEAL PATTERN BREAKFAST

	Required			Option for
	Ages 1-2	Preschool	Grades K-12	Grades 7-12
Meal Component				
Milk (fluid-as a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl oz.
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup

SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS OR TWO FROM ONE COMPONENT:

Grains/Breads One of the following or an equivalent combination: Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal	1/2 slice 1/2 serving 1/4 cup or 1/3 oz.	1/2 slice 1/2 serving 1/3 cup or 1/2 oz.	1 slice 1 serving 3/4 cup or 1 oz. <u>Plus</u> an additional serving of one of the Grains/ Breads above	
Meat or Meat Alternate 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.
Egg (large)	1/2	1/2	1/2	1/2
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup	4 oz. or 1/2 cup
Nut and/or seeds (as listed in program guidance) ¹	1/2 oz.	1/2 oz.	1 oz.	1 oz.

¹ No more than 1 ounce of nuts and/or seeds may be served in any one meal.

ENHANCED FOOD BASED MENU PLANNING

School Lunch

MINIMUM QUANTITIES REQUIRED FOR ENHANCED MEAL PATTERN LUNCH

		Required				Option for
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3	
Meal Component						
Milk (fluid - as a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Meat or Meat Alternate (quantity of the edible portion as served)						
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.	
Cheese	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.	
Large egg	1/2	3/4	1	1	3/4	
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup	
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.	
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	8 oz. or 1 cup	6 oz. or 3/4 cup	
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:						
Peanuts, soynuts, 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. = 50%	3/4 oz. = 50%	1 oz. = 50%	1 oz. = 50%	3/4 oz. = 50%	
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup	3/4 cup plus additional 1/2 cup over a week ¹	1 cup	3/4 cup	
Grains/Breads Must be enriched or whole grain.	5 servings per week ¹	8 servings per week ¹	12 servings per week ¹	15 servings per week ¹	10 servings per week ¹	
A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	minimum of 1/2 per day.	minimum of 1 per day.	minimum of 1 per day ²	minimum of 1 per day ² .	minimum of 1 per day ² .	

What is a food item?

Food Component



Food Item



Serving



A meal consists of servings of food items from the four food components.

AN EXAMPLE WITH GRAINS/BREADS...

Lunch

NSLP Food Component

- Grains/Breads

Menu Item

- One daily serving plus minimum weekly total

Serving minimums for this food component/food item

- 1 slice of bread
- 1 roll
- ½ cup of pasta



Meals consist of food items from the four components.

- Grains/breads is a **food component**.
- One serving daily, plus the minimum for the weekly total of grains/breads is a **food item**.
- 1 -25g. slice of bread, 1 -25 g. roll, 1 - $\frac{1}{2}$ cup pasta is a **food serving**.



MEAL PATTERN SUMMARY

The minimum requirements of the menu planning option.



Traditional Food Based Menu Planning, grades K – 12:

■ Minimum Requirements for Breakfast:

- 8 oz. fluid milk
- ½ cup juice/fruit/vegetable
- One serving grains/breads and
- one serving meat/meat alternate

OR

- Two servings grains/breads or two servings meat/meat alternate



Traditional Food Based Menu Planning

□ **Minimum Requirements for Lunch K-3:**

- 1 ½ oz. cooked lean meat/meat alternate
- ½ cup fruit/vegetable from at least 2 sources
- 8 servings of grains/breads over a week, with a minimum of 1 serving daily
- 8 oz. fluid milk

□ **Minimum Requirements for Lunch 4-12:**

- 2 oz. cooked lean meat/meat alternate
- ¾ cup fruit/vegetable from at least 2 sources
- 8 servings of grains/breads over a week, with a minimum of 1 serving daily
- 8 oz. fluid milk

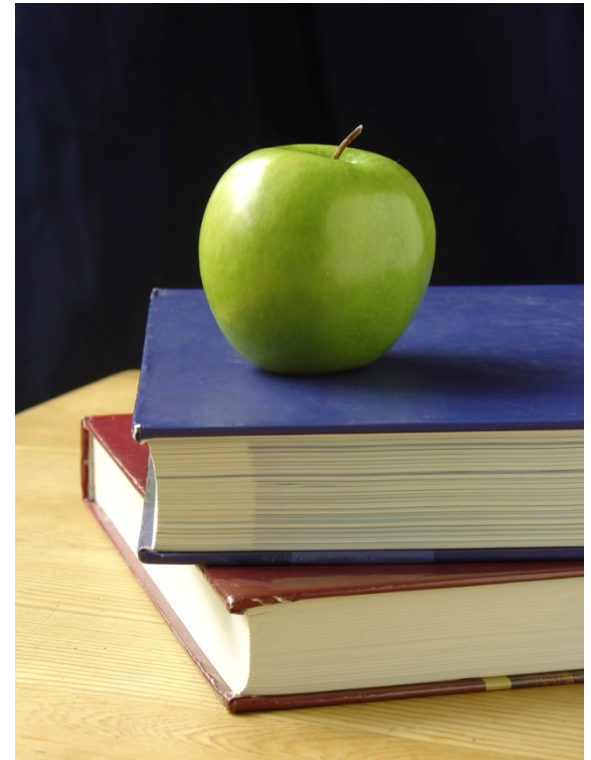
Enhanced Food Based Menu Planning, grades K – 12

□ Minimum Requirements for Breakfast:

- 8 oz. fluid milk
- ½ cup juice/vegetables/fruits
- 1 serving grains/breads
- 1 oz. meat/meat alternate

OR

- 2 servings grains/breads or 2 servings meat/meat alternate



Enhanced Food Based Menu Planning

□ **Minimum Requirements for Lunch K-6**

- 2 oz. meat/meat alternate
- $\frac{3}{4}$ cup plus $\frac{1}{2}$ cup fruit/vegetable during a week
- 12 servings grains/breads, minimum 1 each day
- 8 oz. fluid milk daily

□ **Minimum Requirements for Lunch 7-12**

- 2 oz. meat/meat alternate
- 1 cup fruit/vegetable daily
- 15 servings grains/breads, minimum 1 each day
- 8 oz. fluid milk daily

OFFER VERSUS SERVE



General Rules

- ❑ Reduces food waste and lowers food costs.
- ❑ Encourages more food choices.
- ❑ Students may decline a specified number of food items.
- ❑ Students decide which items to decline.
- ❑ **Must** be implemented at the senior high level at lunch.
- ❑ Junior high, middle schools, and elementary schools have the option to implement offer versus serve.

Under Offer versus Serve:

- Students are allowed to take smaller portions of the declined food items. The required food items taken by students, however, must be a full serving.
- The decision to decline by the student does not affect the charge for the meal.
- Within the minimum quantities specified in the regulations for the various age and grade groups, the menu planner establishes what constitutes a “serving”

Careful of the term “serving”...

- A USDA serving is not necessarily the same size or portion as the serving on the Nutrition Facts label on the package or container of the item used.
- For example: Nutrition Facts Label states that 1 oz. of chicken equals a serving (According to the manufacturer).
 - ▣ USDA requires that it needs to be 2 oz. M/MA to equal a serving under TFBMP for grades 4-12.
 - ▣ So...a serving is not necessarily a serving.

Offer versus Serve, Lunch :

School Lunch Program Offer versus Serve

- All five food items must be offered to all students.
- The serving sizes must equal the minimum required quantities by age or grade group.
- The lunch must be priced as a unit.
- Students have the option of which item(s) to decline.



Lunch Continued...

- **Students must be offered all five required food items:**
 - **One serving of each of:**
 - **Meat/Meat Alternate**
 - **Milk**
 - **Grains/Breads**
 - **Two servings of:**
 - **Vegetables/Fruits**
-



Lunch Continued...

- ❑ Senior high students are allowed to decline 2 of the 5 required food items.
- ❑ Offer versus Serve is optional below the senior high level.
- ❑ Students below the senior high level may be permitted to decline one or two of the five required food items (depends on the school district).



Offer versus Serve, Breakfast:

School Breakfast Program Offer versus Serve

- All four food items must be offered to students.
- The serving sizes must equal the minimum quantities required by age or grade group.
- The breakfast must be priced as a unit.
- Students have the option of which item to decline.



Breakfast continued...

- **Students must be offered all four required food items:**
- **One serving each of:**
 - **Milk**
 - **Juice/Fruit/Vegetable**
- **One of each or two of:**
 - **Grains/Breads**
 - **Meat/Meat Alternate**



Breakfast continued...

- **At the option of school food authority, each school may allow the students to refuse one *food item* from any component.**
- So...offer versus serve does not have to be implemented in grades 9-12 for breakfast, but for lunch, offer versus serve is mandatory for grades 9-12.



Grains/Breads and Offer versus Serve

- **For the grains/breads food component/food item, the daily *component* requirement will be considered met if the student selects *at least* one of the one or more daily servings offered.**
- **When choices are offered within food items, the choice offering the highest number of grains/breads daily should be counted toward the required number of servings per week.**
- **For example, in a school with grades 7-12, the following foods are offered as the grains/breads food component/food item to meet the 15 servings per week/one per day requirement for Enhanced FBMP...**

EXAMPLE

- **Day 1**
- **1 25 g. slice of garlic bread (counts as 1 serving)**
- **1 cup of spaghetti (2 servings)**
- **The required minimum for grain-based dessert item (1 serving)**
- **Total servings: 4**



EXAMPLE

- ❑ **Day 2**
- ❑ **1/2 cup of rice (1 serving)**
- ❑ **The required minimum for grain based dessert item (1 serving)**
- ❑ **Total servings: 2**



EXAMPLE

- **Day 3**
- **1 cup of noodles (2 servings)**
- **1 25 g. roll (1 serving)**
- **The required minimum for a grain based dessert item (1 serving)**
- **Total servings: 4**



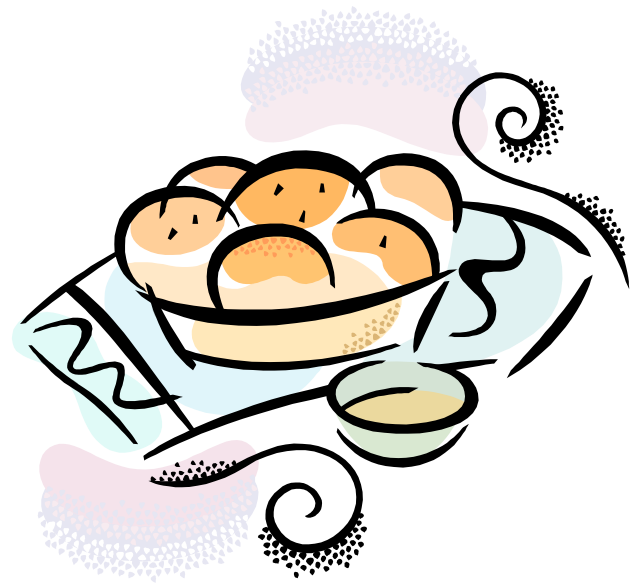
EXAMPLE

- ❑ **Day 4**
- ❑ **1 cup of noodles (2 servings)**
- ❑ **1 roll (1 serving)**
- ❑ **The required minimum for a dessert item (1 serving)**
- ❑ **Total servings: 4**



EXAMPLE

- **Day 5**
- **1 25 g. roll**
- **Total servings: 1**



Total Servings Grains/Breads

- **Total servings for the week: 15**



PATTERN REQUIREMENTS AND OFFER VERSUS SERVE REVIEW

SCHOOL MEALS INITIATIVE

SMI

A review of the menu planning option in use.

Required Information/Records

- Menus
- Standardized Recipes
- Menu Production Records
- Nutrient Data
- Child Nutrition (CN) Labels or Product Analysis Statements



Menus

- Appropriate for age/grade groups
- Determine the number of choices to be offered
- Will be evaluated for compliance with nutrient standards



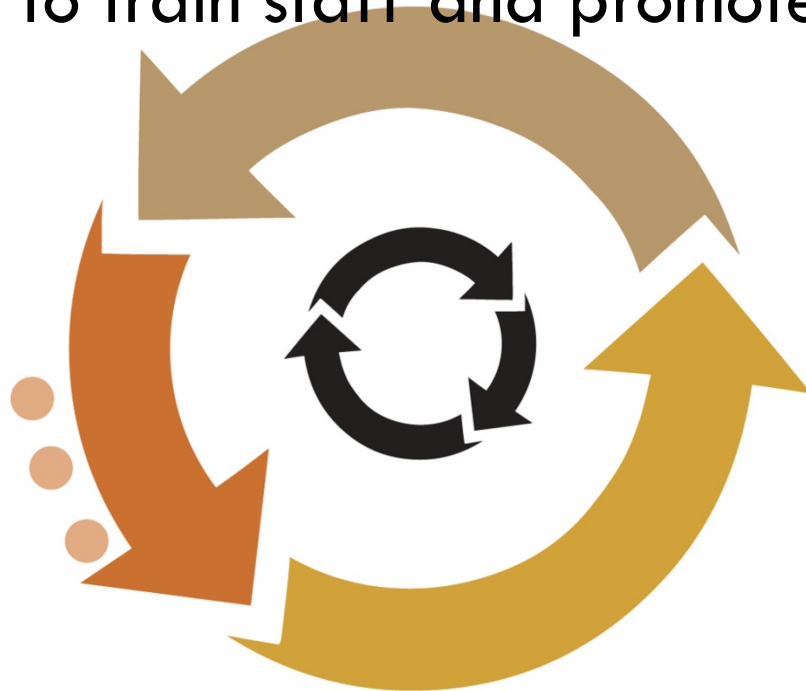
Menu Planners Need To Know:

- Program purpose and goals, requirements and recommendations.
- Students' food preferences.
- Food cost and the amount of money available.
- Food available for the menu planning period.



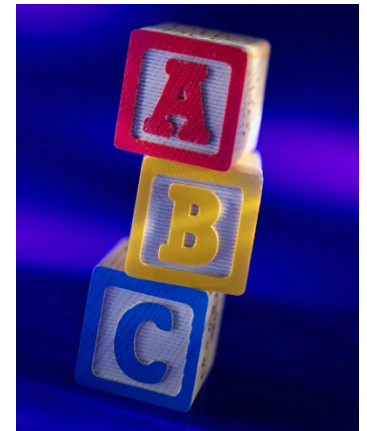
Cycle Menus

- ❑ Saves time and increase efficiency.
- ❑ Avoids repetition.
- ❑ Allows USDA commodities to be included.
- ❑ Leaves time to train staff and promote healthful changes.



The ABCs of Menu Planning

1. Collect Menu Resources
2. Select the Age or Grade Group
3. Determine the Number of Choices
4. Select the Entrée for lunch or the Main Course for Breakfast
5. Select the Menu Item(s)
6. Provide fluid milk choices
7. Evaluate



Don't forget to publish your menus!!!

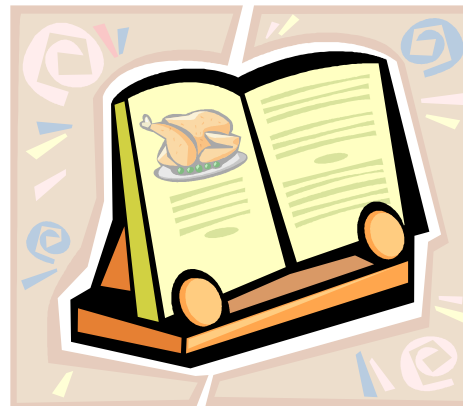
MAGIC MENU PLANNER

See USDA Recipes.

Standardized Recipe

The definition:

A recipe which is produced for a specific school district and which is designed to assure the same number and size of portions, the same taste, food quality, cost and nutritional content **EVERY** time the recipe is used – **REGARDLESS** of who makes the product.



Standardized Recipes

- Needed if more than one ingredient or preparation/serving instructions
 - Examples include: Purchased burritos, Seasoned vegetables, Baked seasoned chicken, Mixed fresh fruit cup.
- Standardized Recipes guarantee:
 - ▣ Same number and size of portions
 - ▣ Same taste and quality
 - ▣ Cost is consistent
 - ▣ Nutritional content is consistent



Benefits of Standardized Recipes

- ❑ Assures product provides required food components and nutrients.
- ❑ Better quality control and consistency.
- ❑ Portion control.
- ❑ Eliminates waste and guesswork.
- ❑ Less chance of “running out” of product.
- ❑ Less need to substitute.
- ❑ Saves time in preparation.
- ❑ Reduces training and supervision needs.
- ❑ GOAL – Anyone with basic cooking skills can produce consistent results with a standardized recipe.



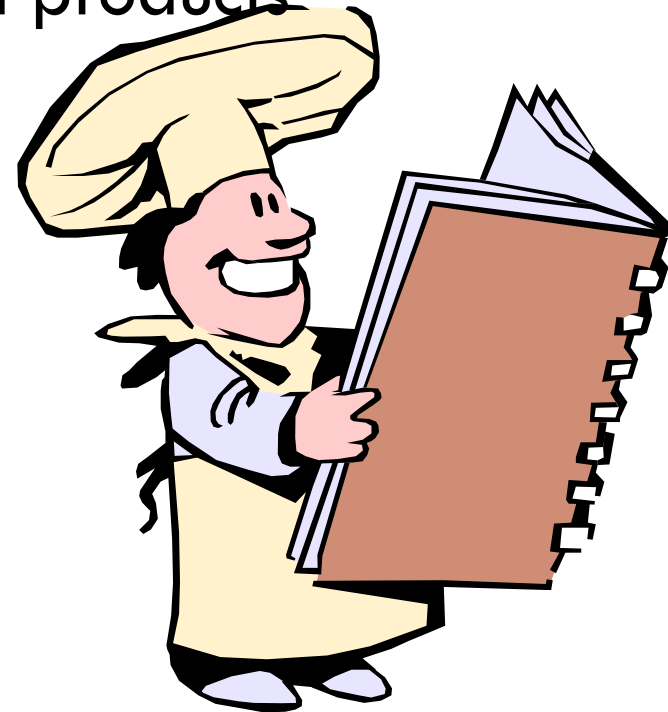
Required Components of Standardized Recipes

- ❑ Name and/or number of recipe
- ❑ Category
- ❑ Ingredients with weights and measures
- ❑ Directions to prepare
- ❑ Description
- ❑ Consistent abbreviations
- ❑ Time and temperature, bowl and/or pan size
- ❑ Portion size
- ❑ Serving Utensils
- ❑ Yield
- ❑ Special instructions



Standardized Recipe Form

- Page 46 and 47 contains a blank standardized recipe.
- Page 48, Commercially prepared products
 - Attach manufacturer's labels



CREATING A RECIPE BOOK



GRAINS AND BREADS



Grain Bread Credits

- Turn to page 50.
- Weights of grain/bread products are rounded down to the nearest $\frac{1}{4}$.
- If a slice of bread weighs 20 grams and the weight of one USDA serving is 25 grams, the slice of bread may count as .75 or $\frac{3}{4}$ of 1 USDA serving grains/breads.



Grain Bread Credits

- 14.75 grams of enriched flour is equal to one USDA serving of grains/breads.
- 25 grams of dry whole-grain cereal is equal to one USDA serving of grains/breads
- 28.35 grams equals one ounce
- 454 grams equals one pound

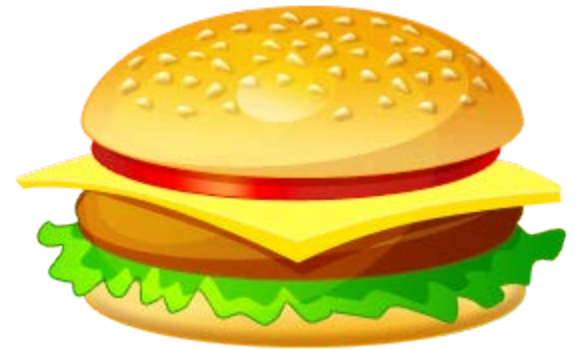


Calculating the number of servings of grains/breads

1. Obtain the total weight of the package.
2. Obtain the total number of items in the package.
3. Divide the total weight of the package by the total number of items in the package to find the weight of one item.
4. Locate the grains/breads group that has the product listed.
5. Compare the calculated weight of one item to the weight of a minimum USDA serving in that group.
6. Divide the calculated weight of one item by the minimum serving to find the number of USDA grains/breads servings in the product.

Example #1, Hamburger Buns

- ▣ Total weight of package is 1 lb. 6 oz.
- ▣ 12 buns in package
- ▣ Change lbs and oz to all oz ($16+6=22\text{oz}$)
- ▣ Divide 22 oz. by 12 buns
- ▣ Each bun weighs 1.8 oz.
- ▣ Hamburger buns are in group B
- ▣ Minimum USDA serving is .9 oz.
- ▣ Divide 1.8 by .9. Answer is 2. Each bun is 2 USDA grains/breads servings.



Example #2, Oatmeal Cookie Recipe

- 1 lb. 13 oz of all purpose flour
 - 1 lb. 4 oz of rolled oats
 - Recipe makes 100 cookies
-
- 1 lb. 13 oz flour = 29 oz.
(16 oz + 13 oz = 29 oz)
 - 1 lb. 4 oz. rolled oats = 20 oz.
(16 oz + 4 oz = 20 oz)



Oatmeal Cookie Recipe

- 29 oz. flour x 28.35 grams = 822 grams flour
- 20 oz. rolled oats x 28.35 grams = 567 grams rolled oats



Oatmeal Cookie Recipe

Remember,

1 USDA serving flour = 14.75 grams

1 USDA serving whole grain = 25 grams

822 grams flour divided by 14.75 grams =
55 USDA servings flour

567 grams rolled oats divided by 25 grams =
22 USDA servings rolled oats

Oatmeal Cookie Recipe

55 servings flour + 22 servings rolled oats = 77

- 77 Servings grains/breads
- 77 USDA servings divided by 100 portions = .77
USDA servings grains/breads per cookie
- Round down to the nearest $\frac{1}{4}$ serving
- Each cookie is $\frac{3}{4}$ serving grains/breads.

Example #3, Muffin Squares recipe:

- 3 lb. 8 oz. all-purpose flour in this recipe
- The recipe makes 100 portions.

$$3 \text{ lb. } 8 \text{ oz} = 3.5 \text{ lb}$$

$$3.5 \times 454 \text{ g} = 1,589 \text{ grams}$$

•One pound = 454 grams

•14.75 grams of flour
equals one servings of
grains/breads

- 1589 divided by 14.75 = 107 USDA servings of
flour in the recipe of 100 portions

Example #3, Muffin Squares recipe:

107 servings divided by 100 portions
equals 1.07 USDA servings

- Remember $\frac{1}{4}$ of serving is the lowest you can credit.
- Round down to 1 Grains/breads serving.



THE FOOD BUYING GUIDE



Food Buying Guide

- Use to determine the contribution foods make toward meal requirements
- Use to determine amount needed to meet meal requirements
- $\text{Number of servings needed} \div \text{servings per purchase unit} = \text{amounts to be purchased/prepared}$



Column 1

Food As Purchased, AP

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CURED, Ready-to-cook, chilled or frozen³² (continued)					
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat
Pork shoulder Picnic³² <i>With bone</i>	Pound	4.48	1-1/2 oz cooked lean meat	22.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat
Pork Shoulder Picnic³² <i>Without bone</i>	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
PORK, MILD CURED, Fully Cooked, chilled or frozen^{32, 33}					
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Ham With natural juices³² <i>Boiled</i> <i>Without bone</i> <i>(Like IMPS #508 Style B)</i>	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Ham With natural juices³² <i>Smoked</i> <i>Without bone</i> <i>(Like IMPS #509 Style B)</i>	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

³³ For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply by the *Food Buying Guide* yield for the specific cut of pork used to process the product.

Column 2

Purchase Unit

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
ASPARAGUS (continued)					
Asparagus, canned <i>Cuts and Tips</i>	No. 10 can (103 oz)	27.8	1/4 cup heated, drained vegetable	3.6	1 No. 10 can – about 57.3 oz (6-7/8 cups) heated, drained asparagus
	No. 10 can (103 oz)	32.4	1/4 cup drained vegetable	3.1	1 No. 10 can – about 57.1 oz (8 cups) drained, unheated asparagus
	No. 300 can (14-1/2 oz)	3.45	1/4 cup heated, drained vegetable	29.0	1 No. 300 can – about 6.8 oz (3/4 cup) heated, drained asparagus
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	1 No. 300 can – about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	
	Pound	5.03	1/4 cup drained vegetable	19.9	
Asparagus, canned <i>Spears</i>	No. 5 squat can (64 oz)	26.4	1/4 cup drained vegetable	3.8	1 No. 5 can – about 38.0 oz (6-2/3 cups) drained, unheated asparagus
	No. 300 can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.9	1 No. 300 can – about 7.3 oz (7/8 cup) heated, drained asparagus
	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can – about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.2	
Asparagus, frozen <i>Cuts and Tips</i>	Pound	8.10	1/4 cup cooked vegetable	12.4	
Asparagus, frozen <i>Spears</i>	Pound	10.7	1/4 cup cooked vegetable	9.4	
AVOCADOS					
Avocados, fresh <i>All sizes</i> <i>Whole</i>	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP – 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7	

Column 3

Servings per Purchase Unit, EP

Section 2—Vegetables/Fruits					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CRANBERRIES					
Cranberries, fresh Whole	Pound	15.6	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or -serve raw berries
	Pound	11.1	1/4 cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2	
Cranberries, dehydrated Sweetened Whole Includes USDA Commodity	Pound	13.8	1/4 cup dehydrated fruit	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or -serve berries
	5 lb pkg	69.0	1/4 cup dehydrated fruit	1.5	
	30 lb pkg	414.0	1/4 cup dehydrated fruit	0.25	
CRANBERRY RELISH or SAUCE					
Cranberry Relish or Sauce, canned Whole Includes USDA Commodity	No. 10 can (117 oz)	48.0	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0	
Cranberry Relish or Sauce, canned Strained Includes USDA Commodity	No. 10 can (117 oz)	47.9	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4	

Column 4

Servings Size per Meal Contribution

Section 1—Meat/Meat Alternates					
1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Breast¹⁷ <i>Halves with Backs With skin (about 7.5 oz each) from 8 piece cut</i>	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.0	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	2.13	1 breast half with back (about 3.5 oz cooked poultry without skin)	47.0	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.4	
	Pound	7.52	1 oz cooked poultry without skin	13.3	
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.1	
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.0	
Chicken Parts, fresh or frozen Breast¹⁷ <i>Halves with Ribs With skin (about 6.1 oz each)</i>	Pound	2.62	1 breast half (about 4.0 oz cooked poultry with skin)	38.2	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.2	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.5	1 oz cooked poultry with skin	9.6	
	Pound	8.96	1 oz cooked poultry without skin	11.2	
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.3	
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.8	

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Column 5

Purchase Units for 100 Servings

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, FISH STICKS, frozen^{34, 38}					
Seafood, frozen Fish Sticks³⁴	Pound	16.0	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP = 0.49 lb cooked fish
<i>Fried breaded (60 percent fish)³⁸ (Not from minced fish)</i>	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5	
<i>1 oz stick</i>	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0	
Seafood, frozen Fish Sticks³⁴	Pound	16.0	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP = 0.56 lb cooked fish
<i>Raw breaded (72 percent fish) (Not from minced fish)</i>	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5	
<i>1 oz stick</i>	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0	
Seafood, MACKEREL, chilled, frozen, or canned					
Seafood, chilled or frozen Mackerel	Pound	9.76	1 oz fish without bone or skin	10.3	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
<i>Smoked, Cooked Whole Split With bone With skin</i>	Pound	6.50	1-1/2 oz fish without bone or skin	15.4	

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁸Fish Sticks, Frozen, Fried, Breaded is based the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.

Column 6

Additional Information

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
APPLES					
Apples, fresh 125-138 count Whole	Pound	14.8	1/4 cup raw, unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apple
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.4	1/4 cup raw, cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apple
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apple
	Pound	5.80	1/4 cup cooked, sieved unsweetened fruit	17.3	
Apples, fresh 100 count Whole	Pound	15.6	1/4 cup raw, unpeeled fruit (about 1/5 apple)	6.5	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apple
Apples, canned Slices Solid pack Includes USDA Commodity	No. 10 can (100 oz)	50.4	1/4 cup fruit and juice	2.0	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apple
	Pound	8.06	1/4 cup fruit and juice	12.5	
Apples, frozen Sliced, IQF Includes USDA Commodity	Pound	12.7	1/4 cup tempered fruit	7.9	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready-to-cook or serve apples
	Pound	8.80	1/4 cup heated fruit	11.4	
Apples, dehydrated Slices or Rings Regular moisture	Pound	21.1	1/4 cup dehydrated fruit	4.8	1 lb AP = about 5-1/4 cups dehydrated apple
	Pound	28.7	1/4 cup cooked fruit	3.5	

Example 1

Ground Beef

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen^{7, 8} (continued)					
Beef, Ground, fresh or frozen^{7, 8} <i>no more than 26% fat (Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen^{7, 8} <i>no more than 24% fat (Like IMPS #136)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen^{7, 8} <i>no more than 20% fat Includes USDA Commodity (Like IMPS #136)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen^{7, 8} <i>no more than 15% fat (Like IMPS #136)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Beef, Ground, fresh or frozen^{7, 8} <i>no more than 10% fat (Like IMPS #136)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
BEEF HEART, fresh or frozen					
Beef Heart, fresh or frozen <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF KIDNEY, fresh or frozen					
Beef Kidney, fresh or frozen <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen^{7, 8} (continued)					
Beef, Ground, fresh or frozen ^{7, 8} no more than 26% fat (Like IMPS #136)	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen ^{7, 8} no more than 24% fat (Like IMPS #136)	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen ^{7, 8} no more than 20% fat Includes USDA Commodity (Like IMPS #136)	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen ^{7, 8} no more than 15% fat (Like IMPS #136)	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Beef, Ground, fresh or frozen ^{7, 8} no more than 10% fat (Like IMPS #136)	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
BEEF HEART, fresh or frozen					
Beef Heart, fresh or frozen Trimmed	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF KIDNEY, fresh or frozen					
Beef Kidney, fresh or frozen Trimmed	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Example 1

Ground Beef

Need 60 servings

- Column 1 reads “ground beef, not more than 20% fat, includes USDA commodity”
- Column 2 reads “pound”
- Column 3 reads “7.89” (servings)
- Column 4 reads “cooked lean meat”

Calculate Amount of Beef for 60

1. Number of servings needed: 60
2. Servings per purchase unit: 7.89
3. $60 \text{ divided by } 7.89 = 7.6$

You will need 7.75 pounds of USDA commodity ground beef, not more than 16% fat to serve 60 1.5 ounce servings of cooked ground beef

PRODUCTION RECORDS



Menu Production Records

- Needed for each meal, breakfast and lunch
- Demonstrates compliance with program requirements
- Communicates the menu to staff



Menu Production Records

- ❑ All food items, including condiments
- ❑ The quantity prepared, recipe name/number
- ❑ Grade groups (USDA guides only)
- ❑ Planned number of portions
- ❑ Portion sizes
- ❑ Actual number of student servings
- ❑ Comments
- ❑ Actual number of meals served
- ❑ Condiments



Production Record

See Example

- directions on the back.



Nutrient Data

- Each manufacturer's nutrient data is distinct.
- Indicates the serving size per the manufacturer
- Lists the amount of nutrients the product contains for the manufacturer's serving size
- Indicates the amount of the RDA's the manufacturer's serving size meets

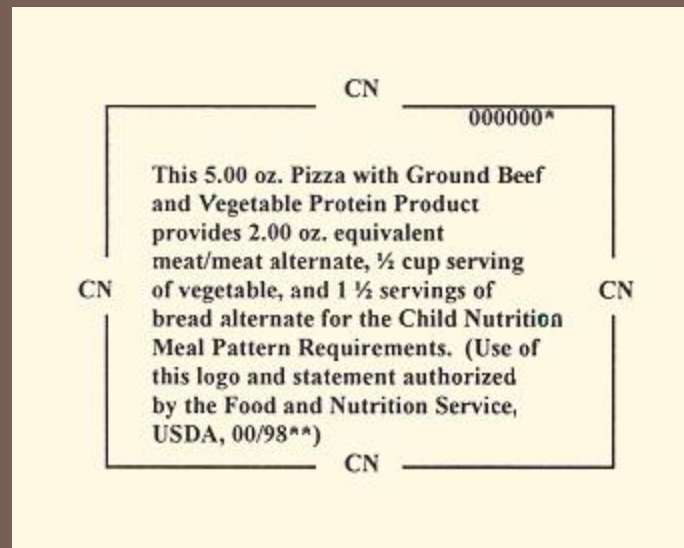
Foods that **require** Nutrient Data

- ❑ Commercially prepared heat and serve foods (frozen pizza, french toast sticks, vegetable blends, etc.)
- ❑ Mixes (cake mixes, gravy mixes)
- ❑ Seasoning mixes (taco seasoning, sloppy joe seasoning)
- ❑ Commercially prepared open and serve foods (juices, desserts)

How to collect or obtain nutrient data

- Cut the nutrient fact portion of the label from the product.
- Request the nutrient fact information from the distributor, manufacturer, or the food broker.
- Keep a complete, organized file.
- See page 72 for example.

CHILD NUTRITION (CN) LABELS

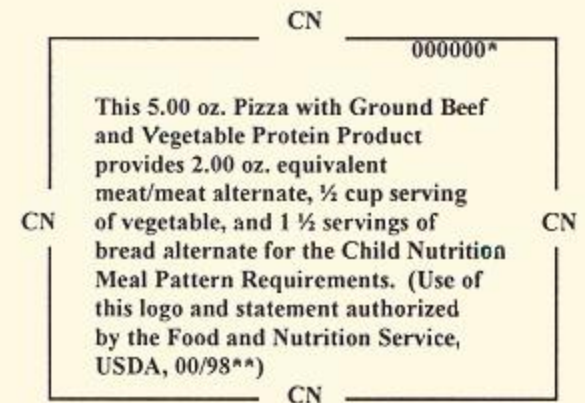


CN label

- Provides information regarding the food's contribution to the meal pattern.
- “a 2 ounce serving provides 1.5 ounces of lean meat/meat alternate for child nutrition programs”
- Needed for all commercially prepared foods for which a claim is made regarding a contribution to the meal pattern.

CN label

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



Products eligible for CN labels

- Main dish products which contribute significantly to the meat/meat alternate component
- Juice and juice drink products which contain at least 50% full strength juice by volume.
- Some products will also show grains/breads credit e.g pizza.



Advantages of CN labeled products

- The statement clearly identifies the contribution of a product toward the meal pattern requirement.
- Provides a warranty against audit claims if used according to the manufacturer's directions.
- Protects the school from exaggerated claims about a product.



How to collect or obtain CN labels:

- ❑ Cut the label from the package of the product.
- ❑ Request the product analysis statement from the distributor.



OTHER IMPORTANT INFORMATION



Food Safety Program

- ❑ Guidance for School Food Authorities—can be downloaded from our website.
- ❑ Seven steps.
- ❑ Sample SOPs
- ❑ Sample Food Safety Program
- ❑ HACCP Logs to Keep—list on website.
- ❑ CD with SOPs in Word format sent to district.



Wellness Plan

- Each school district is required to have a written plan.
- The school district must implement the plan.
- Eat Smart Guidelines.



State Agency Review

- Occurs at least every 5 years.
- Will be given advance notice by supervisor in your area.
- Can download information from the Website to help you get ready.
- Most supervisors have information for the SMI sent to our office prior to the review.

MEAL COUNTING

- A very important part of a successful program.
- During a State Agency Review, is the most punitive of all overclaims.



QUESTIONS???

Resources

□ D.E.S.E Website

<http://www.dese.mo.gov/divadm/food>



U.S.D.A Website

<http://www.fns.usda.gov/cnd>

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Have a Great School Year!!!

