

# NSLP/SBP Meal Pattern Training

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[mdek12.org](https://mdek12.org)



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# NSLP Meal Pattern

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# Basic Requirements for Lunch

**Conducting a Nutrient Analysis will help you stay on track!**

- Offer all 5 of the Required components daily
- Meet Daily & Weekly component minimums
- Meet Weekly Vegetable Subgroup minimums
- Stay within the caloric range
- Stay below the max allowed sodium limit
- Stay below the max allowed saturated/trans fat limit



# Age Groupings and Menu Planning

## Allowable Groupings at Lunch

- Grades K-5
- Grades 6-8
- Grades 9-12
- You can combine K-5 and 6-8 groups to make a K-8 grouping, calories and sodium meet the more restrictive level.

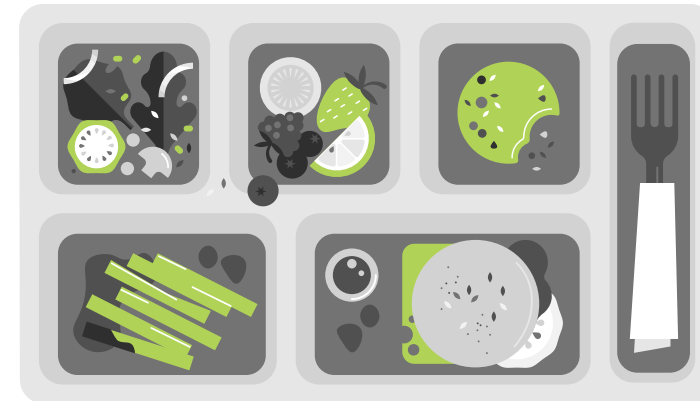


**There is no such thing as K-12 grouping at lunch!!!!**

# Required Components

**These 5 must be offered at lunch every day at Lunch**

1. Meat/Meat Alternate (M/MA)
2. Grain (G)
3. Vegetable (V)
4. Fruit (F)
5. Milk (M)



# Meat / Meat Alternate at Lunch

Take note of differences in daily minimums across the different grade groups!

Just offering the daily minimum will not help you to meet weekly goal!

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
Meat or Meat Alternate (MMA)			8 oz /wk	9 oz /wk	10 oz /wk	Must be served in the main dish or as the main dish.
When combining K-5 & 6-8 to establish a K-8 group.			9 oz / wk			
Lean meat, poultry, fish	1 oz	1 ½ oz	1 oz per day minimum	1 oz per day minimum	2 oz per day minimum	Food and Nutrition Service Fact Sheets on each of these alternate foods give detailed instructions for use.
Cheese	1 oz	1 ½ oz				
Large egg(s)	½	¾				
Cooked, dry beans or peas	¼ cup	¾ cup				
Peanut butter (or any nut or seed butter)	2 Tbsp	3 Tbsp				
Peanuts, soy nuts, tree nuts or seeds*	½ oz. = 50%	¾ oz. = 50%				
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or ½ cup	6 oz. or ¾ cup				

# Grains at Lunch

Take note of differences in daily minimums across the different grade groups!

Just offering the daily minimum will not help you to meet weekly goal!

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
Grains / Breads			8 oz. eq/wk	8 oz. eq/wk	10 oz. eq/wk	
When combining K-5 & 6-8 to establish a K-8 group.			8 oz. eq <sup>2</sup> /wk			
Servings of grains or breads must be 100% whole-grain rich.	5 per week at least K eqg/day	8 per week at least 1eqg/day	1 oz. eq. per day minimum	1 oz. eq. per day minimum	2 oz. eq. per day minimum	

At least 80 percent of grains offered must be whole grain-rich



The remaining grains must be enriched



To meet USDA's whole grain-rich products must contain at least 50 percent whole grains, and the remaining grain must be enriched





**Option: Plan menus so enriched grains are served on one day only.**

Monday	Tuesday	Wednesday	Thursday	Friday
WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	Enriched 2 oz. eq.

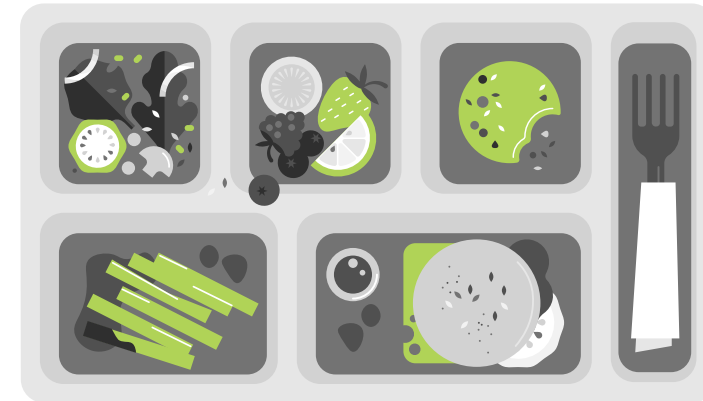


- May be offered
- May not exceed 2 oz eq. of WGR grain per week

# Vegetable Subgroups at Lunch

**These subgroups must be offered over the course of the week**

1. Dark Green
2. Red / Orange
3. Beans / Peas
4. Starchy
5. Other



Take note of differences in daily minimums across the different grade groups, and the different amounts for each subgroup!

Vegetable			K-8	9-12	No more than 1/3 of the weekly total requirement may be met with full-strength vegetable juice.
			3/4 cup every day	1 cup every day	
Dark Green	1/2 cup either or	1/2 cup either or	1/2 cup/week	1/2 cup/week	In grades K-12 the vegetable subgroups must be offered throughout the week. The amounts listed here are the minimum amount that must be offered throughout the week.
Red/Orange			3/4 cup/week	1 1/4 cups/week	
Beans/Peas			1/2 cup/week	1/2 cup/week	
Starchy			1/2 cup/week	1/2 cup/week	
Other			1/2 cup/week	3/4 cup/week	

Take note of differences in daily minimums across the different grade groups!

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
<b>Fruit</b>			<b>½ cup every day</b>	<b>½ cup every day</b>	<b>1 cup every day</b>	No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.

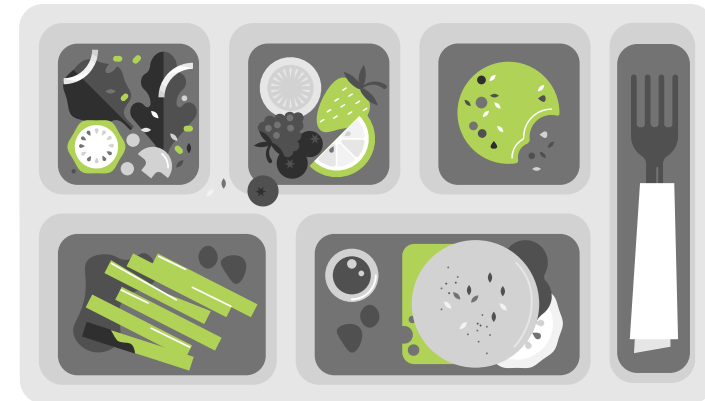
**Two DIFFERENT choices of milk must be offered every day!**

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
<b>Milk</b> (Fluid offered as beverage)	¾ cup (6 fl. oz)		½ pt (8 fl. oz)			In grades K-12, fluid milk must be 1% unflavored, or fat free flavored or unflavored.

# Dietary Specifications & Nutrient Analysis at Lunch

Conducting a Nutrient Analysis will help you to ensure compliance with

- Caloric ranges
- Sodium limits
- Saturated fat limits



# NSLP Caloric Range Requirements

Based on a 5-Day Average

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
Min and Max Calorie Ranges in an average 5-day week menu	517*		550-650	600-700	750-850	★= Menus for students Ages 1-2 and Ages 3-4 have a minimum calorie requirement of 517 calories averaged over the school week.
When combining K-5 & 6-8 to establish a K-8 group.			600 - 650			





## NSLP

- Maintain Target 1 for SY 2022-2023
  - Effective July 1, 2022
- Implement Interim Target 1A for SY 2023-2024
  - Effective July 1, 2023

## SBP

- Maintain Target 1 for SY 2022-2023 and SY 2023-2024
  - Effective July 1, 2022

<u>Age/Grade Group</u>	<u>Target 1: Effective July 1, 2022</u>	<u>Interim Target 1A: Effective July 1, 2023</u>
K-5	≤ 1,230 mg	≤ 1,110 mg
6-8	≤ 1,360 mg	≤ 1,225 mg
9-12	≤ 1,420 mg	≤ 1,280 mg

# Saturated/Trans Fat Restrictions at Lunch

- Calories from saturated fat must not exceed 10% of calories (based on a 5-day average)
- Only zero trans fat is acceptable



# SBP Meal Pattern

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# Age Groupings and Menu Planning

## Allowable Groupings at Breakfast

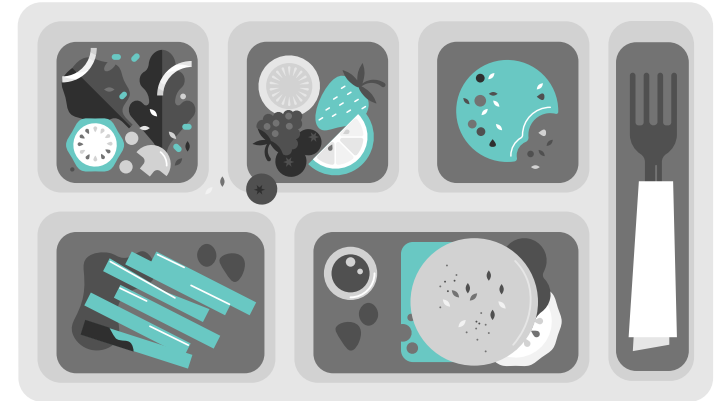
- Grades K-5
- Grades 6-8
- Grades 9-12
- You can combine groups into either a K-8 group or a K-12 group



# Required Components

## These 3 Must be offered every day at Breakfast

- Grains
- Fruit (or Veg)
- Milk



There is NO requirement to offer M/MA at Breakfast!

A minimum of at least 1 oz eq of “true” grain must be offered daily.

**K-5      6-8      9-12**

<b>Grains</b>	1 oz. eq/day 7 oz. eq/week	1 oz. eq/day 8 oz. eq/week	1 oz. eq/day 9 oz. eq/week	<b>80% of the grains offered must be whole grain rich.</b>
<b>When Creating a K-8 Group</b>	8 OZ EQ			
<b>When Creating a K-12 Group</b>	9 OZ EQ			

**K-5      6-8      9-12**

**Vegetables may be offered interchangeably without restrictions**

**Juice MUST be 100% full strength**

<b>Fruit</b>	1 cup / day 5 cups/wk	1 cup / day 5 cups / wk	1 cup / day 5 cups / wk	
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	K-5	6-8	9-12	
<b>Fruit</b>	1 cup / day 5 cups/wk	1 cup / day 5 cups / wk	1 cup / day 5 cups / wk	

If you are **NOT** implementing OVS at Breakfast, each meal must include the full daily component, meaning **each student must have a full cup of fruit.**

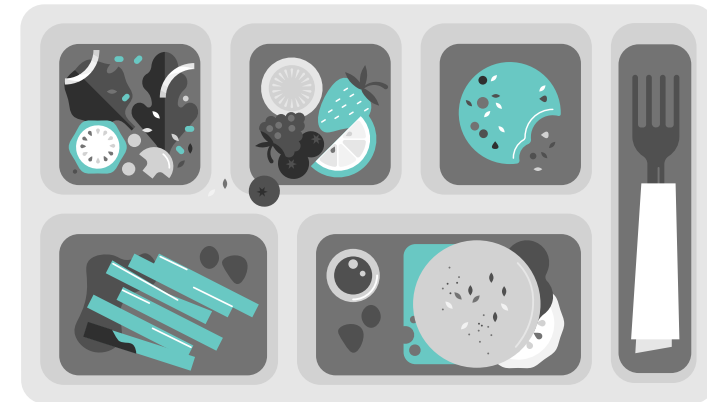
**Must offer at least two DIFFERENT choices of milk each day**

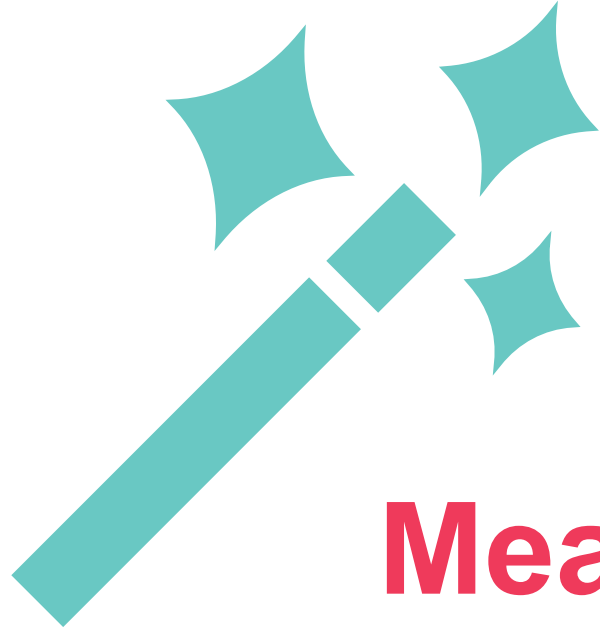
Quantities Required to Offer				
Required Component Offerings	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
<b>Milk</b> 1% or Fat Free Only	1 cup each day; 5 cups per week			Flavored milk <u>must</u> be Fat Free

## Optional – Meat / Meat Alternate at Breakfast

**There is NO Requirement to offer M/MA at breakfast!**

- M/MA **may** be offered **after** the daily 1 oz “true” grain requirement is met.
- Menu planner may choose to credit M/MA toward the grain requirement, or they may choose NOT to credit M/MA toward the grain requirement. **This decision should be communicated to managers/cashiers!**
- If not credited, the M/MA **CANNOT** be used for **OVS purposes.**



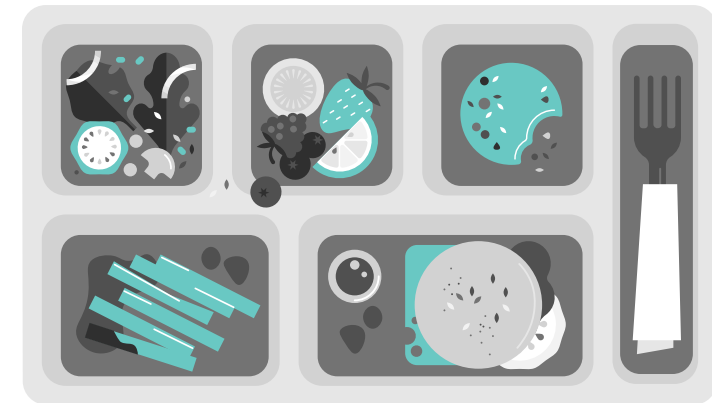


**Meat “magically” becomes  
a Grain at Breakfast!**

# Dietary Specifications & Nutrient Analysis at Breakfast

Conducting a Nutrient Analysis will help you to ensure compliance with

- Caloric ranges
- Sodium limits
- Saturated fat limits



# Caloric Range Requirements at Breakfast

Based on a 5-Day Average

Take note of different configurations of grade groups!

Calorie Ranges	350-500 calories	400-550 calories	450-600 calories	Minimum and Maximum Calorie ranges in an average 5-day weekly menu
WHEN CREATING A K-8 GROUP	400-500 calories			
WHEN CREATING A K-12 GROUP	450-500 calories			

Age/Grade Group	Target 1: Effective July 1, 2022 – SY 2024
K-5	≤ 540 mg
6-8	≤ 600 mg
9-12	≤ 640 mg

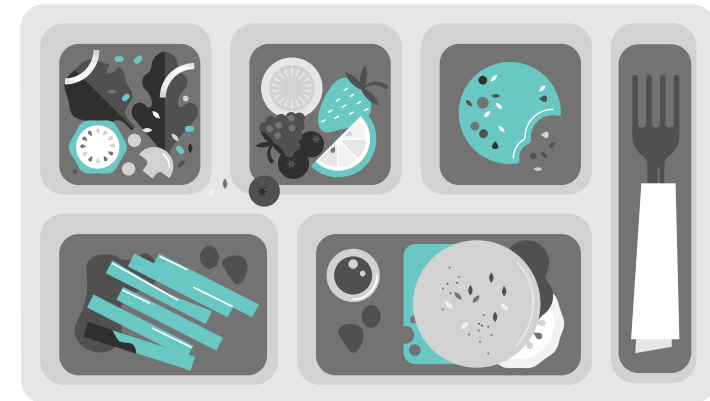
- Calories from saturated fat must not exceed 10% of calories (based on a 5-day average)
- Only zero trans fat is acceptable



# Special Dietary Needs

## Meal Modifications outside the Meal Pattern

- Substitutions may be made, and meals may be reimbursable, when those substitutions are supported by a **written statement that is signed by a recognized medical authority**
- Medical statements must include: recommended alternative foods and the need for the meal modification to accommodate a student with a disability



# NSLP Afterschool Snack

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- The SFA must participate in the NSLP lunch component in order for a site operated by the SFA to operate the NSLP Afterschool Care Program (ASCP).
- Site must sponsor or operate an approved afterschool care program to be eligible --- Includes supervised educational or enrichment activities.

Educational or Enrichment activities must be open to all children and cannot limit enrollment or membership on the basis of a child's ability

**Eligible Activities:** homework assistance, tutoring, supervised “drop in” athletic programs, extended day programs, drama activities, arts and crafts

*\*students who are part of school sports teams and clubs can receive afterschool snacks or meals as part of a broad, overarching educational or enrichment program offered by the school. Individual school athletes who attend afterschool programs before or after team practices may receive meals and snacks*

**Ineligible Activities:** organized interscholastic programs or community-level competitive sports



- Eligibility
- Accountability
- Monitoring
- Meal Pattern
- General Areas

How do children qualify for free and reduced-price afterschool snacks?

- **If it is an area eligible site, all children receive a snack at no charge.** A site is area eligible if it is located at a school or in the attendance area of a school where at least 50% of the enrolled children are eligible for free and reduced-price meals.
  - Must maintain documentation of site's area eligibility
- If the site is not area eligible, the site must use a child's free and reduced-price status to determine eligibility for the ASCP
  - Free/Reduced-priced eligibility documentation for each child is required



- Occurs after the end of school day
- No time lapse requirement
- Operated on days school is in session
- Program operated or sponsored by SFA
- SFA retains all administrative and fiscal responsibility

A **reimbursable snack** must contain full servings of any **two** of the following four food components:

- Fluid Milk – 8 ounces
- Fruit, Vegetable, or 100 percent Juice –  $\frac{3}{4}$  cup
- Grain/Bread – 1 oz eq.
- Meat/Meat Alternate – 1 ounce meat, for example



Requirement	Requirement Description
Multiple Components	Each snack provides two different components in full portion size
Beverage Limitation	Juice may not be served at snack when milk is served as the only other component
Grain-based desserts	Sweet snack foods should not be served more than twice a week
Crediting	Based on ounce equivalents or cups depending on the component
Whole grain-rich	No whole grain-rich requirement
OVS	NOT allowed
Potable Water Access	Recommended, not required

# Just a quick visual reminder

**DO NOT SERVE TWO BEVERAGES FOR SNACK!**



- A written menu is required
- Cycle menus recommended
- USDA foods may be used

- **Two On-Site Reviews**

- First must be completed within first 4 weeks of program operations
- Second prior to the conclusion of the program

- **Must Assess compliance with**

- Meal counting and claiming
- Meal pattern
- Production records

- **Record Retention:** 3 years plus additional year (until audit findings are resolved)

(if applicable for sites **non area eligible**) **free and reduced-price applications** for all children for whom free and reduced priced snacks are claimed

**Meal counts** (total for sites qualifying for free reimbursement for all children: meal counts by type for other sites)

(if applicable for **area eligible sites**), provide documentation of the attendance area within which the applicant sites are located to **confirm area eligibility**

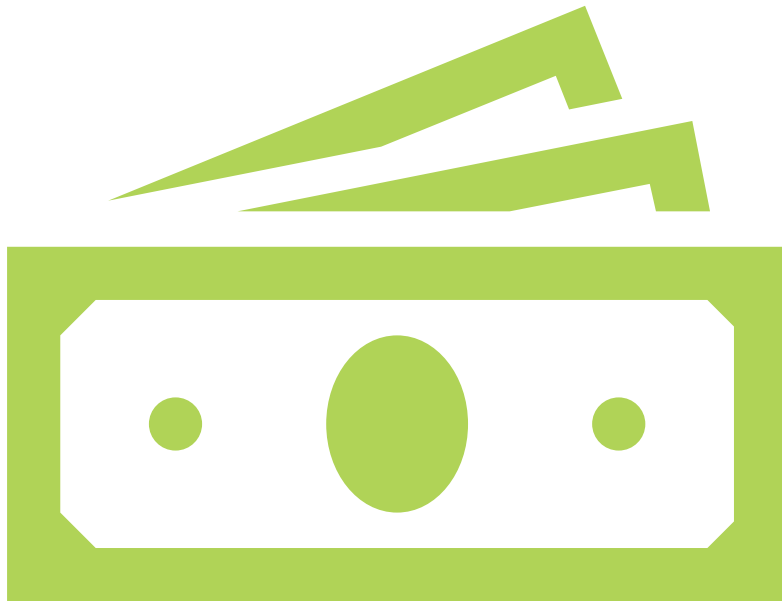
Documentation of **compliance with meal pattern requirements** and **production records**



Lists all students participating

Counts number of reimbursable snacks

Counts taken at point of service



- Written procedures for how snacks are counted and consolidated
- Claim filing process similar to lunches
- Due by 10th of month following service
- No claims prior to agreement approval for ASCP

## Documents:

- Menu
- Meal Components
- Portion Sizes offered, served, and leftover
- Supports number of reimbursable snacks



# ASCP Production Record Example

Date: 2 3a 3b 4 5 6 7 8

Participation	MENUS	Plan Part.	Xtra Part.	FOOD ITEMS	B	L	S N	CONTRIBUTION SIZE		
<b>ADULTS PAID:</b>	Cheesy Broccoli Whole Wheat Garlic Toast Saltine Crackers Fruit Fresh, Assorted Fruit, Assorted Canned Chocolate Milk Strawberry Milk Low Fat Milk Ketchup Mayonnaise Mustard, PC, MS1538			<b>FRUIT</b> F F F F F F F F F F F F F F F F F F						
				ORANGES	X	X		½ C	½ C	28
				RED APPLES	X	X		½ C	½ C	29
				GREEN APPLES	X	X		½ C	½ C	30
				BANANAS	X	X		½ C	½ C	31
				FRUIT JUICE ASSORT			X	6oz C		32
								½ C	½ C	33
								½ C	½ C	34
								½ C	½ C	35
								PARFAIT - 2 GRAINS 1/2 C F	X	
				JUICES	X		½ C	½ C	37	
<b>INKIND:</b>				<b>GRAINS</b> G G G G G G G G G G G G G G G						
				BISCUITS	X			2oz	2oz	38
				CEREAL	X			1oz	1oz	39
				POPTARTS	X			1oz	1oz	40
				MUFFINS	X			1oz	1oz	41
				CEREAL BAR	X			1oz	1oz	42
				YOGURT	X			1oz	1oz	43
				CHEESE STICKS	X			1oz	1oz	44
				GARLIC Toast			X	1 oz	1oz	45
				BUN			X	2 oz	2oz	46
<b>TOTAL:</b>			50	TORTILLA CHIPS, NACHO CHEESE, WG FRUIT JUICE (6OZ)			X	1 oz		47
<b>AFTER SCHOOL SNACKS SERVED:</b>				<b>MILK</b> M M M M M M M M M M M M M M M M						
				WHITE MILK 1%				32	62	1C
Students:	0									

# ASCP Production Record Example – Right

	9 <i>Leftover Portions Used Today</i>	10a <i>Food Prepared Today</i>	10b <i>Lbs, Cns, Ea. Etc...</i>	11 <i>Portions Prepared (9+10a)</i>	12 <i>Portions Served</i>	13 <i>Portions Stored</i>	14 <i>Portions Discarded</i>	15 <b>Comments</b>
	F F F F F F F	F F F F F F F	F F F F F F F	F F F F F F F	F F F F F F F	F F F F F F F	F F F F F F F	
28								
29								
30								
31								
32		50	50	50	47		3	
33								
34								
35								
36								
37								
	G G G G G G G	G G G G G G G	G G G G G G G	G G G G G G G	G G G G G G G	G G G G G G G	G G G G G G G	
38								
39								
40								
41								
42								
43								
44								
45								
46								
47		50	50	50	47		3	

Additional Foods: \_\_\_\_\_

Date: 2

Participation	MENUS		
<b>AFTER SCHOOL SNACKS SERVED:</b>  Students: <u>47</u>	TORTILLA CHIPS, NACHO CHEESE, WG FRUIT JUICE (6OZ)	50	

- Display poster where snacks are served
- Approved non-discrimination statement

- Add ASCP to school's existing HACCP Plan
- Written procedures must cover storage, preparation, and service



This institution is an equal opportunity provider.

Full Non-Discrimination Statement link:

<https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>

**MAKE NOTE OF RECENT CHANGES**

- Afterschool Snack Service Crediting Chart
- ASCP Memo – Feb 1999