



New School Meal Requirements Webinar

March 24, 2015

1:00 pm – 2:30 pm

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This webinar will provide:



- **An overview of the school lunch and breakfast requirements**
- **A description of meal components**
- **Steps you can take to support schools as they implement these changes**

Framing for SNAP-Ed LIAs:



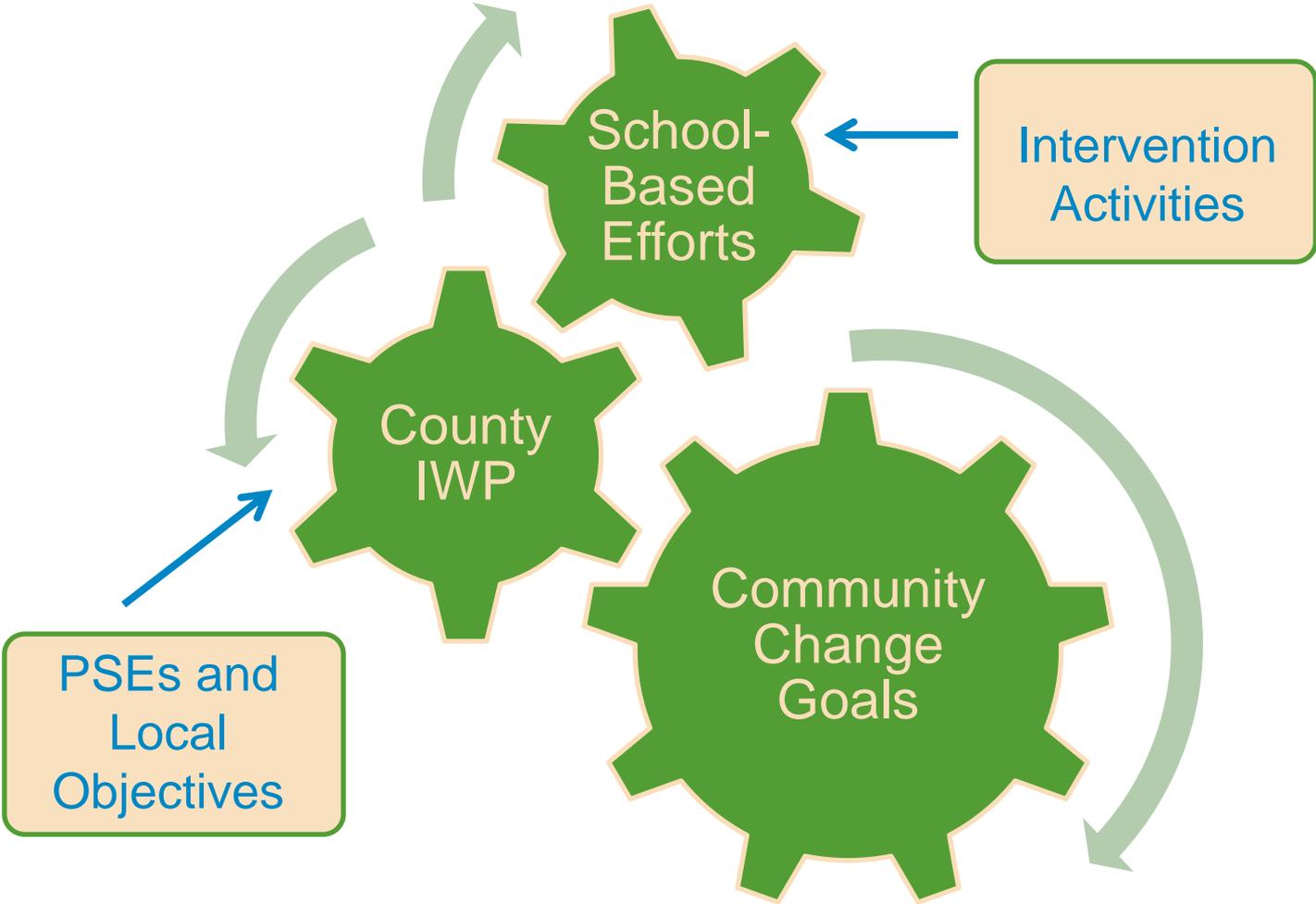
- **Understanding the laws**
 - HHFK and School Meals
- **How does this relate to other SNAP-Ed funded initiatives including PSEs**
 - School Wellness
 - Healthy Food and Beverage Standards
- **Larger Community Change efforts**
 - Sectors of Influence
- **A Platform for Expanding Partnerships**
 - Who is already doing this work?
 - Who can help elevate this work?

Framing for CDPH NEOPB Staff:



- **Understanding the laws**
 - **HHFK and School Meal Requirements**
- **How it relates to other SNAP-Ed work and strategies**
 - **PSE strategies: School Wellness and Healthy Food and Beverage Standards**
 - **School Wellness Policies**
 - **Priorities identified by USDA FNS at Forum**
- **Clear understanding of state agency roles**
 - **How our colleagues' work at CDE relates to our own**
 - **What we can do to support LIAs in their work**

SNAP-Ed Connection



Poll #1



Poll #2





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CALIFORNIA DEPARTMENT OF EDUCATION

School Nutrition Programs Meal Pattern Requirements – Breakfast and Lunch

March 2015



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Objectives

Review Meal pattern requirements for :

- National School Lunch Program
- School Breakfast Program





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Requirements for Lunch





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Lunch Meal Pattern

- Food Based Menu Planning
- Grade Groups
 - K-5, 6-8, 9-12
- 5 Components
 - Fruit, Vegetables, Meat/Meat Alternate, Milk



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Fruit Component—Lunch

Grades K-5	Grades 6-8	Grades 9-12
1/2 cup daily	1/2 cup daily	1 cup daily

- Full-strength fruit juice
- No more than half of the weekly fruit offering in the form of juice
- Minimum creditable serving 1/8 cup
- One quarter-cup dried fruit counts as 1/2 cup fruit

Vegetable Component—Lunch



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	Grades K-5	Grades 6-8	Grades 9-12
	$\frac{3}{4}$ cup per day	$\frac{3}{4}$ cup per day	1 cup per day
Vegetable Subgroups Weekly Requirement			
Dark Green	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Red/Orange	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
Bean, Peas (Legumes)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Starchy	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Other	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 $\frac{1}{2}$ cup

Vegetable Component— Continued



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- Raw leafy greens credited as half the volume
- Minimum credible serving 1/8 cup





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Poll #3

What is the minimum amount of vegetables that must be **offered** per day at lunch for grades 9 - 12?

- a) $\frac{1}{4}$ cup
- b) $\frac{1}{2}$ cup
- c) $\frac{3}{4}$ cup
- d) 1 cup



Grains Component - Lunch



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Grades K-5	Grades 6-8	Grades 9-12
8-9 oz eq. /week 1 per day (min.)	8-10 oz eq. /week 1 per day (min.)	10-12 oz eq. /week 2 per day (min.)

Note: The weekly range serves as a guide in planning menus and meeting dietary specifications.

- Limit grain-based dessert – 2 oz eq per week
- Grains less than .25 oz eq do not count



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Grains Component—Lunch

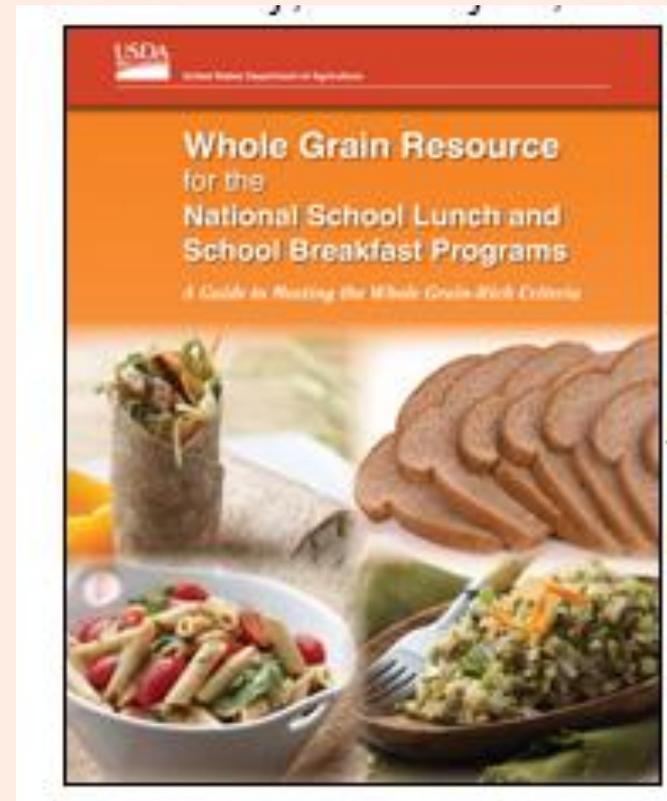
- All grains offered at lunch must be whole grain-rich
- Definition whole grain-rich – at least half the grains need to be whole grains, and the other half of the grains need to be enriched
- Whole grain first ingredient



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USDA Whole Grains Resource

<http://www.fns.usda.gov/tn/whole-grain-resource>





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Whole Grain Rich?



INGREDIENTS: BREAD: Fine **Whole Wheat Flour**, Enriched White Flour (Enriched with Barley, Malt, Iron, [Ferrous Sulfate] and the following B Vitamins: Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Fresh Yeast, Wheat Gluten, Salt, Vegetable Mono & Diglycerides, Sodium Stearoyl, Lactylate, Calcium Propionate, Enzymes. **CHEESE:** Low Moisture Part Skim Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes), Lite Mozzarella Cheese (Pasteurized Skim Milk, Cheese Cultures, Salt, Enzymes). **SAUCE:** Water, Liquid Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Natural & Artificial Flavor, Calcium Disodium EDTA (added to protect flavor), Beta Carotene (color), Vitamin A Palmitate added, Citric Acid, Butter Buds 8X (Malto-Dextrin, Modified Butter Oil and Dehydrated Butter, Salt) Guar Gum, Baking Soda, Annatto and Turmeric Vegetable Color, Cheese Buds (Malto-Dextrin, Whey Solids, Natural Parmesan Cheese Flavor, Salt) Garlic Powder.

CONTAINS WHEAT, SOY, AND MILK.

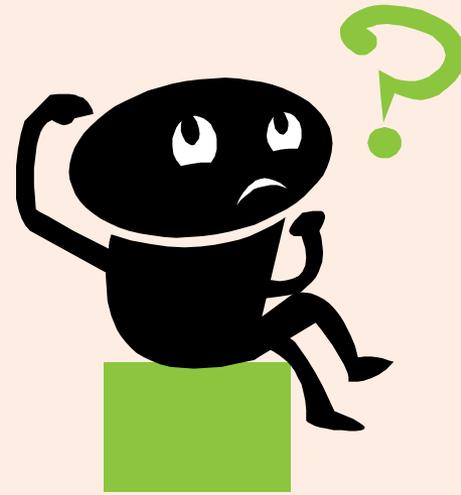


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Poll #4

What percentage of the grain products offered over the course of the week must be whole grain-rich?

- a. 25 percent
- b. 50 percent
- c. 75 percent
- d. 100 percent





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Meat/Meat Alternate—Lunch

Grades K-5	Grades 6-8	Grades 9-12
8-10 oz. /wk. 1 ounce daily	9-10 oz. /wk. 1 ounce daily	10-12 oz. /wk. 2 ounces daily

Note: The weekly range serves as a guide to plan menus and meet dietary specifications .



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Meat/Meat Alternate

Ounce Equivalents Meat Alternate

- 4 oz or $\frac{1}{2}$ cup yogurt
- 2 Tbsp nut butters
- 1 oz nuts and seeds
- 1 oz cheese
- $\frac{1}{2}$ cup cooked dried beans
- $\frac{1}{2}$ large egg



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Processed Foods Documentation

CN Label

087152

CN Twelve 0.27 oz. fully cooked popcorn chicken, chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. CN
(Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04/13).

CN



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Processed Foods Documentation

Product Formulation Statement

Step 4: Insert Manufacturer Letterhead Here

Product Formulation Statement

The Product Formulation Statement is to be completed by an official representative of the manufacturer. Child Nutrition Program Sponsors must include a copy of the label from the purchased product package, in addition to the following information on letterhead signed by an official company representative.

Section 1:

Product Name:		Code Number:	
Manufacturer:			
Portion Size (weight) as Purchased:			

Section 2:

Complete the following worksheet(s) to determine creditable amount of product per portion:

[A. Meat-Meat Alternate](#)

N/A

I certify that the submitted information is true and correct and that a _____ ounce equivalent serving of the above product (ready for serving) contains _____ ounce equivalent meat/meat alternate when prepared according to directions.

(Reminder: Total creditable amount cannot count for more than the total weight of product)



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Milk Component—Lunch

Grades K-5	Grades 6-8	Grades 9-12
1 cup daily	1 cup daily	1 cup daily

Fluid milk –

- Low-fat (1% milk fat , unflavored)
- Fat-free (unflavored or flavored).

At least two types of milk

Variety of fat levels or

Variety of flavored and unflavored



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Dietary Specifications

- Calorie range
- Sodium
- Saturated fat
- Trans fat





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Calorie Range—Lunch

Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
550-650	600-650	600-700	750-850

Daily average over the week



Sodium Targets

SY 2014-15

Target 1

Breakfast

≤540mg (K-5)
≤600mg (6-8)
≤640mg (9-12)

Lunch

≤1230mg (K-5)
≤1360mg (6-8)
≤1420mg (9-12)

SY 2017-18

Target 2

Breakfast

≤485mg (K-5)
≤535mg (6-8)
≤570mg (9-12)

Lunch

≤935mg (K-5)
≤1035mg (6-8)
≤1080mg (9-12)

SY 2022-23

Target 3

Breakfast

≤430mg (K-5)
≤470mg (6-8)
≤500mg (9-12)

Lunch

≤640mg (K-5)
≤710mg (6-8)
≤740mg (9-12)



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Saturated Fat

Saturated fat less than 10 percent of calories over a school week





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Traditional Meal Service

- Serve all menu items
- No choice to decline



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Offer versus Serve

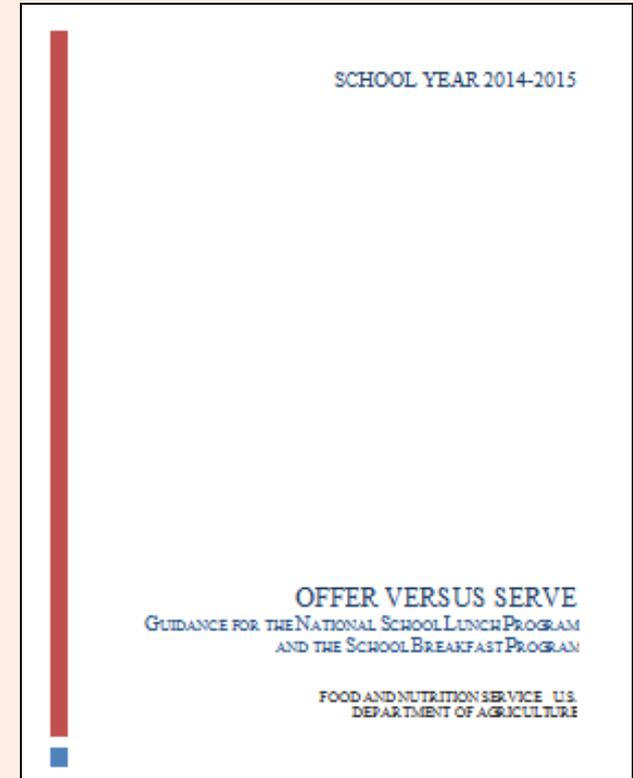
- Must offer 5 required components:
 - Meat/Meat Alternate,
 - Fruit, Vegetable,
 - Grains, and
 - Fluid Milk
- Students
 - Can take all 5 component
 - Must take at least 3 components
 - Must take at least $\frac{1}{2}$ cup fruit/vegetable



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Offer versus Serve

USDA Manual Offer Versus Serve for SY 2014-15



<http://www.fns.usda.gov/sites/default/files/SP57-2014a.pdf>



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Signage

- Placed in a visible location at or near the beginning of the serving line
- Indicate what is included as part of the meal
- Include number of choices of fruits, vegetables, and grains
- Include the minimum requirement for Offer Versus Serve



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5 Star Meals



For a complete meal you must select three different colored ★'s
At least one star must be a ★ vegetable or a ★ fruit

Students may take up to (4) different fruits and/or vegetables



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Requirements for Breakfast





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BREAKFAST MEAL PATTERN

Meal Pattern and Overlap Breakfast						
	K-12	K-5	K-8	6-8	6-12	9-12
Calories	450-500	350-500	400-500	400-550	450-550	450-600
Fruit/ Vegetable	5 cups per week (1 cup per day)					
Grains/Meat/ Meat Alternate	9-10 (1 per day min)	7-10 (1 per day min)	8-10 (1 per day min)	8-10 (1 per day min)	9-10 (1 per day min)	9-10 (1 per day min)
Milk	5 cups per week (1 cup per day)					
Sodium – Target 1 Effective July 1, 2014	≤ 540 mg (Target I)	≤ 540 mg (Target I)	≤ 540 mg (Target I)	≤ 600 mg (Target I)	≤ 600 mg (Target I)	≤ 640 mg (Target I)
Saturated Fat	< 10% of Calories					
Trans Fat	Nutrition label or manufacture specification must indicate zero grams of trans fat (< 0.5 grams) per serving					



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Breakfast—Fruit

- Must offer to 1 cup/day to all grade groups
- Student must take at least $\frac{1}{2}$ cup fruit/vegetables
- Limitation on juice
 - Half fruit offerings over the week can be juice





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Breakfast—Starchy Vegetable Options

As a Substitute for fruit

- Is counted towards fruit component
- Is counted for Offer versus Serve purposes
- Is counted towards weekly dietary specifications

As an Extra food

- Not counted towards fruits component
- Not counted for Offer versus Serve purposes
- Is counted towards weekly dietary specifications

* If substituted for fruit, the first two cups per week must be from dark green, red/orange, beans/peas or the “Other” vegetables subgroup.



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Poll #5

For breakfast, what is the required serving size for fruit for all grade groups?

- a) $\frac{1}{4}$ cup
- b) $\frac{1}{2}$ cup
- c) $\frac{3}{4}$ cup
- d) 1 cup





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Breakfast—Grains

- All of the grains offered must be WGR
 - WGR – at least 50% of the grains are whole grain
- Weekly grain range:
 - K-5 7-10 grains
 - 6-8 8-10 grains
 - 9-12 9-10 grains



Breakfast—Meat/Meat Alternates

Substitute for grains

- **Is** counted towards grains component
- **Is** counted for Offer versus Serve purposes
- **Is** counted towards weekly dietary specifications



***Must offer minimum 1 ounce equivalent grain/day**



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Breakfast—Grains and M/MA Example



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Substituting M/MA for grains

Example: bean burrito,

- 1 oz. eq. grain and 1 oz. eq. M/MA
substituting =

2 oz. eq. grains and 2 food items



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BREAKFAST—MILK

- Allowable milk options:
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Student *may* decline milk under OVS





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Calorie Range—Breakfast

Grades K-5	Grades 6-8	Grades K-8	Grade 6-12	Grades 9-12	Grades K-12
350-500	400-550	400-500	450-550	450-600	450-500

Daily amount based on the average for a 5-day school week.

Could offer one Grade K-12 menu that falls within range of 450-500 average calories per week.



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Resources

- ❑ USDA School Meals Guidance and Resources Web page
<http://www.fns.usda.gov/school-meals/guidance-and-resources>

- ❑ USDA Team Nutrition Web page
<http://www.fns.usda.gov/tn/team-nutrition>

- ❑ USDA Best Practice Sharing Center's Web page
<http://healthymeals.nal.usda.gov/best-practices>



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Resources

- Wisconsin Department of Public Instruction menu planning Web page
http://fns.dpi.wi.gov/fns_menuplan#sign
- UC Davis Webinars, archived
<http://cns.ucdavis.edu/training/webinars/index.html>
- California School Nutrition Outreach Toolkit
<http://www.nufs.sjsu.edu/calpronet/outreacht toolkit/>



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Upcoming Workshops

Smarter Lunchrooms Movement (SLM) Workshops

Registration in through the Child Nutrition
Payment and Information System (CNIPS)
Training Registration Web page at

<https://www.cnips.ca.gov/>

California Project LEAN (CPL)

- **CPL is a program of the Public Health Institute (PHI)**
- **CPL works to advance nutrition and physical activity policy in schools and communities**
- **Efforts are centered on:**
 - Youth and parent empowerment approaches
 - Policy and environmental change strategies
 - Community-based solutions



www.CaliforniaProjectLEAN.org

Steps you can take to support schools

- **Identify key partners and activities to include in your integrated workplan**
- **Continue/start building relationships**



Steps you can take to support schools

- **Advance school districts' Local School Wellness Policies:**



- **Establish nutrition guidelines for all foods and beverages on campus**

- **Nutrition Education & PSE Strategies**

- **Nutrition Promotion**

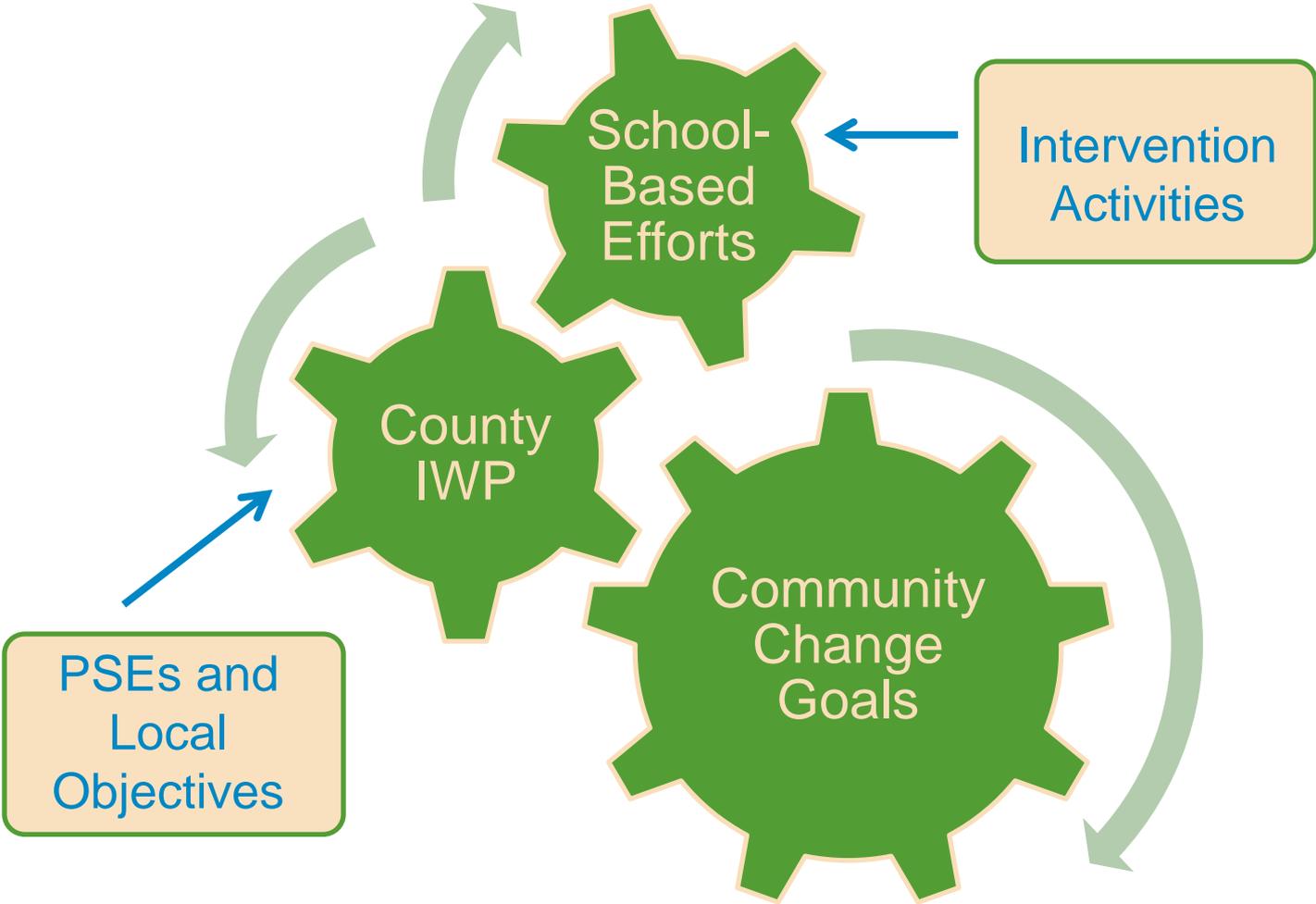
- **Marketing**



Poll #6



Final Framing for SNAP-Ed



Questions?



Thank you!



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