

USDA Meal Pattern



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2023 New Managers' Training

July 18-19, 2023

ALSDE CNP School Programs

Healthy Hunger Free Kids Act 2010 (HHFKA)

Changes to the School Breakfast Program (SBP) and National School Lunch Program (NSLP) were to address obesity and nutrition issues.



School Breakfast Program



School Breakfast Program (SBP) Meal Pattern



United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

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

b One-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

c Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or "Other vegetables" subgroups, as defined in §210.10(c)(2)(iii) of this chapter.

d At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

e There is no meat/meat alternate requirement.

f All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

g The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

[School Breakfast Meal Pattern Chart \(azureedge.us\)](http://azureedge.us)

Meal Components



- Fruits



- Grains/Meat-Meat Alternatives



- Fluid Milk

Serving Options

Offer vs Serve (OVS)

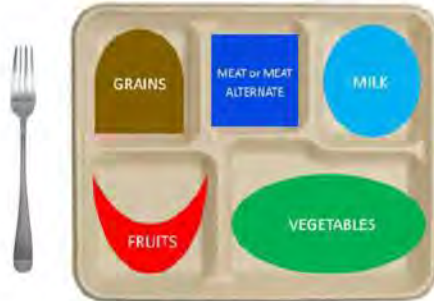
- *Optional for all grade levels*
- Must offer 4 items from the 3 required components.

Serve

- *Optional for all grade levels*
- Must serve 4 items from the 3 required components.
 - May serve additional items if desired

Offer vs. Serve (OVS): What Must Be Taken

BREAKFAST Offer Versus Serve



Milk
Fruit or Vegetable
Grain
Grain or Meat/Meat Alternate

- Choose at least three (3) of the items offered.
- Must choose at least $\frac{1}{2}$ cup fruit or vegetable.

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Students must choose three items and one must be a:

$\frac{1}{2}$ cup of fruit OR

$\frac{1}{2}$ cup of vegetable

Fruits

At breakfast only, vegetables may be offered in place of fruits.

~~If serving a starchy vegetable, you must serve 2 cups/week from the dark green, red/orange, beans and peas, or other vegetable subgroups~~



Fruits (continued)

- Fruit requirement of 1 cup for all age groups
- Minimum of 1/8 cup serving can count towards the 1 cup
- No more than half of fruit may be 100% fruit juice
- Pureed fruit served in smoothie must credit as juice
- Dried (1/4 cup of dried fruit credits as a 1/2 cup)

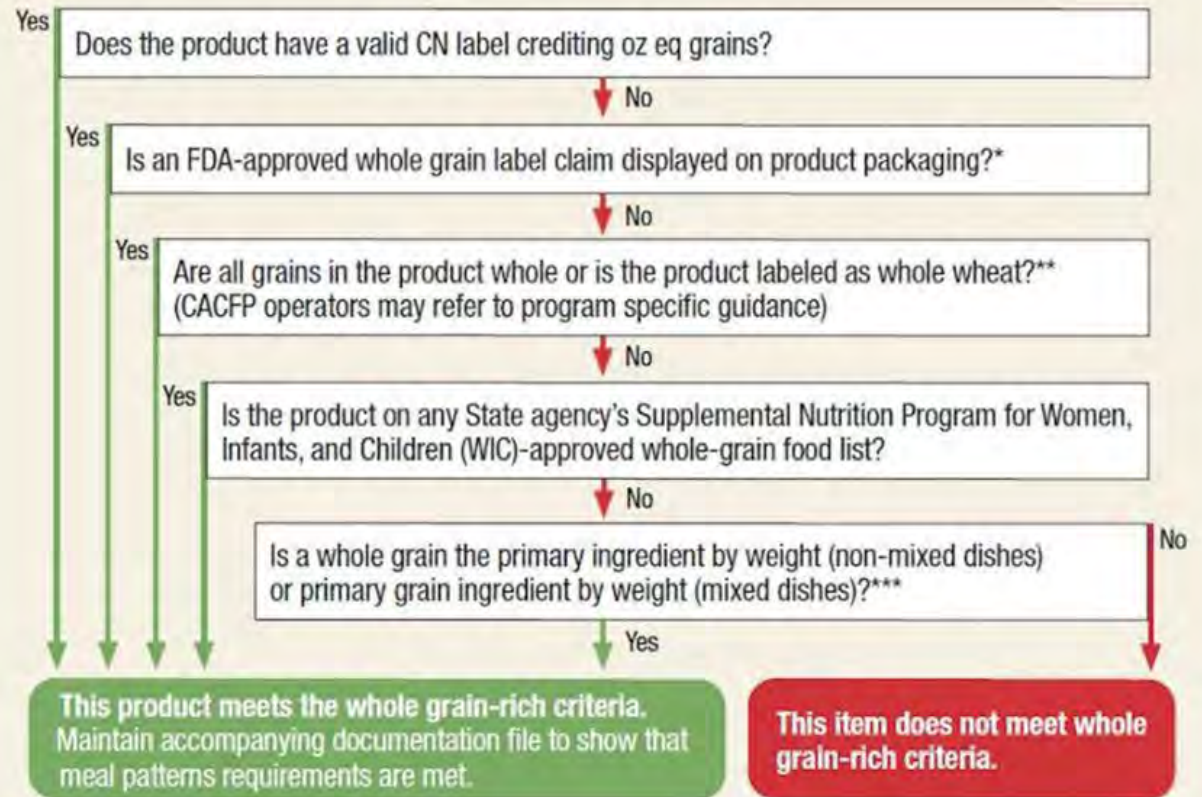
Grains

- 80% of grains must be whole grain rich.
- Must offer 1 ounce grain equivalent before a meat/meat alternate can be offered.
- No maximum servings of grains.

Is the product whole grain rich?

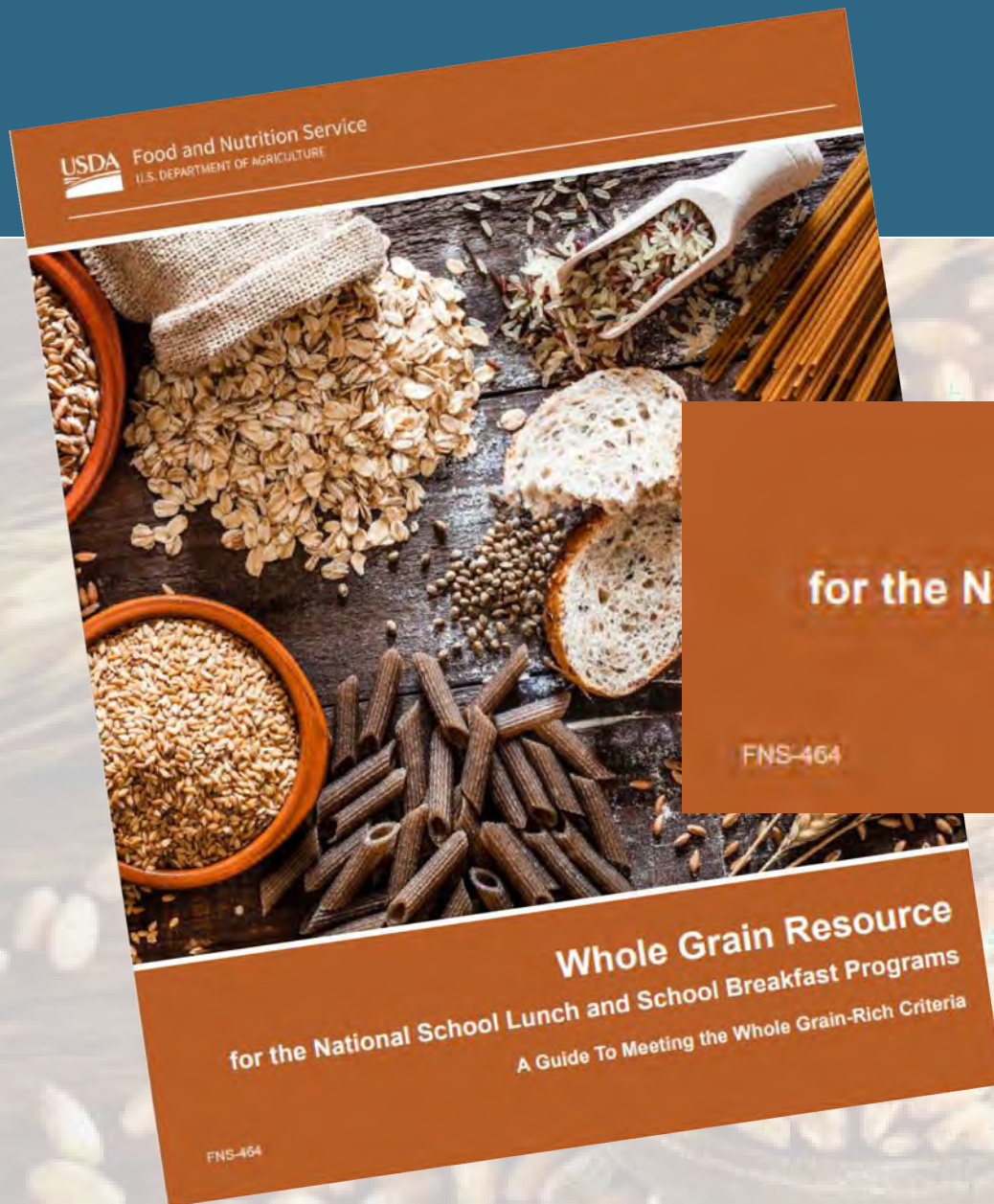
Interactive Flow Chart to Determine If a Product Meets the Whole Grain-Rich Criteria

Flow Chart - Does My Product Meet the Whole-Grain-Rich Criteria?



- * For the NSLP and SBP, any refined grains included in the product must be enriched, in addition to having a FDA whole grain health claim. To demonstrate compliance with the whole grain-rich criteria in the CACFP, the FDA whole grain health claim is sufficient documentation.
- ** Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa, and masa harina, are considered whole grain when evaluating products for meal requirements. In School Meal Programs, non-creditable ingredients should be limited to no more than 0.24 oz eq (3.99 grams for Groups A-G or 6.99 grams for Groups H or I of the Exhibit A). All other refined grains must be enriched. The CACFP operators may refer to appropriate regulatory guidance for additional information.
- *** At least half of the grains in the product must be whole grains, with any remaining grains being enriched. Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa, and masa harina, are considered whole grain when evaluating products for meal requirements. When determining this in grams, at least 8 grams per oz should be whole grain for items located in Groups A-G or at least 14 grams for items located in Groups H and I of Exhibit A.

Crediting Grains



Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide To Meeting the Whole Grain-Rich Criteria

FNS-464

Whole Grain Resource
for the National School Lunch and School Breakfast Programs
A Guide To Meeting the Whole Grain-Rich Criteria

FNS-464

Fluid Milk

Allowable milk options include:

- fat-free (unflavored or flavored)
- low-fat (unflavored or **flavored**)
- fat-free or low-fat (lactose-reduced or lactose free)

Must offer at least two choices.

- One choice must be unflavored milk

Students may decline milk component under OVS.

Fluid Milk

Milk substitutes must provide the same nutritional content as cow's milk (e.g., soy beverages).

Milk Substitute Nutrition Standards

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	.44 mg
Vitamin B-12	1.1 mcg



Dietary Specifications

Weekly Average Requirements

- Calories
- Sodium
- Saturated fat

Daily Requirements

- Trans fat

Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

National School Lunch Program

the
School Day
just got
Healthier

National School Lunch Program (NSLP) Meal Pattern



United States Department of Agriculture

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^e	1	1	1½
Grains (oz eq) ^f	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) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Interim Target 1 (mg) ^h	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^{h i}	≤ 1,110	≤ 1,225	≤ 1,280
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

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

b One-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

c Larger amounts of these vegetables may be served.

d This category consists of "Other vegetables" as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

f At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

g All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

i Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

[National School Lunch Program Meal Pattern Chart \(azureedge.us\)](https://www.azureedge.us)

USDA Meal Pattern: Lunch

Meal Components



- Meat-Meat Alternates
- Grains
- Fruits
- Vegetables
- Fluid milk

Serving Options

Offer vs Serve (OVS)

- *Mandatory for grades 9-12*
- Must offer all 5 components

Serve

- *Optional for grades K-8*
- Must serve all 5 components


Offer vs. Serve (NSLP): What Must Be Taken

Students must choose at least three **components** and one must be a:

- ½ cup of fruit OR
- ½ cup of vegetable

LUNCH

Offer Versus Serve



Milk
Fruit
Vegetable
Grain
Meat or Meat Alternate

- Choose at least three (3) of the components offered.
- Must choose at least ½ cup fruit or vegetable.

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Fruits

Fruit choices:

- Fresh/cut (preferred)
- Frozen without added sugar
- Canned in juice/light syrup

Utilize the Food Buying Guide for whole fruit crediting.

Vegetables



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans and peas (legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Weekly minimums of **all** vegetable subgroups are required.

Vegetables - Dark Green

- ◆ Bok Choy
- ◆ Broccoli
- ◆ Chard
- ◆ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ◆ Kale
- ◆ Mesclun
- ◆ Mustard Greens
- ◆ Romaine Lettuce
- ◆ Spinach
- ◆ Turnip Greens
- ◆ Watercress

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served



Vegetables - Dark Green



Crediting Leafy Greens

Raw leafy green vegetables count as $\frac{1}{2}$ of the measured amount.

- 1 cup of raw leafy greens counts as $\frac{1}{2}$ cup vegetable.
- $\frac{1}{2}$ cup cooked greens counts as $\frac{1}{2}$ cup vegetable.



Vegetables – Red/Orange

- ◆ Acorn Squash
- ◆ Butternut Squash
- ◆ Carrots
- ◆ Hubbard Squash
- ◆ Pumpkin

- ◆ Red Peppers
- ◆ Sweet Potatoes
- ◆ Tomatoes
- ◆ Tomato Juice

Breakfast

Not required

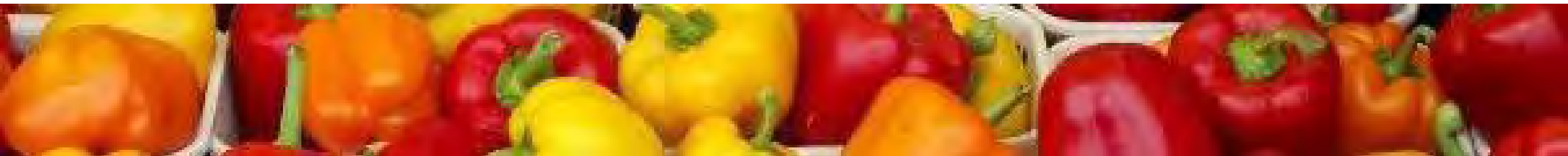
Lunch

Grades K–5: $\frac{3}{4}$ cup/week

Grades 6–8: $\frac{3}{4}$ cup/week

Grades 9–12: $1\frac{1}{4}$ cups/week

Larger amounts may be served



Vegetables – Beans and Peas

Legumes

- ◆ Black Beans
- ◆ Black-eyed Peas (mature)
- ◆ Edamame
- ◆ Garbanzo Beans (chickpeas)
- ◆ Kidney Beans
- ◆ Lentils
- ◆ Navy Beans
- ◆ Pinto Beans
- ◆ Soy Beans
- ◆ Split Peas
- ◆ White Beans

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served



Vegetables – Starchy

- ◆ Cassava
- ◆ Corn
- ◆ Black-eyed peas (not dry)
- ◆ Green Bananas
- ◆ Green Peas
- ◆ Green Lima Beans
- ◆ Jicama
- ◆ Plantains
- ◆ Potatoes
- ◆ Taro
- ◆ Water Chestnuts

Breakfast

Not required

Lunch

Grades K–5: $\frac{1}{2}$ cup/week

Grades 6–8: $\frac{1}{2}$ cup/week

Grades 9–12: $\frac{1}{2}$ cup/week

Larger amounts may be served



Vegetables – Other

- ◆ Artichokes
- ◆ Asparagus
- ◆ Avocado
- ◆ Bean Sprouts
- ◆ Beets
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Celery
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Green Beans
- ◆ Green Bell Peppers
- ◆ Iceberg (Head) Lettuce
- ◆ Mushrooms
- ◆ Okra
- ◆ Onions
- ◆ Parsnips
- ◆ Turnips
- ◆ Wax Beans
- ◆ Zucchini

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ¾ cup/week

Larger amounts may be served

This sub group may be met with items from the dark green, red-orange or beans/peas sub groups



Additional Vegetables

	Total Weekly Vegetable Requirement	Minimum Weekly Subgroup Requirements	Additional Vegetables to Reach Total
Grades K-5	3 $\frac{3}{4}$ cups	2 $\frac{3}{4}$ cups	1 cup
Grades 6-8	3 $\frac{3}{4}$ cups	2 $\frac{3}{4}$ cups	1 cup
Grades 9-12	5 cups	3 $\frac{1}{2}$ cups	1 $\frac{1}{2}$ cups

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

Fruits and Vegetables

Serving Sizes

What needs to be provided?

- $\frac{1}{8}$ cup?
- $\frac{1}{4}$ cup?
- $\frac{1}{2}$ cup?
- More?



Any of the above can work if you have enough of each option.

- $\frac{1}{8}$ cup is the minimum creditable amount!
- You must serve enough vegetables to meet the full $\frac{3}{4}$ cup or 1 cup offering.

Fruits and Vegetables



Salad Bars/Garden Bars

- Excellent way to offer a variety of fruits/vegetables
- Must be monitored
- Must be before the POS or have State approval



Grains

No association with meat/meat alternate at lunch.

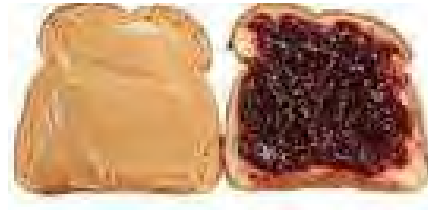
Combination items can cause issues at the 9-12 grade levels.

Meat/Meat Alternate

Separate component at lunch

Sources

- beef, poultry, fish
- Eggs and cheese
- Nuts or seeds may be used to meet one-half of the component and must be paired with another M/MA to meet the full requirement.
- Two tablespoons of nut and/or seed butters equals one ounce of requirement.
- ¼ cup of drained beans/peas/legumes equals one ounce of requirement.
- Both tofu and soy yogurt will be allowable as meat alternates.



Meat/Meat Alternate

Soy & Tofu

- 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.
- 1/2 cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate.



Fluid Milk

Allowable milk options include:

- fat-free (unflavored or flavored)
- low-fat (unflavored or flavored)
- fat-free or low-fat (lactose-reduced or lactose free)

Must offer at least two choices.

- One choice must be unflavored milk

Students may decline milk component under OVS.

NOTE: Same as breakfast meal pattern.

Multiple Serving Lines

Each serving line must offer all the components of a reimbursable meal.

This is applicable to salad bars also.

Substitutions

Points to Remember

When substituting, replace items that:

- Are breaded similarly (e.g. chicken nuggets with a chicken patty).
- Credit similarly (e.g. roasted chicken that credits 2 oz. with grilled chicken patty that credits 2 oz.).
- Are nutritionally similar (e.g. sausage links with sausage patties).

USDA Certification Worksheet



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

USDA Certification Alternatives

Alternatives to the USDA Certification Worksheets

Cartewheel, a LINQ Solution LINQ, Inc. Phone: 800-541-8999	CNCentral (former name: <i>inTEAM Menu Compliance Tool+</i>) inTEAM Associates, LLC Phone: 866-457-4705	eTriton Harris School Solutions Phone: 916-577-2900 x611
Health-e Meal Planner Water Walkers, Inc. dba Health-e Pro Phone: 800-838-4856 x5	Horizon School Technology Horizon Software, LLC Phone: 800-741-7100	Meals Plus, a LINQ Solution LINQ, Inc. Phone: 800-541-8999
MCS Edison Menus & Inventory Heartland School Solutions Phone: 888-287-6416	Mosaic Menu Planning Heartland School Solutions Phone: 800-724-9853	NetMenu CBORD Phone: 844-462-2673
NUTRIKIDS: Menu Planning & Nutritional Analysis Heartland School Solutions Phone: 800-724-9853	OneSource- Menu Planning and Nutrient Analysis Horizon Software, LLC Phone: 800-741-7100	PRIMA Web Aramark Phone 215-238-3000
PrimeroEdge - Menu Planning Module Cybersoft Technologies, Inc. Phone: 866-510-2525	TITAN, a LINQ Solution LINQ, Inc. Phone: 800-541-8999	TrakNOW - Nutrition & Inventory PCS Revenue Control Systems, Inc. Phone 800-247-3061
WebSMARTT Menu Planning & Production Heartland School Solutions Phone: 800-423-2113	Webtrition Chartwells K12 Phone: 877-586-9631	

National School Lunch Program

Certification of Compliance

HOME > CHILD NUTRITION PROGRAMS

Spotlights

Child Nutrition Success Stories

Resources

Infographic Set

Policy

Technical Assistance & Guidance

Research, Analysis & Background

The Healthy Hunger-Free Kids Act provides an additional 6-cents per lunch reimbursement to school districts that certified to be in compliance with the new meal patterns. The increased reimbursement, a significant investment in improving the quality of school meals, are provided to school districts once they meet the new meal patterns published in the final rule on Jan. 26, 2012. Funding became available to school districts starting Oct. 1, 2012.



Regulation

- [Final Rule: Certification of Compliance With Meal Requirements for the National School Lunch Program Under the Healthy, Hunger-Free Kids Act of 2010](#) (1/2/14)

Policy Memos

- [SP 44-2012: Questions and Answers Related to 6 Cents Certification Tool](#) (revision)
- [SP 34-2012 \(Revised\) Certification of Compliance with New Meal Patterns](#)
- [SY 2014-15 Prototype Attestation Statement](#)
- [SY 2014-15 Lunch Menu Worksheet Instructions](#)
- [SY 2014-15 Breakfast Menu Worksheet Instructions](#)
- [SY 2014-15 Simplified Nutrient Assessment Instructions for Lunch, SY 2014-15 Simplified Nutrient Assessment Instructions for Breakfast](#)
- [Instructions for Transferring Data from USDA Certification Tools](#)
- [Certification Meal Pattern Requirement Specification](#)
 - [3-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [4-Day Schedule Certification Worksheet](#) (updated for SY 2022-23)
 - [5-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [6-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [7-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
- [Extended Schedule Certification Worksheets](#)
- [SP 26-2014: New Q&As Related to the Certification of Compliance with Meal Requirements for the NSLP](#) (The SP 26-2014 set of questions and answers supersede SP 31-2012. However, SP 31-2012 questions and answers will remain available for reference on the FNS web site.)

5-day schedule



- [Certification Meal Pattern Requirement Specification](#)
 - [3-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [4-Day Schedule Certification Worksheet](#) (updated for SY 2022-23)
 - [5-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [6-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)
 - [7-Day Schedule Certification Worksheets](#) (updated for SY 2022-23)

USDA Certification of Compliance Worksheet

Meal Pattern Reimbursable Breakfast Grades K-12								
SFA Name: K-12 Menu #:		John Doe Private School May 9-13 2016						
Enter each reimbursable breakfast offered during the reference week and select or enter the quantity of each component. Each reimbursable meal consists of all required food components: any grain/meat/meat alternates in a main dish and/or side dish, total amount of fruit offered with this meal, total amount of vegetables in a main dish and/or side dish, and amount of milk. The vegetable subgroups and types of milk will be recorded on a different tab.								
Click here to go the Food Buying Guide Calculator			Click here to go the Instructions			Click here to the Weekly Report		
1	2	2a	2b	3	3a	3b	3c	5
Meal Name Enter the name of each reimbursable meal as found on the weekly menu. Select the first blank if the component was not offered with the meal. ** DO NOT DELETE ROWS**	Grains **NOTE: Grains must be offered as ounce equivalents. Meats/Meat Alternates may credit toward Grains requirement. 1 oz eq Meat/Meat Alternate = 1 oz eq Grains			Fruit (cups) **NOTE: Enter the CREDITABLE amount of dried fruit				Fluid Milk (cups) Enter the number of cups of fluid milk offered with this meal
	Enter the TOTAL number of oz eq of GRAINS + Meat/Meat Alternate counting toward Grains	Enter the number of oz eq/servings of Whole Grain-Rich Grains	Enter the number of oz eq of Meats/Meat Alternates counting toward Grains requirement	Select the number of cups of fruit including fruit/vegetables/juice offered with this meal	ONLY select the cups of fruit/vegetable juice	ONLY select the number of cups of non-starchy vegetables offered with this meal	ONLY select the number of cups of starchy vegetables offered with this meal	
Example: Bagel and cream cheese /apples	2.00	2.00	0.00	1				1
1 WG pancakes, sausage link, banana, assorted fruit juice, assorted milk	2.50	2.00	0.50	1	1/2			1
2 WG chicken biscuit, peach cup, assorted fruit juice, assorted milk	3.00	2.00	1.00	1	1/2			1
3 WG cinnamon roll, sausage patty, orange slices, assorted fruit juice, assorted milk	3.00	2.00	1.00	1	1/2			1
4 Breakfast pizza, pineapple chunks, assorted fruit juice, assorted milk	2.50	1.50	1.00	1	1/2			1
5 WG French toast sticks, sausage link, apple slices, assorted fruit juice, assorted milk	2.00	1.50	0.50	1	1/2			1
6								
7 Cereal, fruit, assorted fruit juice, assorted milk	2.00	2.00	0.00	1	1/2			1
8								
9								

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Nutri Kids Meal Group Contribution Report

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Syracuse City Schools
Meal Group Contribution Report
 H - Breakfast 9-12

Feb 4, 2016

Monday 2/22/2016

Monnette

No.	Name	Portion Size	M/MA as Add'l OZ Equiv	M/MA as Grain OZ Equiv	Grains OZ Equiv	Fruit Cup	Milk Cup	Whole Grain OZ Equiv
001587	CEREAL BAR, COCOA PUFFS	1 EACH			1.000			1.000
001581	YOGURT-GO GURT	1 EACH						
001256	TEDDY GRAHAMS, HONEY	PKG			1.000			1.000
000998	RAISINS, BOX	BOX				0.500		
000978	JUICE ASSORTMENT	SERVING				0.500		
001428	MILK, FF SKIM	HALF PINT					1.000	
001427	MILK, FF CHOCOLATE	HALF PINT					1.000	
Total					2.000	1.000	2.000	2.000

pancake breakfast

No.	Name	Portion Size	M/MA as Add'l OZ Equiv	M/MA as Grain OZ Equiv	Grains OZ Equiv	Fruit Cup	Milk Cup	Whole Grain OZ Equiv
001471	PANCAKE: 2=2WG	2 PANCAKES			2.000			2.000
001470	SAUSAGE LINK: 1 link	1 link		0.500				
000978	JUICE ASSORTMENT	SERVING				0.500		
001085	BANANAS	1/2 cup				0.500		
001426	MILK, 1% FAT	HALF PINT					1.000	
001428	MILK, FF SKIM	HALF PINT					1.000	
001427	MILK, FF CHOCOLATE	HALF PINT					1.000	
Total				0.500	2.000	1.000	3.000	2.000

Tuesday 2/23/2016

breakfast pizza

No.	Name	Portion Size	M/MA as Add'l OZ Equiv	M/MA as Grain OZ Equiv	Grains OZ Equiv	Fruit Cup	Milk Cup	Whole Grain OZ Equiv
900055	Pizza, Breakfast with Sausage	slice	1.000		1.500			1.500
000978	JUICE ASSORTMENT	SERVING				0.500		
000086	ORANGES	1/2 CUP				0.500		
001426	MILK, 1% FAT	HALF PINT					1.000	
001428	MILK, FF SKIM	HALF PINT					1.000	
001427	MILK, FF CHOCOLATE	HALF PINT					1.000	
Total			1.000		1.500	1.000	3.000	1.500

Monnette

No.	Name	Portion Size	M/MA as Add'l OZ Equiv	M/MA as Grain OZ Equiv	Grains OZ Equiv	Fruit Cup	Milk Cup	Whole Grain OZ Equiv
001531	CEREAL, CINNAMON TOAST CRUNCH	PACKAGE			1.000			1.000
001581	YOGURT-GO GURT	1 EACH						

USDA Certification of Compliance Worksheet Weekly Report

Daily Requirement Summary Breakfast, Grades K-12								
Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Fruit, Vegetable, Fruit Juice or Vegetable Juice Servings	1	1	1	1	1	5	5	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Grain	2.00	3.00	3.00	2.50	2.00	12.50	9	Yes
Maximum Grain	2.50	3.00	3.00	2.50	2.00	13.00	10	No
Whole Grain Rich Weekly Amount (oz eq)	Weekly Grains Total	11.00	Weekly Whole Grain-Rich Total	11	Percent of Whole Grain-Rich	100%	100%	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk (cups)	1	1	1	1	1	5	5	Yes
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Fruit Juice Limit (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Juice		Percent of totally weekly fruit that is juice		Weekly Requirement check	
	5	2 1/2		50.00%		Yes	
Starchy vegetable fruit crediting		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Must serve at least 2 cups of non-starchy prior to crediting starchy vegetables as fruit	Non-starchy	0	0	0	0	0	0
	Starchy	0	0	0	0	0	0
Starchy vegetable crediting check							

All Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Report	Nutrient Instructions	Simplified Nutrient Assessment	
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Nutri Kids Meal Group Contribution Report

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Sylacauga City Schools Weekly Certification Worksheet

Week of 2/22/2016

H - Breakfast 9-12

5 Day Week	Mon 2/22/16	Tue 2/23/16	Wed 2/24/16	Thu 2/25/16	Fri 2/26/16			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (≤ half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	2.5	50.00%	Yes
Vegetables: Minimum (cups)								0	N/A	N/A	Weekly Vegetable Juice Limit Check (≤ half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0		0	N/A	N/A						
-Red/Orange	0	0	0	0	0		0	N/A	N/A						
-Legumes	0	0	0	0	0		0	N/A	N/A						
-Starchy	0	0	0	0	0		0	N/A	N/A						
-Other	0	0	0	0	0		0	N/A	N/A		0	0	0.00%	N/A	
Meat/Meat Alt. Minimum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt. Maximum (oz eq)	0	1	0	0	0		1	N/A	N/A						
Grain: Minimum (oz eq)	2	1.5	2	2	2		9.5	9	Yes						
Grain: Maximum (oz eq)	2.5	2	3	2.5	2		12	10	OVER						
Grain Based Dessert Total for all weekly meals							0	No more than 2 oz	Yes						
Whole Grain Rich-Weekly Amount	Weekly Grains Total	17	Weekly Whole Grain Rich Total	17	% of Whole Grain Rich	100%		100% whole grain rich	Yes						
	Mon 2/22/16	Tue 2/23/16	Wed 2/24/16	Thu 2/25/16	Fri 2/26/16		Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check						
Milk: Minimum (cups)	2	2	2	2	3		11	5	Yes						
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

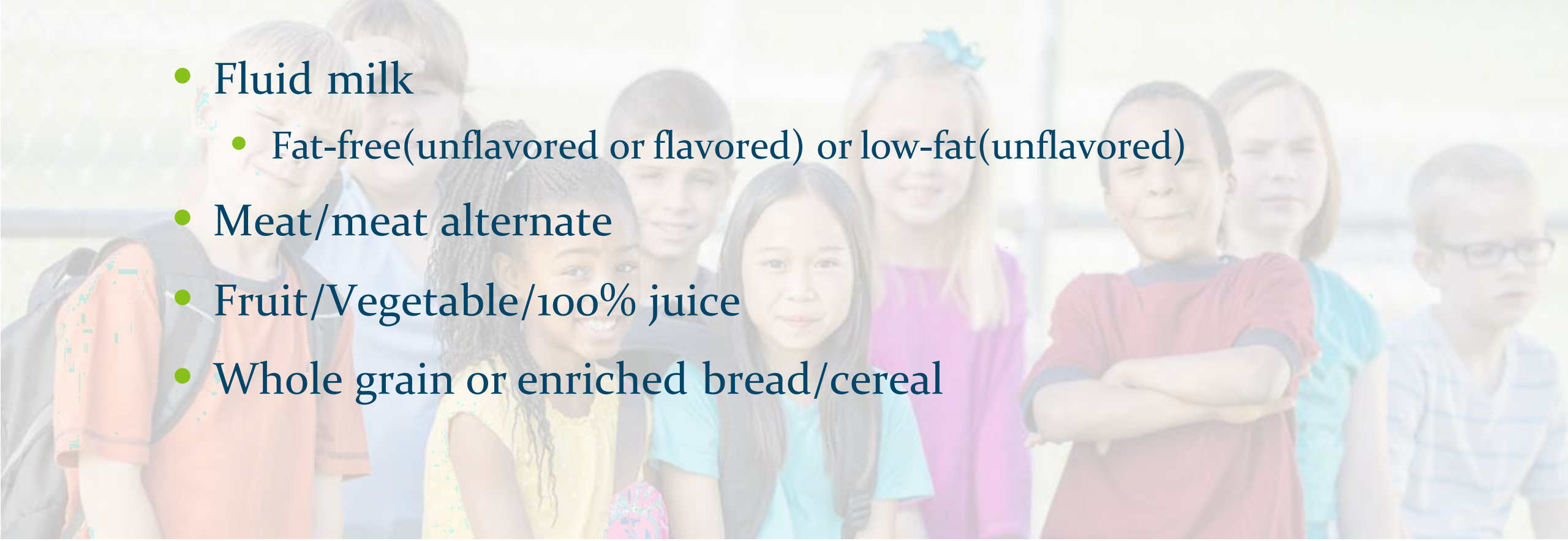
**Cells with this background color signify Requirements not being met!

Afterschool Snack Program



Afterschool Snack Program (ASSP)

ASSP Meal Components

- 
- Fluid milk
 - Fat-free(unflavored or flavored) or low-fat(unflavored)
 - Meat/meat alternate
 - Fruit/Vegetable/100% juice
 - Whole grain or enriched bread/cereal

Must serve at least 2 of the 4 components.

Afterschool Snack Program Meal Pattern

- <https://www.fns.usda.gov/school-meals/afterschool-snacks>
- https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Chart2_FBG.pdf

Chart 2: National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal

Meal Components ¹		Children Ages 1 - 2	Children Ages 3 - 4	Children Ages 6 - 12 ¹
Milk	Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ²	Juice ² , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3,4} (Select one)	Bread	1/2 slice	1/2 slice	1 slice
	Combread/biscuit/roll/muffin	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁴	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5,6,7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1/2 oz	1 oz
	Cheese	1/2 oz	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1/2 oz ⁷	1 oz
	Yogurt ⁸	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³ Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

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This institution is an equal opportunity provider.

*This language was added pursuant to the May 5, 2022, USDA memorandum. However, the inclusion and applicability of this language is currently under challenge in the matter of *The State of Tennessee, et al. v. USDA, et al.*, Case No. 3:22-cv-00257, and may be subject to change.

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

