

Meal Patterns and Food Buying Guide

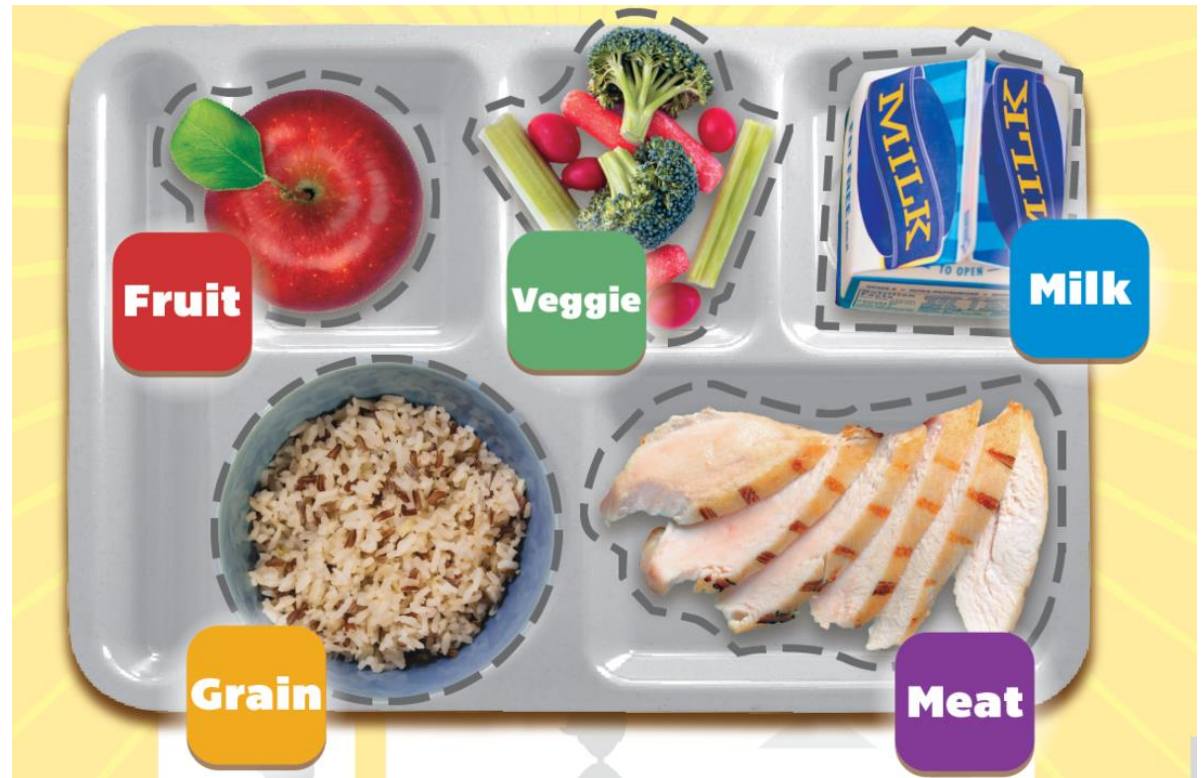
New Jersey Department of Agriculture – School Nutrition Programs

Goals for this Webinar

1. Review and discuss the meal patterns for the NSLP and SBP
2. Discuss the requirements of each component as they pertain to the meal patterns
3. Review meeting daily and weekly requirements for all components
4. Explore the Food Buying Guide

National School Lunch Program Meal Pattern

- All **5** components must be offered daily
 - Fruits
 - Vegetables
 - Grains
 - Meat/Meat Alternates
 - Milk



LUNCH MEAL PATTERN (FIVE-DAY WEEK)

Form #198
Revised 5/19

Required Meal Components	Grades Pre-K	Grades K-5		Grades 6-8		Grades K-8		Grades 9-12	
	3-5 years	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits (Cups)	1/4	1/2	2 ½	1/2	2 ½	1/2	2 ½	1	5
Vegetables (Cups)	1/4	3/4	3 ¾	3/4	3 ¾	3/4	3 ¾	1	5
Dark Green	-		½		½		½		½
Red/Orange	-		¾		¾		¾		1 ¾
Beans/Peas (Legumes)	-		½		½		½		½
Starchy	-		½		½		½		½
Other	-		½		½		½		¾
Additional to reach total	-		1		1		1		1 ½
Grains (oz. equivalents)	1/2	1	8-9**	1	8-10**	1	8-9**	2	10-12**
Meat/Meat Alternates (oz. equivalents)	1 ½	1	8-10**	1	9-10**	1	9-10**	2	10-12**
Fluid Milk (Cups)	3/4	1	5	1	5	1	5	1	5

Required Dietary Specifications	Grades Pre-K	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Calorie Range (daily average)	-	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories)	-	<10	<10	<10	<10
Trans Fat (grams)	-	0	0	0	0
Sodium (milligrams)	-	1230 mg or less	1360 mg or less	1230 mg or less	1420 mg or less

Fruits

Varieties:

- Fresh
- Frozen
- Canned in light syrup, water or 100% fruit juice
- Dried
- 100% pasteurized fruit juice



Vegetables

Vegetable Sub-Groups:

- Dark Green
- Red/Orange
- Beans/Peas (Legumes)
- Starchy
- Other



Grains

- At least half of the grain items offered must be whole grain-rich
- Grains are credited in ounce equivalents.
- Form 33 - Exhibit A: *Grain Requirements for Child Nutrition Programs* should be used when menu planning



Hamburger Buns, WG, Sliced, 3.75" (#472)



These whole grain 2oz Hamburger Buns are the perfect carrier for any delicious, juicy hamburger, chicken sandwich or turkey burger. Meeting a 2 grain requirement, these buns are produced in a nut-free facility.

General Specifications

Pack: 120/2 oz
 Kosher: Kof-K
 Shelf Life: 5 days at ambient. 365 days frozen.
 Status: Available



SCHOOL SPECIFICATIONS

Nutritional Ratio: 8-0-4

OZ Grain Equivalents: 2.0
 Whole Grain: 20.01g, 56%
 Enriched Flour: 15.91g
 Combined Flour 35.92g

INGREDIENTS

Whole Wheat Flour, Enriched Wheat Flour, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains Less Than 2% Of Calcium

Nutrition Facts

Serving size 1 Hamburger Bun (57g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 1g 1%
 Saturated Fat 0g 0%
 Trans Fat 0g

$$57 \text{ grams} \div 28 \text{ grams} = 2.04 = 2 \text{ ounce equivalents}$$

Crediting Grains Using Form #33 – Exhibit A

Form 33
 Rev 09.2019

EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Oz Eq for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁵ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

¹In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

²For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2019, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

⁵Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

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	3-5 years	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits (Cups)	1/4	1/2	2 ½	1/2	2 ½	1/2	2 ½	1	5
Vegetables (Cups)	1/4	3/4	3 ¾	3/4	3 ¾	3/4	3 ¾	1	5
Dark Green	-		½		½		½		½
Red/Orange	-		¾		¾		¾		1 ¾
Beans/Peas (Legumes)	-		½		½		½		½
Starchy	-		½		½		½		½
Other	-		½		½		½		¾
Additional to reach total	-		1		1		1		1 ½
Grains (oz. equivalents)	1/2	1	8-9**	1	8-10**	1	8-9**	2	10-12**
Meat/Meat Alternates (oz. equivalents)	1 ½	1	8-10**	1	9-10**	1	9-10**	2	10-12**
Fluid Milk (Cups)	3/4	1	5	1	5	1	5	1	5

Required Dietary Specifications	Grades Pre-K	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Calorie Range (daily average)	-	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories)	-	<10	<10	<10	<10
Trans Fat (grams)	-	0	0	0	0
Sodium (milligrams)	-	1230 mg or less	1360 mg or less	1230 mg or less	1420 mg or less

Meat/Meat Alternates



- Examples:
 - Lean meats, poultry, fish or cheese
 - Cooked/Dried beans & peas (legumes)
 - Eggs
 - Nut or Seed Butters
 - Nuts and Seeds
 - Yogurts
 - Commercial Tofu

Milk

At least 2 varieties of fluid milk must be offered daily:

- Non-fat
 - White or Flavored
- Low-fat
 - White or Flavored

Milk must be offered in 8 oz portions



School Breakfast Program Meal Pattern

○ Four items from the following 3 components must be offered daily:

- Fruits
- Grains
- Milk

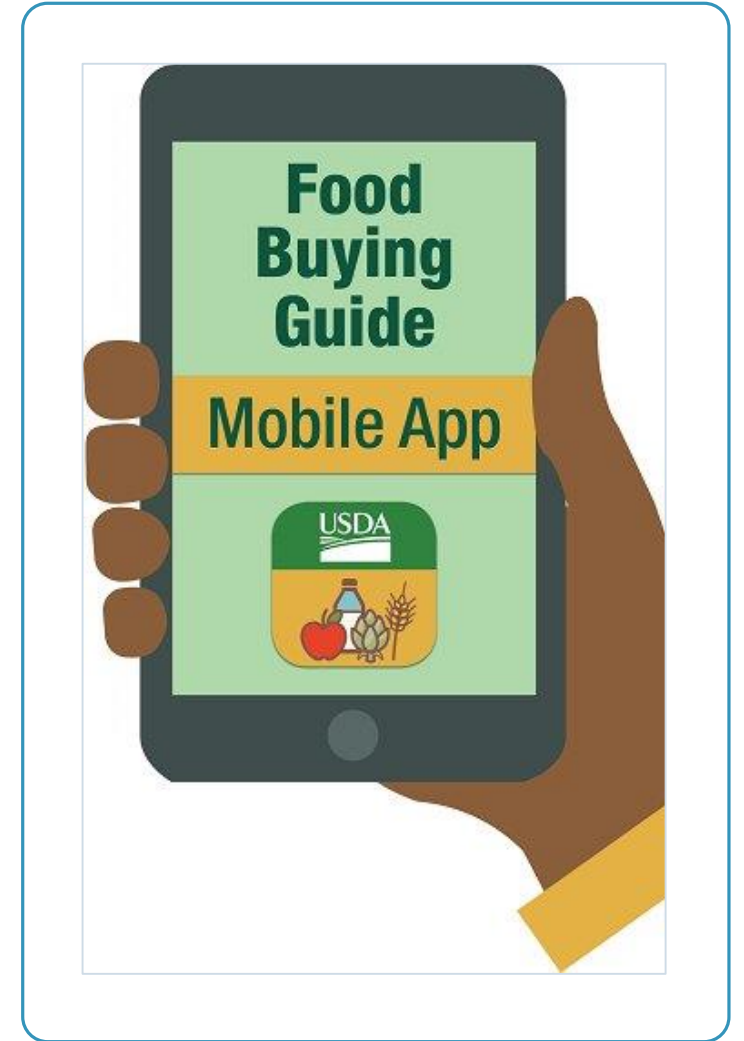


BREAKFAST MEAL PATTERN (FIVE-DAY WEEK)

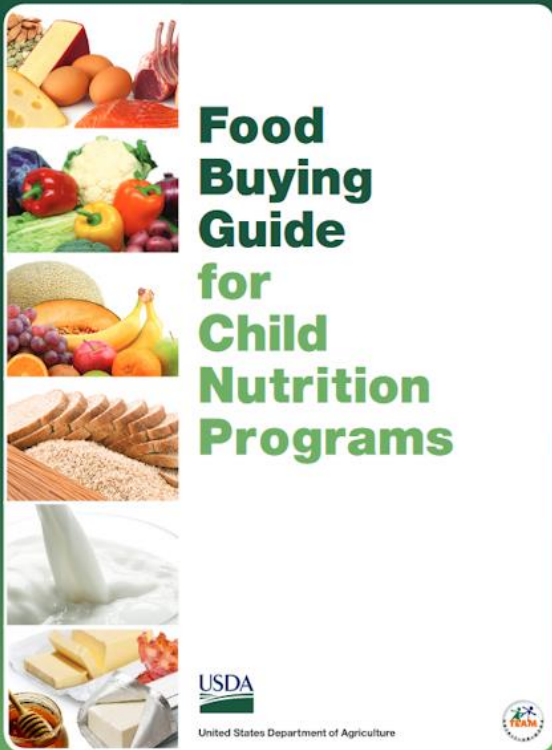
Required Meal Components	<u>Grades K-5</u>		<u>Grades 6-8</u>		<u>Grades K-8</u>		<u>Grades 9-12</u>	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1	5	1	5	1	5	1	5
Grains (oz. eq.)	1	7-10**	1	8-10**	1	8-10**	1	9-10**
Milk (Cups)	1	5	1	5	1	5	1	5

Required Nutrient Standards	<u>Grades K-5</u>	<u>Grades 6-8</u>	<u>Grades K-8</u>	<u>Grades 9-12</u>
Calorie Range (daily average over week)	350-500	400-550	400-500	450-600
Saturated Fat (% of total calories)	<10	<10	<10	<10
Trans Fat (grams)	0	0	0	0
Sodium (milligrams)	540 mg or less	600 mg or less	540 mg or less	640 mg or less

Food Buying Guide



Features and Benefits



- *The FBG Calculator*
- *Exhibit A Grains Tool*
- *Recipe Analysis Workbook*
- Create a shopping list to assist in ordering and purchasing food
- Save your favorite foods to access later
- Email and print all your search results

Accessing the Food Buying Guide

Web Address:

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

Download the App:

Available for both iOS and Android platforms



Download on the
App Store

GET IT ON
Google Play

Thank You for Attending the Meal Patterns & Food Buying Guide Overview Webinar

This webinar will count toward 1.0 hour of
professional standards training:

Key Area: Nutrition

Learning Topic: 1100 Menu Planning

Topic Code: 1110 USDA Nutrition Requirements

NJ Department of Agriculture

School Nutrition Programs

609-984-0692

www.nj.gov/agriculture



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