USDA Meal Pattern

Chad Langston, Education Specialist II

2025 New Managers' Training
June 25-26, 2025
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

USDA United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	**Amount of Food[1] per Week (minimum per day)**		
Fruits (cups)[2]	5 (1)	5 (1)	5 (1)
Vegetables (cups)[2]	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq)[3]	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups)[4]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[5]			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

[1] Food items included in each group and subgroup and amount equivalents.
[2] Minimum creditable serving is ⅛ cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c)(2)(i) and (ii) of this section.
[3] Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.
[4] Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.
[5] By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

School Breakfast Meal Pattern Chart (azureedge.us)

Meal Components

- Fruits
- Grains/Meat-Meat Alternatives
- Fluid Milk

Serving Options

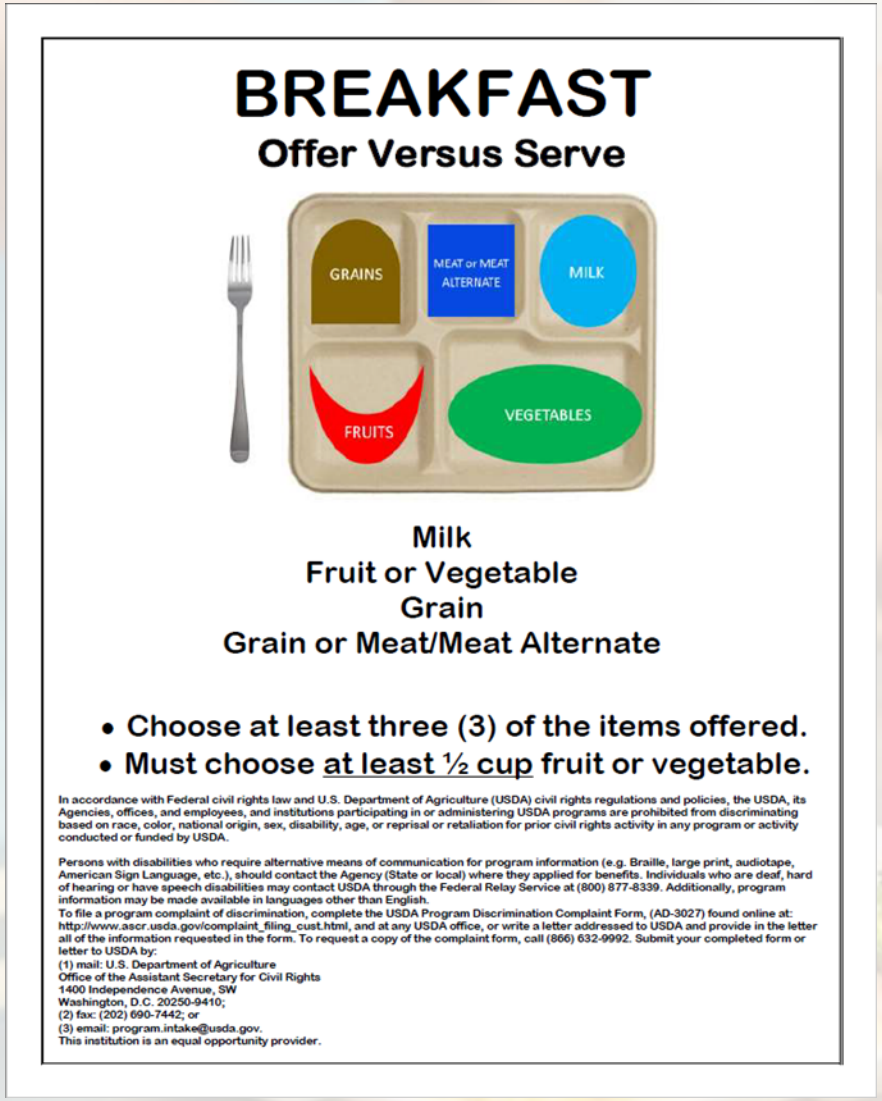
Offer vs Serve (OVS)

- *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 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.

Students must choose three **items** and one must be a:

½ cup of fruit OR

½ cup of vegetable

Fruits

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

In SY 24-25, schools may continue to offer any vegetable in place of fruit at breakfast without sub-group requirements.

Beginning in SY 25-26, schools may replace fruit with vegetables one day per week with no-sub group requirements. If vegetables replace fruit more than once per week, at least one other vegetable sub-group must be offered.

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 ½ cup)

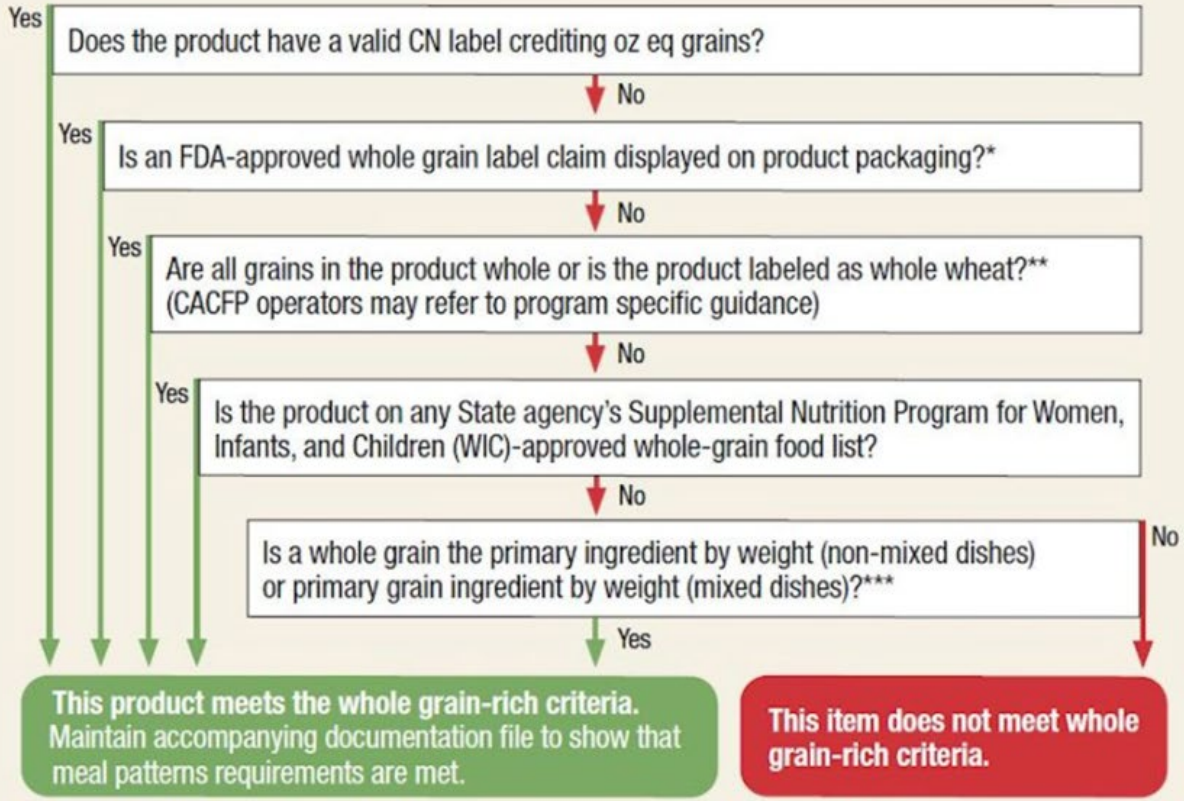
Grains

- 80% of grains must be whole grain rich.
- No maximum servings of grains.
- Schools may offer grains, meat/meat alternates, or a combination of both, to meet the minimum ounce equivalents.
- Cereal can contain no more than 6 grams of added sugar per dry ounce
- Yogurt can contain no more than 12 grams of added sugar per 6 ounces (2 grams of added sugars per ounce)

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?



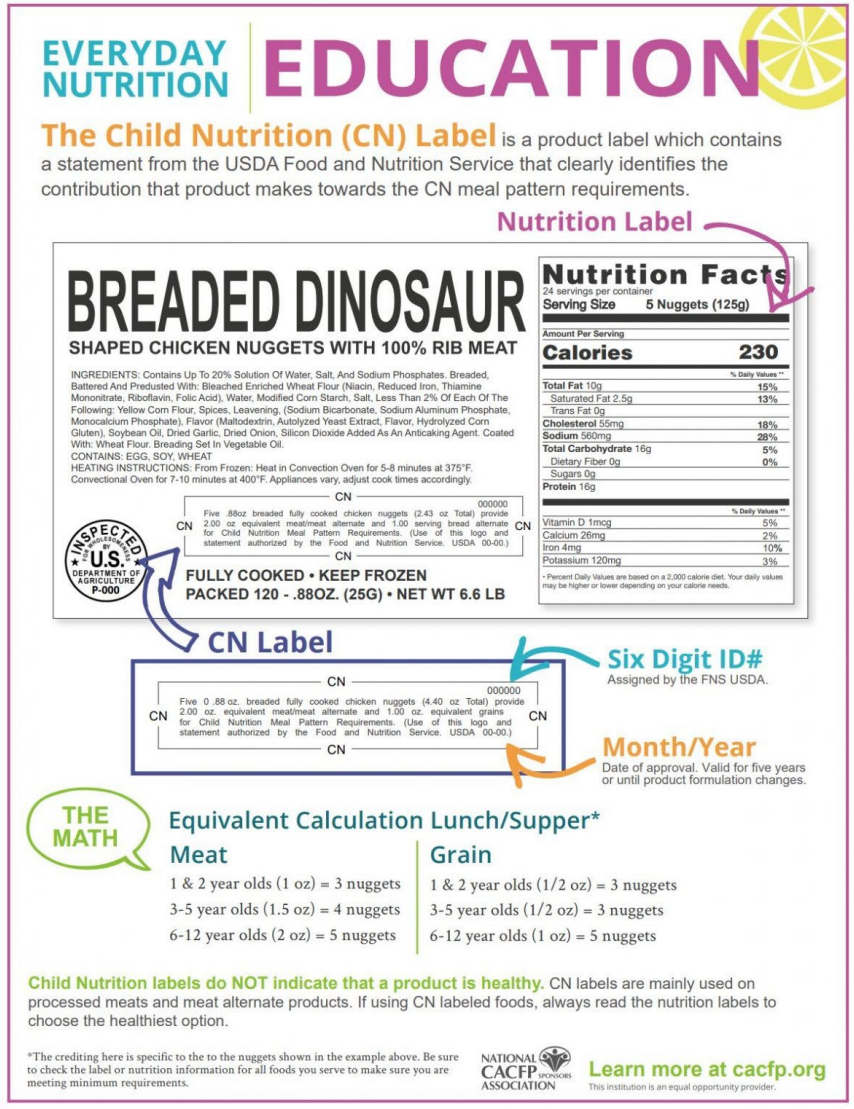
WholeGrainsCouncil.org
WHOLE GRAIN
Good Source
TM

* *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.*

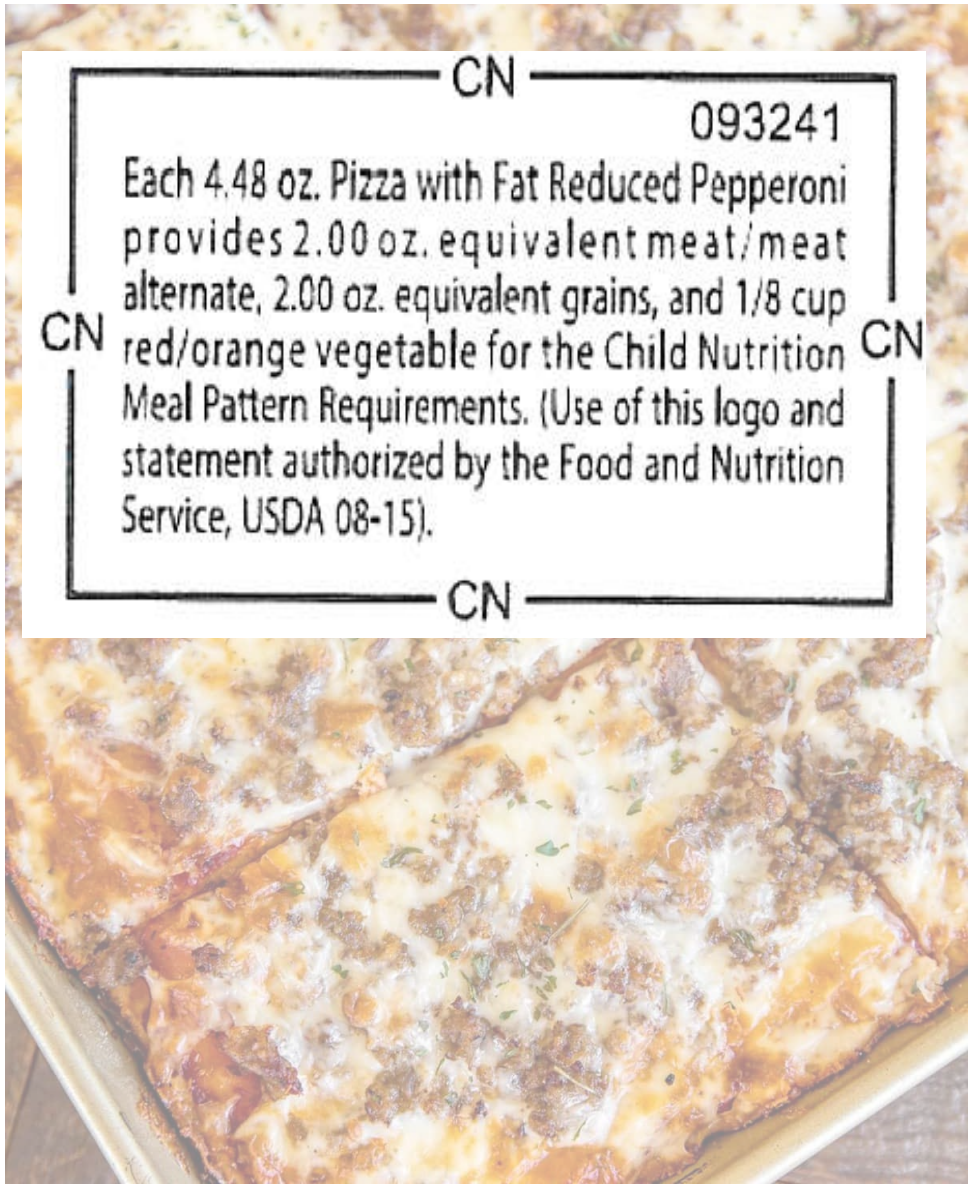
*** *At least half of the grains in the product must be whole grains, with any remaining grains being enriched. Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa, and masa harina, are considered whole grain when evaluating products for meal requirements. When determining this 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.*

To Carry CN Labels, Eligible Products Must:



1. Be produced under Federal inspection.
2. Have the contribution toward meal pattern requirements determined using yields in the USDA Food Buying Guide for Child Nutrition Programs.
3. Have the product formulation.

CN Label Examples



Conagra Foodservice
222 W. Merchandise Mart Plaza, Suite 1300
Chicago, IL 60654
TEL: 402-240-4000

Krusteaz Whole Grain Pancakes 4" 144 CT-1.4 OZ GTIN 106 86151 80349 2

Nutrition Facts

48 Servings Per Container
Serving Size 3 Pancakes (120g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 610mg	**27%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 6g	**21%**
Total Sugars 8g	
Includes 6g Added Sugars	**12%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALLERGENS	Egg, Milk, Soy, Wheat
Product Facts	
Frozen Shelf Life	360 Days
Case Dimensions (LxWxH)	19.375 x 14.375 x 6.875
Case Cube (ft3)	1.108
Pattern Tie x High = Total cases	6 x 12 = 72
Gross Wt (lbs)	13.720
Net Wt (lbs)	12.699
Kosher	Kof-K Dairy
Country of Origin Information	
Finished Product	USA
Buy American	Yes

This specification was last updated on 1/20/2022

OTHER GTIN #	
Case	10686151803492
Each	60086151803495
Pallet	50686151803490

11% calories from fat, 2% calories from Sat Fat, 7% sugar by weight

CHILD NUTRITION IDENTIFICATION

This product is not CN Labeled, however, we certify the above is true and that one 120g serving contributes 3.00 OR 3.50 oz equivalent grains towards child nutrition meal pattern requirements depending upon your school district's method of acceptable calculation. This product has not been evaluated by the FNS, USDA.

WHOLE GRAIN CONTRIBUTION

The weight of all grain ingredients is at minimum 50g. There are 43g of whole grain in the product providing at least 51% whole grain per serving.

HEATING INSTRUCTIONS

Microwave Oven: Remove frozen pancakes from wrapping. Place pancakes in stacks of two on a microwave-safe dish. Heat on full power(High) according to the number of slices being heated.

Heating times based on portion size and power of microwave.

Microwave Power	1 Pancake	2 Pancakes	3 Pancakes	6 Pancakes
650 Watt	45 – 55 sec	1:10 – 1:20 min	1:45 – 1:55 min	3:20 – 3:45 min
1000 Watt	25 – 35 sec	40 – 50 sec	55 sec – 1:05 min	1:50 – 2:00 min

Important: Microwave heating times may vary, so adjust accordingly. It is not recommended to heat more than 6 pancakes at a time. Overcooking may toughen pancakes.

Conventional Oven: Preheat oven to 375°F. Remove frozen pancakes from wrapping. Arrange in a single layer, with edges touching, on an ungreased baking sheet. Cover tightly with foil. Bake at 375°F for 14 to 16 minutes.

Convection Oven: Thaw pancakes overnight under refrigeration. To heat thawed pancakes, place sealed pans in a 350°F oven on low fan speed for 8-10 minutes.

INGREDIENTS

Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Less Than 2% Of: Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dextrose, Soybean And/Or Canola Oil, Salt, Soy Lecithin. CONTAINS: EGG, MILK, SOY, WHEAT.

Shawn Fear
Director of Quality, Conagra Brands
Specsand.Inquiries@conagra.com

GENERAL MILLS
BAKERIES & FOODSERVICE

Printed: 04/18/2013

94562-32269
Pillsbury® 1.25 OZ Frozen Whole-Grain Rich Mini Biscuit Dough
NET WT. 16.40 LB (7.43 kg) 210 UNITS 1.25 OZ

INGREDIENTS:
WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, HYDROGENATED SOYBEAN OIL*, SUGAR, BUTTERMILK, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, SODIUM CASEINATE, DATEM, NONFAT MILK, CALCIUM ACID PYROPHOSPHATE, WHEY PROTEIN CONCENTRATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, CREAM, NATURAL FLAVOR.

*Adds A Negligible Amount of Trans Fat.

CONTAINS WHEAT AND MILK INGREDIENT

Nutrition Fac

Serving Size 1 biscuit (g)
Servings Per Container 210

Amount Per Serving	
Calories	
Calories from Fat	
Total Fat 5g	
Saturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 250mg	
Total Carbohydrate 15g	
Dietary Fiber 1g	
Sugars 1g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%
Thiamin	4%	Riboflavin	2%
Niacin	2%	Folic Acid	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CHILD NUTRITION PROGRAM: 1 BISCUIT = 1 OZ EQ GRAIN

Dietary Fiber	3.2 g
Sugars	3.6 g
Protein	7.3 g
Vitamin A	0.0 IU
Vitamin C	0.0 mg
Calcium	105.0 mg
Iron	0.9 mg
Thiamin	0.2 mg
Riboflavin	0.1 mg
Niacin	1.0 mg
Folic Acid	21.0 mcg

IMPORTANT: The Nutrition Facts values are accurate only if nothing has been added (e.g., egg wash, icing, etc.) If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

IMPORTANT: The Nutrition Information is given in unrounded figures so that it can be combined with other ingredients used in making up finished products.

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling

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

[The Whole Grain Resource for the National School Lunch and Breakfast Programs | Food and Nutrition Service (usda.gov)]

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.

No more than 10 grams of added sugar per 8 fluid ounces.

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

Daily Amount Based on the Average for a 5-Day Week[5]

Dietary Specifications	Grades K-5	Grades 6-8	Grades 9-12
Minimum-maximum calories (kcal)	350–500	400–550	450–600
Saturated fat (% of total calories)	< 10	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10	< 10
Sodium limit - in place through June 30, 2027	≤ 540 mg	≤ 600 mg	≤ 640 mg
Sodium limit - must be implemented by July 1, 2027	≤ 485 mg	≤ 535 mg	≤ 570 mg

CACFP Pre-K Meal Pattern

Co-mingled:

- Pre-K students and K-5 students are served in the same service/dining area at the same time
- Provide Breakfast/lunch schedule (by grade level)
- K-5 Meal Pattern (Optional)
- OVS (Optional)

Non-Comingled:

- CACFP Meal Pattern for 3-5 year old children
- Menu
- Production Record
- Serve Only (OVS not an option for Pre-k age students)

CACFP Pre-K

Requirements:

- Milk must be unflavored
- Fruit juice may only be served one time per day

Grain-Based Desserts may not be served as the grains to non-comingled Pre-K:

- Cookies (includes vanilla wafers)
- Dessert pies, fruit cobblers, and fruit turnovers
- Doughnuts (frosted or unfrosted)
- Cereal bars, breakfast bars, or granola bars
- Sweet roll (frosted or unfrosted)
- Toaster pastry (frosted or unfrosted)
- Cake (frosted or unfrosted)
- Brownies

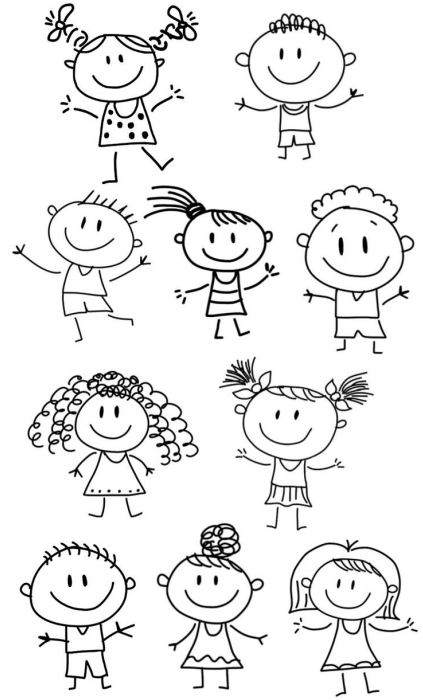
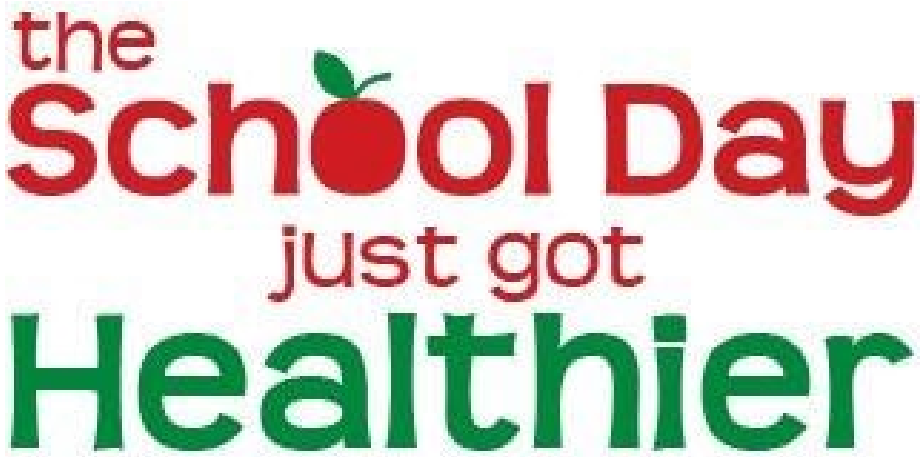


Exhibit A: Grain Requirements For Child Nutrition Programs (usda.gov)

National School Lunch Program



National School Lunch Program (NSLP) Meal Pattern

USDA United States Department of Agriculture

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	**Amount of Food[1] per Week**		
	(minimum per day)		
Fruits (cups)[2]	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)[2]	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup[3]	½	½	½
Red/Orange Subgroup[3]	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup[3]	½	½	½
Starchy Subgroup[3]	½	½	½
Other Vegetables Subgroup[3 4]	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.)[5]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)[6]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)[7]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[8]			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

1 Food items included in each group and subgroup and amount equivalents.
2 Minimum creditable serving is 1/8 cup. 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 percent full-strength.
3 Larger amounts of these vegetables may be served.
4 This subgroup consists of "Other vegetables" as defined in paragraph (c)(2)(ii)(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 bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.
5 Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.
6 Minimum creditable serving is 0.25 oz. eq.
7 Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.
8 By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

National School Lunch Program Meal Pattern Chart (azureedge.us)

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

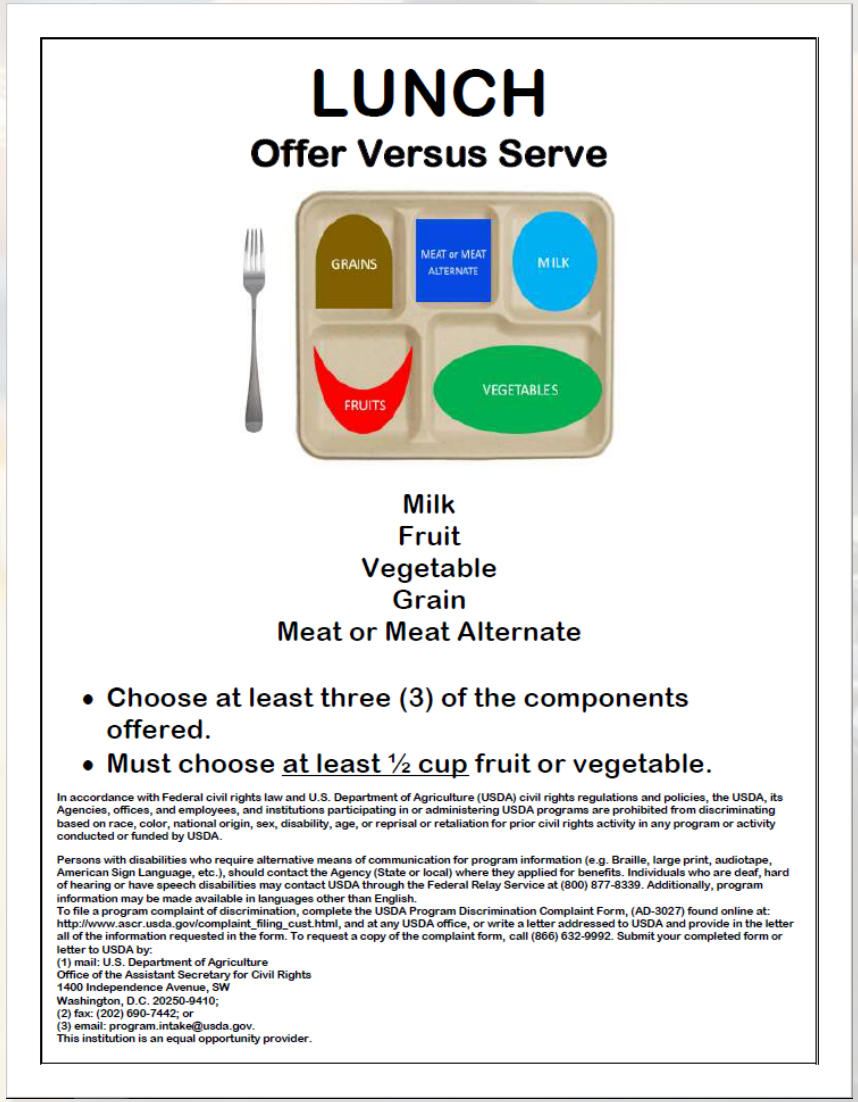
Serve

- *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:

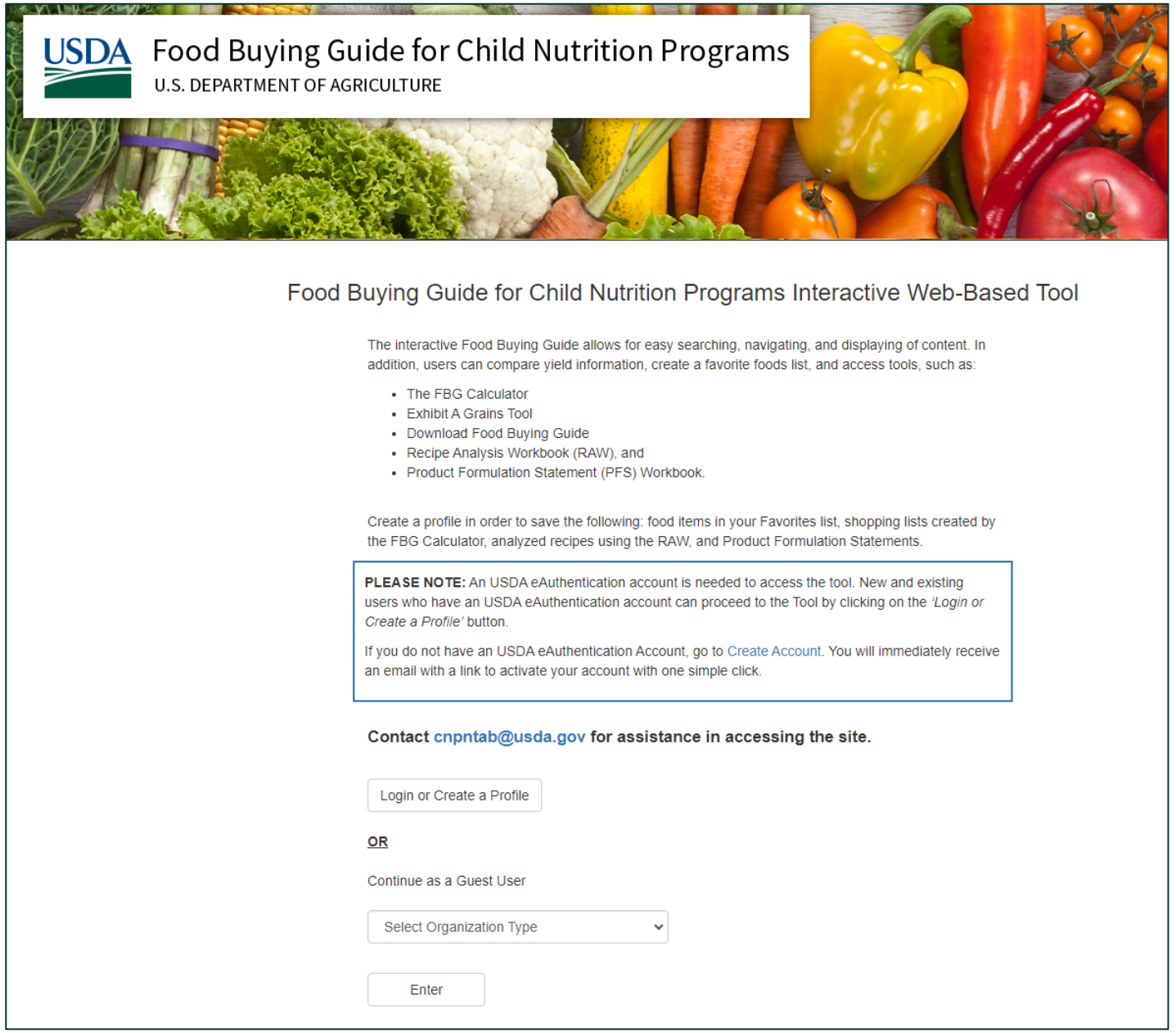
- Fresh/cut (preferred)
- Frozen without added sugar
- Canned in juice/light syrup

Utilize the Food Buying Guide for whole fruit crediting.

An Essential Resource

FBG

Food Buying Guide



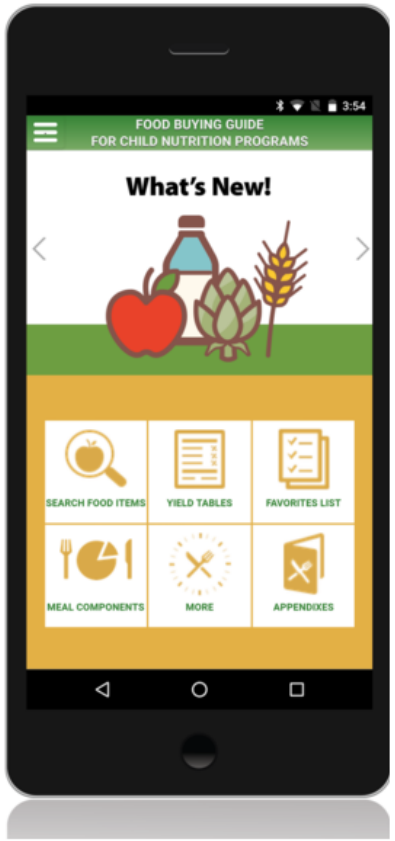
https://foodbuyingguide.fns.usda.gov/Home/Home

Food Buying Guide Mobile App

Food Buying Guide Mobile App

The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP). The FBG assists CNP operators, food manufacturers, and other stakeholders with:

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements



Search and locate yield information for foods typically served in Child Nutrition Programs.

Compare yield information to determine the foods that best meet your program needs.

Create a favorites list of food items!

Email and print search results, food comparisons, and favorites list

The Food Buying Guide Mobile App also includes access to narrative content which provides:

- Child Nutrition Program-specific information for meeting meal pattern requirements
- Helpful information related to food purchasing and how to utilize food yield information in the FBG
- Additional resources related to meal pattern requirements and menu planning for CNPs.

The FBG Mobile App is currently available on the iOs and Android platforms.

HOME | MEAL COMPONENTS | FOOD ITEMS | TOOLS | APPENDIXES | HELP | WELCOME SHARON ALLISON

FBG Calculator - Create Shopping List

▸ Instructions

Asterisks (*) denote required information.

Shopping List Name * **Date** (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Search | Clear Search | Display Favorites

Enter one or more keywords to perform search

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action

You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

Save | Back to List

FNS | CNPP | USDA | FOIA | USDA Policies and Links | Accessibility Statement | Privacy Policy | Information Quality | No Fear Act | Nondiscrimination Statement | USA.gov | Whitehouse.gov

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FBG Calculator - Create Shopping List

▸ Instructions

Asterisks (*) denote required information.

Shopping List Name * Date (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli Search Clear Search Display Favorites

Action	Food As Purchased, AP	Purchase Unit	Servings per Unit	Serving Size per Meal Contribution
Add	**Broccoli, fresh**, *Untrimmed*	Pound	9.8	1/4 cup *raw vegetable spears*
Add	**Broccoli, fresh**, *Untrimmed*	Pound	9.4	1/4 cup *cooked, drained vegetable spears*
Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action

You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

FBG Calculator - Create Shopping List

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Asterisks (*) denote required information.

Shopping List Name *

Date (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli

Search | Clear Search | Display Favorites

Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*
Add	**Broccoli, fresh**, *Florets*	Pound	11.5	1/4 cup *trimmed cooked vegetable*
Add	**Broccoli, fresh**, *Florets, Trimmed, Ready-to-use*	Pound	28.8	1/4 cup *cut raw vegetable*
Add	**Broccoli, fresh**, *Spears, Trimmed, Ready-to-use*	Pound	17.1	1/4 cup *raw vegetable spears*

	Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action
X	**Broccoli, fresh** , *Florets, Trimmed, Ready-to-use* , cut raw vegetable	Pound	0.00	0	0.0000	0.00	Add Serving Size

FBG Calculator - Create Shopping List

Instructions

Asterisks (*) denote required information.

Shopping List Name * **Date** (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli Search Clear Search Display Favorites

Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*
Add	**Broccoli, fresh**, *Florets*	Pound	11.5	1/4 cup *trimmed cooked vegetable*
Add	**Broccoli, fresh**, *Florets, Trimmed, Ready-to-use*	Pound	28.8	1/4 cup *cut raw vegetable*
Add	**Broccoli, fresh**, *Spears, Trimmed, Ready-to-use*	Pound	17.1	1/4 cup *raw vegetable spears*

	Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action
X	**Broccoli, fresh** , *Florets, Trimmed, Ready-to-use* , cut raw vegetable	Pound	2.0	300	20.8334	19.00	Add Serving Size

#	Serving Size	Number of Servings	Action
1	1/2 cup	300	Remove Serving Size

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, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veggies from Any Subgroup 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 ½ of the measured amount.

- 1 cup of raw leafy greens counts as ½ cup vegetable.
- ½ cup cooked greens counts as ½ 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: ¾ cup/week
Grades 6–8: ¾ cup/week
Grades 9–12: 1¼ 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

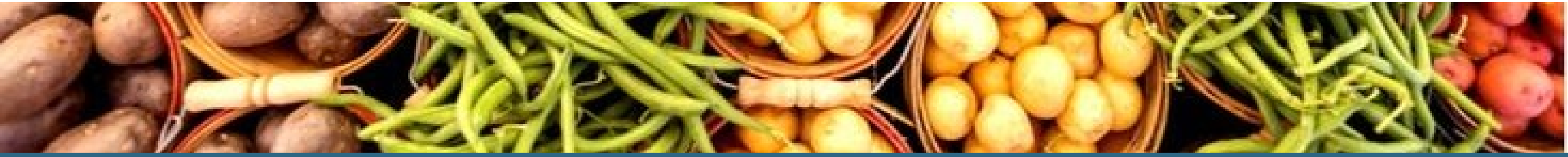
Breakfast

Not required

Lunch

Grades K–5: ½ cup/week
Grades 6–8: ½ cup/week
Grades 9–12: ½ 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 ¾ cups	2 ¾ cups	1 cup
Grades 6-8	3 ¾ cups	2 ¾ cups	1 cup
Grades 9-12	5 cups	3 ½ cups	1 ½ cups

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

Fruits and Vegetables

Serving Sizes

What needs to be provided?

- ⅛ cup?
- ¼ cup?
- ½ cup?
- More?

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

- 1/8 cup is the minimum creditable amount!
- You must serve enough vegetables to meet the full ¾ 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

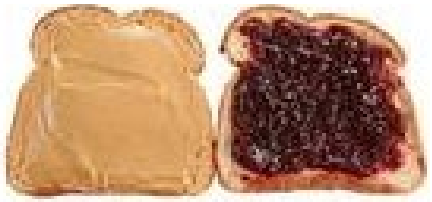
No association with meat/meat alternate at lunch.

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 and seeds
- 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.
- ½ 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.

No more than 10 grams of added sugar per 8 fluid ounces.

NOTE: Same as breakfast meal pattern.

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

This is applicable to salad bars also.

Substitutions

Points to Remember

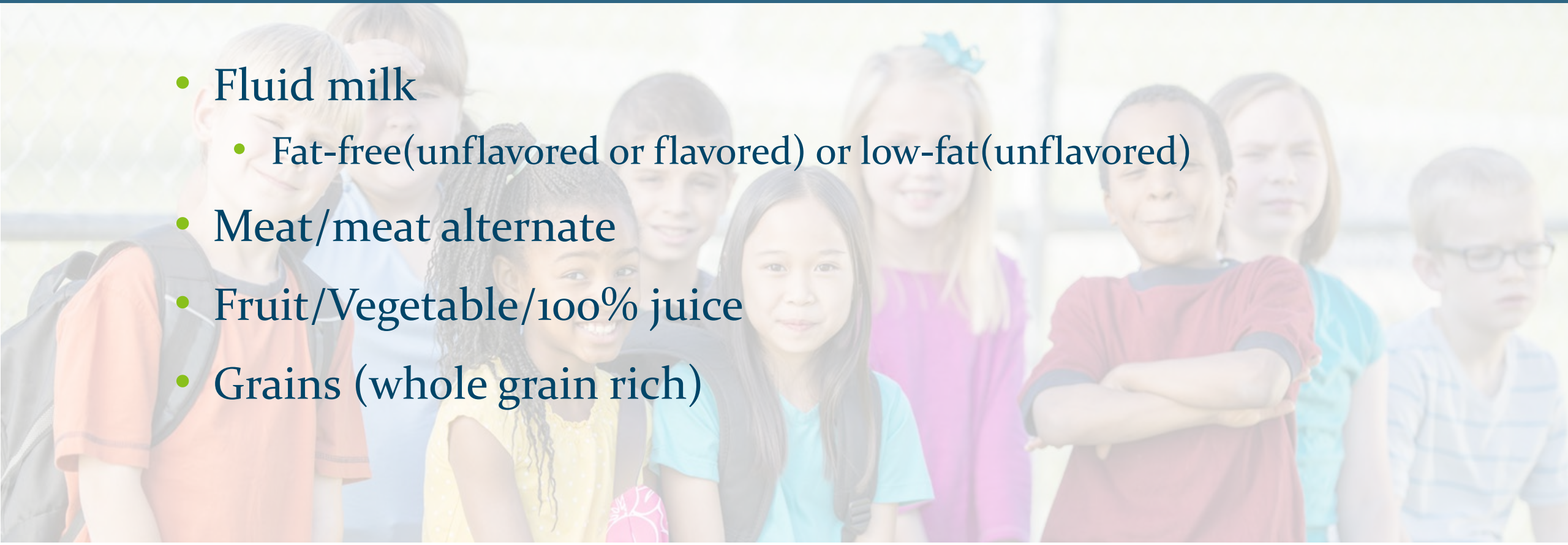
When substituting, replace items that:

- 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).

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
- Grains (whole grain rich)

Must serve at least 2 of the 4 components.

An official website of the United States government Here's how you know

USDA Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

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HE FOOD BUYING GUIDE

uide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)

MEATS/MEAT ALTERNATES

FRUITS

MILK

VEGETABLES

GRAINS

OTHER FOODS

FNS | CNPP | USDA | FOIA | USDA Policies and Links | Accessibility Statement | Privacy Policy | Information Quality | No Fear Act | Nondiscrimination Statement | USA.gov | Whitehouse.gov

Afterschool Snack Program Meal Pattern

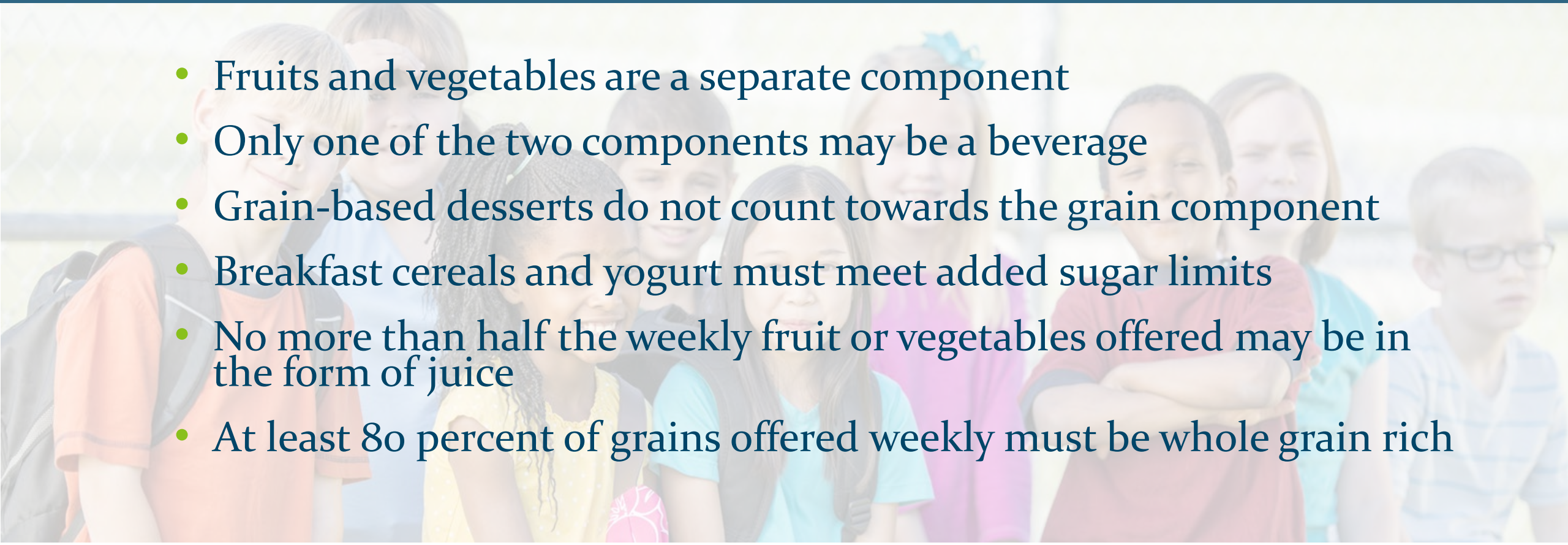
- https://www.fns.usda.gov/school-meals/afterschool-snacks

Chart 2: National School Lunch Program (NSLP) Afterschoool Snack Service (NSLP Afterschool Snacks) Meal Pattern for K-12 Children (Ages 6-18)

Select Two of the Five Components for a Reimbursable Snack	
Meal Components[1]	**Minimum Quantities[2]**
Fluid Milk[3]	8 fluid ounces
Meats/Meat Alternates[4]	1 ounce equivalent
Vegetables[5]	¾ cup
Fruits[5]	¾ cup
Grains[6]	1 ounce equivalent

1 Must serve two of the five components for a reimbursable NSLP snack. Only one of the two components may be a beverage.
2 May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.
3 Must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.
4 Alternate protein products must meet the requirements in Appendix A to Part 226 of this Chapter. Effective July 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce) . Information on crediting meats/meat alternates may be found in FNS guidance.
5 Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.
6 At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in § 210.2, and the remaining grains items offered must be enriched. Grain-based desserts may not be used to meet the grains requirement. Effective July 1, 2025, breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

ASSP Meal Pattern: Changes Beginning in SY 25-26



- Fruits and vegetables are a separate component
- Only one of the two components may be a beverage
- Grain-based desserts do not count towards the grain component
- Breakfast cereals and yogurt must meet added sugar limits
- No more than half the weekly fruit or vegetables offered may be in the form of juice
- At least 80 percent of grains offered weekly must be whole grain rich

Must serve at least 2 of the 5 components.

USDA Certification Worksheet

USDA Food and Nutrition Service
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USDA Approved Certification of Compliance Tools and Software

HOME

Resource Type

Technical Assistance & Guidance

Related Content

Child Nutrition Database

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs

The following tools are approved by USDA for use in certification of compliance with the National School Lunch Program meal pattern requirements. This site is the official list of the only tools authorized to certify schools as eligible for the additional performance-based reimbursement.

This list includes the USDA-developed Certification Worksheets and Prototype Attestation Statement, which school districts may use for both breakfast and lunch. Commercially available certification tools (software) will be listed here as they are approved by USDA for school lunch certification purposes.

Commercially available certification tools (software) will not be evaluated or approved for the breakfast meal pattern. State agencies may authorize the use of the breakfast functionality of software currently approved for certification of compliance with the National School Lunch Program meal pattern requirements.

Use the USDA-approved nutrient analysis software for the nutrient

- certification for the additional performance-based reimburs
- certification for the additional performance-based reimburs

Many of the software approved for use with certification of compli

USDA Developed Tools

Authorized USDA Certification Worksheets and Prototype Attestati

Alternatives to the USDA Certification Worksh

CNCentral (former name: *inTEAM Menu Compliance Tool+*) inTEAM Associates, LLC Phone: 866-457-4705	eTrition Harris School Solutions Phone: 1-716-402-2492	
Health-e Pro Menu Planning Water Walkers, Inc. dba Health-e Pro Phone: 800-838-4856 x5	MCS Edison Menus & Inventory Heartland School Solutions Phone: 888-287-6416	Meals Plus, a LINQ Solution (desktop version) LINQ, Inc. Phone: 800-541-8999

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https://www.fns.usda.gov/tn/usda-approved-certification-compliance-tools-and-software

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National School Lunch Program

Certification of Compliance

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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

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

- 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)

Certification of Compliance | Food and Nutrition Service (usda.gov)

USDA Certification of Compliance Worksheet

Meal Pattern
Reimbursable Breakfast
Grades K-12

SFA Name: John Doe Private School
K-12 Menu #: 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 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	Enter the number of cups of fluid milk 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									

All Meals | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Report | Nutrient Instructions | Simplified Nutrient Assessment

https://www.fns.usda.gov/school-meals/certification-compliance

Nutri Kids Meal Group Contribution Report

[redacted] Schools

Meal Group Contribution Report

H - [redacted] Breakfast 9-12

Feb 4, 2016

Monday 2/22/2016

Monnette

No.	Name	Portion Size	M/MA as Addt'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 Addt'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 Addt'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 Addt'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						

TITAN CONTRIBUTION REPORT

(FOUND ON PRODUCTION RECORDS)

MAIN (OFFER VS. SERVE)

Menu/Food Items	Component Contributions										
	Meat/Meat Alt. (oz eq)	Grains (oz eq)	Milk (cups)	Fruit (cups)	Dark Green (cups)	Red/Orange (cups)	Beans/Peas (cups)	Starchy (cups)	Other (cups)	Vegetable Juice (cups)	Total Veg. (cups)
Main Entree *(Student is offered 1 selection)*											
sys-209 Breaded Mini Ravioli (7 Pieces) **Total Offered/Prepared Ingredients:** Breaded Mini Ravioli (379)	1.000	1.500									
Meat/Meat Alternate											
110396 Mozzarella String Cheese (1 Stick) **Total Offered/Prepared Ingredients:** Mozzarella String Cheese (USDA) (325)	1.000										

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

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

	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

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							

	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								

All Meals | Monday | Tuesday | Wednesday | Thursday | Friday | **Weekly Report** | Nutrient Instructions | Simplified Nutrient Assessment

Nutri Kids Meal Group Contribution Report

Page 1

[redacted] Schools
Weekly Certification Worksheet

Week of 2/22/2016

H - [redacted] 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!

TITAN MEAL PATTERN ANALYSIS REPORT

(EQUIVALENT TO USDA'S CERTIFICATION OF COMPLIANCE REPORT)

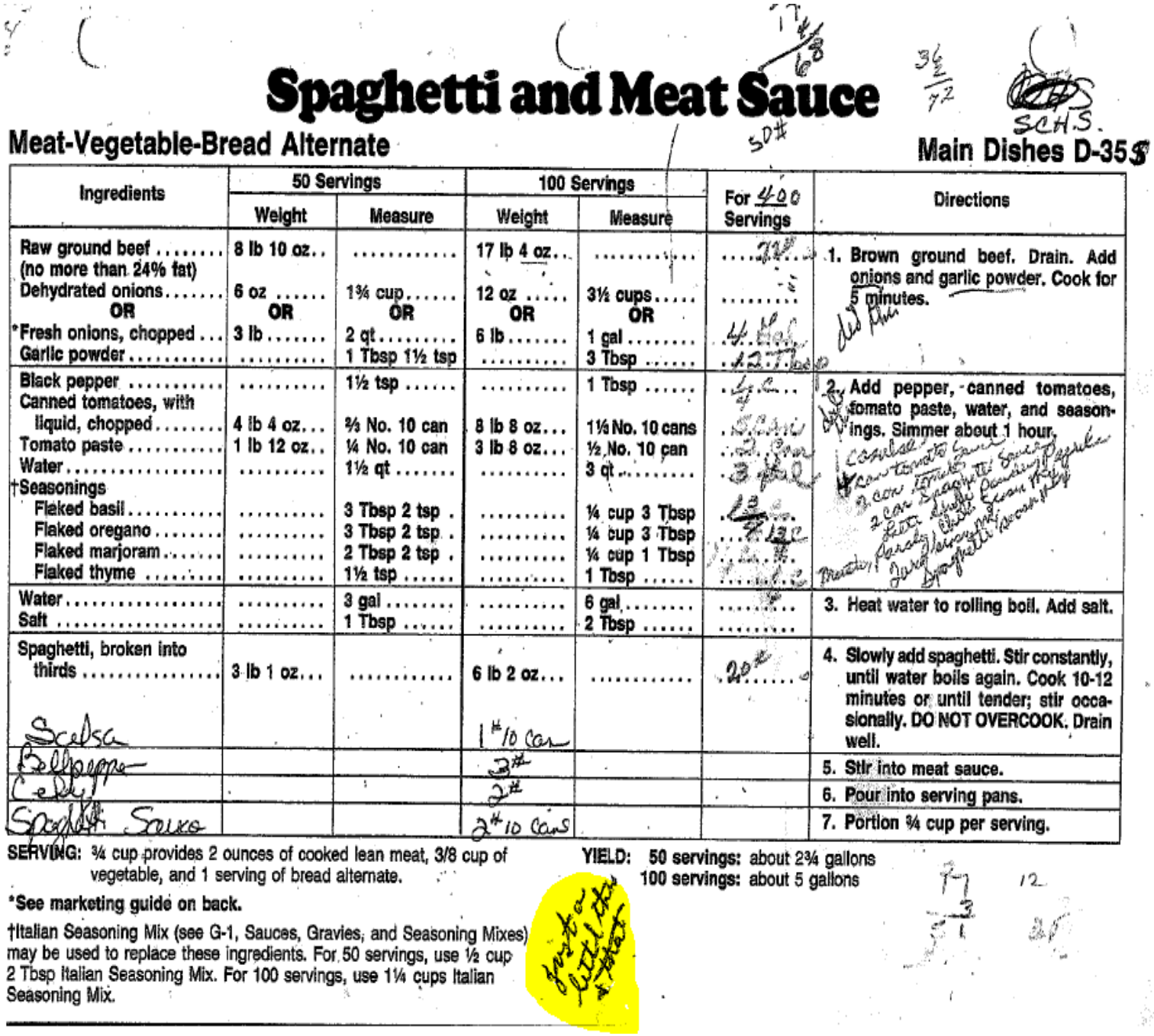
Category	9/11/2023		9/12/2023		9/13/2023		9/14/2023		9/15/2023		Weekly Actual	Weekly Target
	Actual	Target	Actual	Target	Actual	Target	Actual	Target	Actual	Target		
Meats/Meat Alternates	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 oz	≥ 2 oz	10 oz - 15 3/4 oz	10 oz - 12 oz
Grains	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 oz	≥ 2 oz	2 1/4 oz	≥ 2 oz	10 1/4 oz - 17 1/4 oz	10 oz - 12 oz
Whole Grain-Rich	100 %	---	100 %	---	100 %	---	100 %	---	100 %	---	100 %	≥ 80 %
Grain Based Desserts	0 oz	---	0 oz	---	0 oz	---	0 oz	---	0 oz	---	0 oz	≤ 2 oz
Fruits	0 cups	≥ 1 cups	1 1/2 cups	≥ 1 cups	1 cups	≥ 1 cups	1 cups	≥ 1 cups	1 1/2 cups	≥ 1 cups	5 cups	≥ 5 cups
Fruit Juice	0 %	---	50 %	---	0 %	---	0 %	---	33.33 %	---	20 %	≤ 50 %
Vegetables	0 cups	≥ 1 cups	0 cups	≥ 1 cups	0 cups	≥ 1 cups	0 cups	≥ 1 cups	0 cups	≥ 1 cups	0 cups	≥ 5 cups
Beans/Peas	1/4 cups	---	1/2 cups	---	1/8 cups	---	5/8 cups	---	1/4 cups	---	1 3/4 cups	≥ 1/2 cups
Dark Green	5/8 cups	---	5/8 cups	---	5/8 cups	---	1 cups	---	5/8 cups	---	3 1/4 cups	≥ 1/2 cups
Red/Orange	1/2 cups	---	3/4 cups	---	1 1/4 cups	---	1/2 cups	---	5/8 cups	---	3 5/8 cups	≥ 1 1/4 cups
Starchy	1/4 cups	---	1/2 cups	---	1/2 cups	---	1/4 cups	---	1/2 cups	---	2 cups	≥ 1/2 cups
Other	7/8 cups	---	7/8 cups	---	7/8 cups	---	7/8 cups	---	7/8 cups	---	4 1/8 cups	≥ 3/4 cups
Vegetable Juice	0 %	---	0 %	---	0 %	---	0 %	---	0 %	---	0 %	≤ 50 %
Milk	1 cups	≥ 1 cups	1 cups	≥ 1 cups	1 cups	≥ 1 cups	1 cups	≥ 1 cups	1 cups	≥ 1 cups	5 cups	≥ 5 cups
Reduced Fat (2% fat) Flavored Milk	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	---
Reduced Fat (2% fat) Unflavored Milk	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	---
Whole Flavored Milk	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	---
Whole Unflavored Milk	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	= 0 cups	0 cups	---

Benefits of Standardized Recipes

- Consistent Food Quality
- Predictable Yield
- Customer Satisfaction
- Consistent Nutrient Content
- Food Cost Control
- Efficient Purchasing Procedures
- Inventory Control
- Labor Cost Control
- Confident Employees
- Reduced Record Keeping

Standardized recipes help ensure that the best possible food items are produced every time.

Avoid Using Unclear Recipes



Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate

Main Dishes D-35

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	For 400 Servings	Directions
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz			1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions	6 oz	1¾ cup	12 oz	3½ cups		
OR	OR	OR	OR	OR		
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal		
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp		
Black pepper		1½ tsp		1 Tbsp		2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.
Canned tomatoes, with liquid, chopped	4 lb 4 oz	⅔ No. 10 can	8 lb 8 oz	1⅓ No. 10 cans		
Tomato paste	1 lb 12 oz	¼ No. 10 can	3 lb 8 oz	½ No. 10 can		
Water		1½ qt		3 qt		
†Seasonings						
Flaked basil		3 Tbsp 2 tsp		¼ cup 3 Tbsp		
Flaked oregano		3 Tbsp 2 tsp		¼ cup 3 Tbsp		
Flaked marjoram		2 Tbsp 2 tsp		¼ cup 1 Tbsp		
Flaked thyme		1½ tsp		1 Tbsp		
Water		3 gal		6 gal		3. Heat water to rolling boil. Add salt.
Salt		1 Tbsp		2 Tbsp		
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz			4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
						5. Stir into meat sauce.
						6. Pour into serving pans.
						7. Portion ¾ cup per serving.

SERVING: ¾ cup provides 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate.

YIELD: **50 servings:** about 2¾ gallons
100 servings: about 5 gallons

*See marketing guide on back.

†Italian Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1¼ cups Italian Seasoning Mix.

Aim for Recipes Like This

USDA United States Department of Agriculture

Preparation Time: 10 Minutes | Cook Time: 30 Minutes

Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

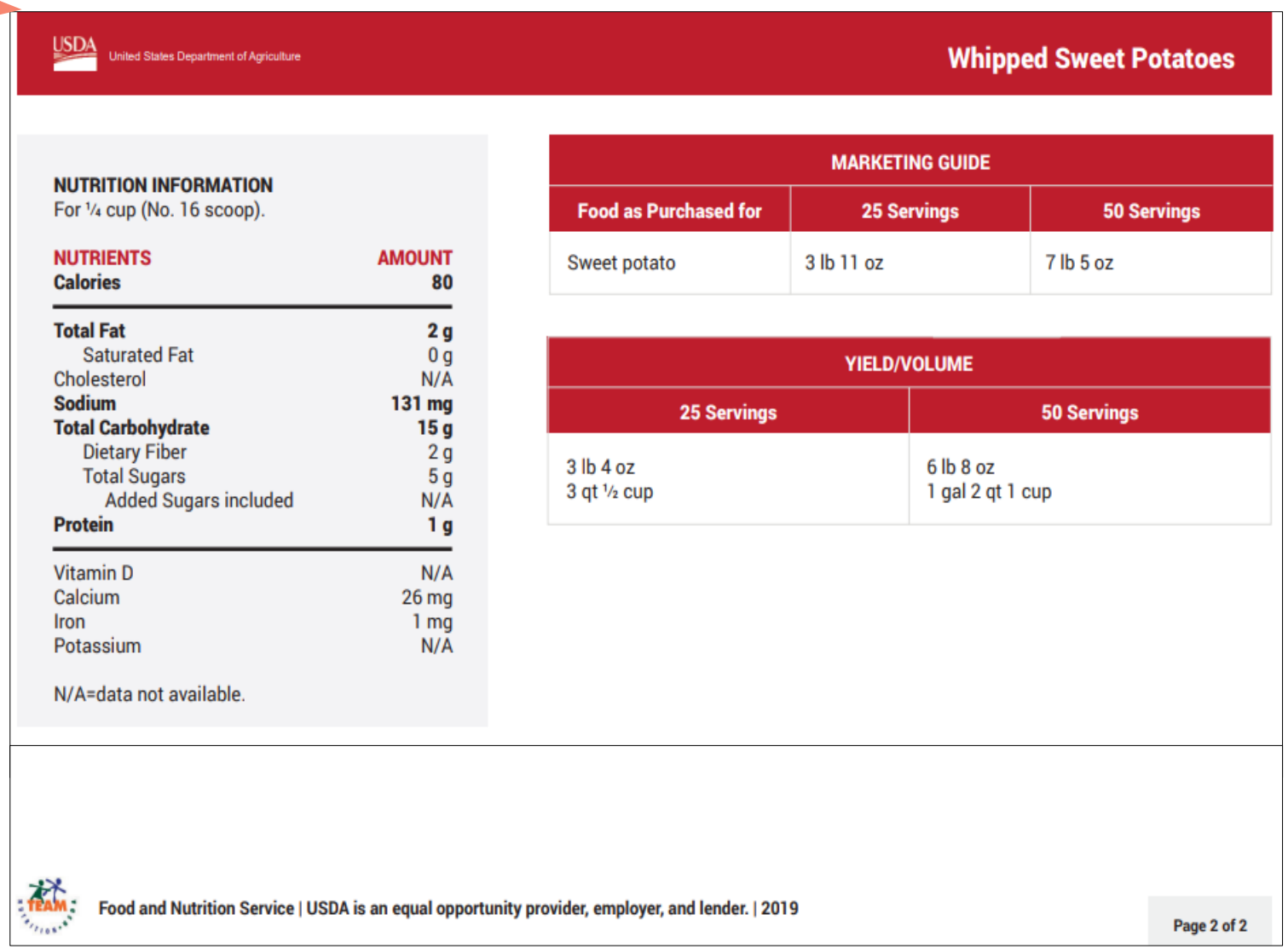
CACFP CREDITING INFORMATION
¼ cup (No. 16 scoop) provides ¼ cup vegetable.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Sweet potatoes, fresh, peeled, cut into quarters	3 lb 10¼ oz	3 qt 1 cup	7 lb 4½ oz	1 gal 2 qt 2 cup	1 Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, 25–30 minutes. Drain well. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.
Milk, low-fat (1%)		¼ cup		½ cup	2 Place the potatoes in a commercial mixer with wire whip attachment; mix on low speed. Slowly add milk, margarine, salt, and pepper until potatoes are smooth and free of lumps OR add hot, well drained potatoes, milk, margarine, salt, and pepper to a bowl. Use an electric mixer, mix on medium speed until potatoes are smooth and fluffy.
Margarine, trans-fat free		¼ cup		½ cup	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
					3 Serve ¼ cup (No. 16 scoop). Critical Control Point: Hold for hot service 140°F or higher.

Food and Nutrition Service

Aim for Recipes Like This



USDA United States Department of Agriculture

Whipped Sweet Potatoes

NUTRITION INFORMATION
For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	**80**
Total Fat	**2 g**
Saturated Fat	0 g
Cholesterol	N/A
Sodium	**131 mg**
Total Carbohydrate	**15 g**
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	**1 g**
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**25 Servings**	**50 Servings**
Sweet potato	3 lb 11 oz	7 lb 5 oz

YIELD/VOLUME	
25 Servings	**50 Servings**
3 lb 4 oz 3 qt ½ cup	6 lb 8 oz 1 gal 2 qt 1 cup

Resources for Recipes

- Institute of Child Nutrition's Recipe Box: www.theicn.org/cnrb/
- Team Nutrition: www.fns.usda.gov/tn/team-nutrition
- Dayle Hayes, MS, RD: https://schoolmealsthatrock.org/
- Other Districts

Resources for Menu Planning

Menu Planner

HOME

EO Guidance Document #

FNS-GD-2018-0032

FNS Document #

631

Resource Type

Guidance Documents

Handbooks

Related Content

Offering Smoothies as Part of Reimbursable School Meals

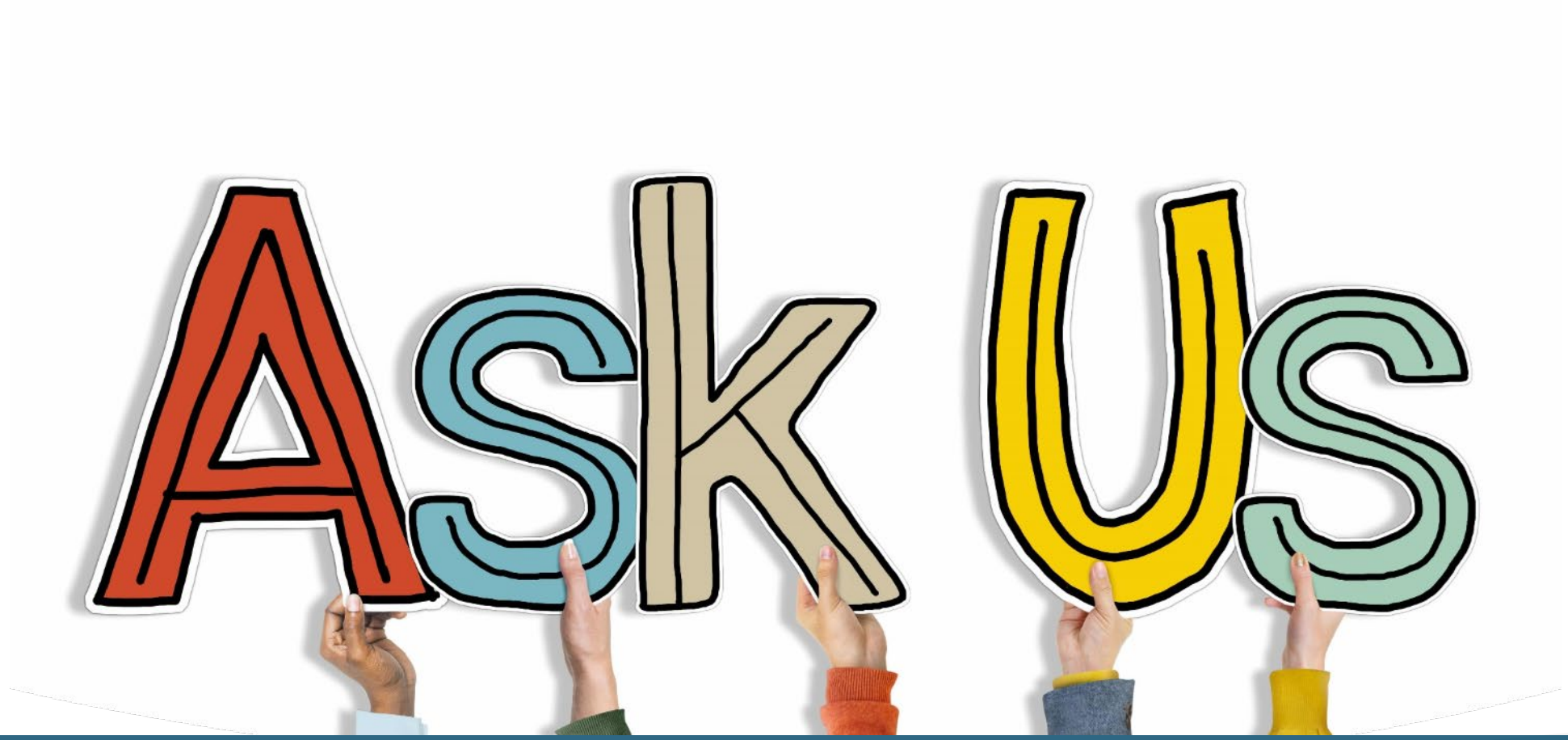
Serving Meats and Meat Alternates at Breakfast

This publication was last updated for School Year 2018–2019. This publication is currently being updated.

Updated: 12/03/2021

https://www.fns.usda.gov/tn/menu-planner

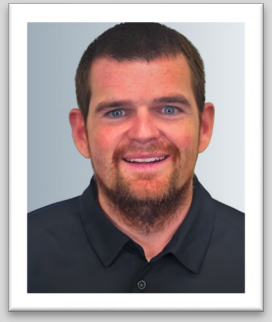
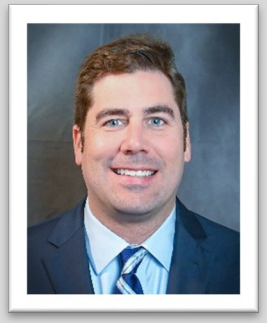
https://www.fns.usda.gov/schoolmeals/nutrition-standards



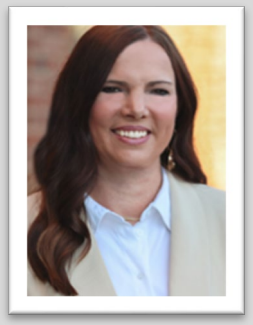
Training Survey & Certificate of Participation

Presenters:





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