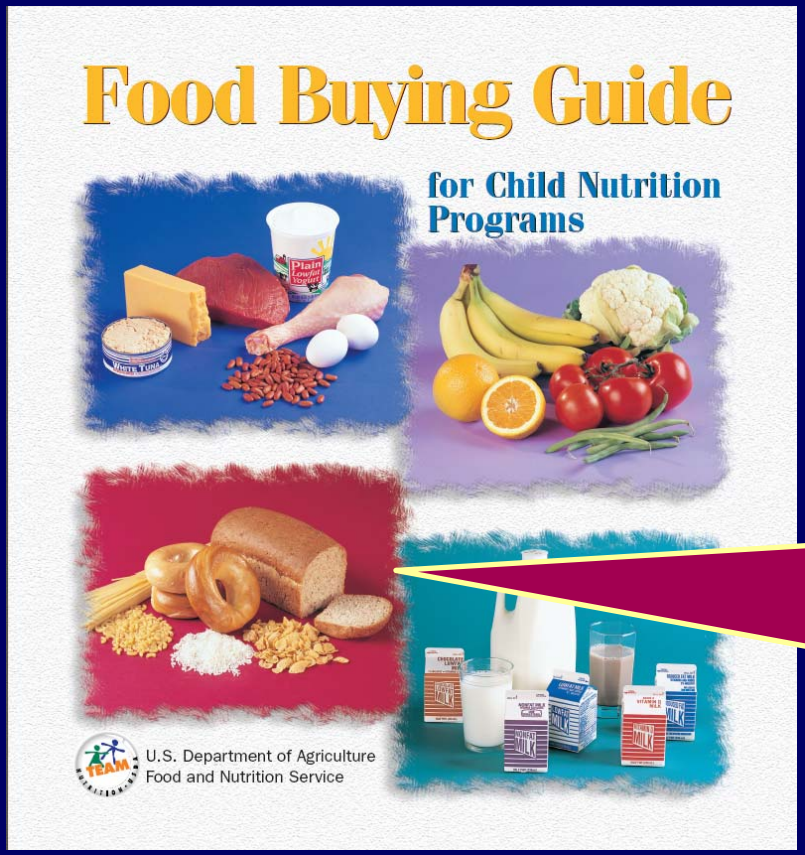
What's for Breakfast?

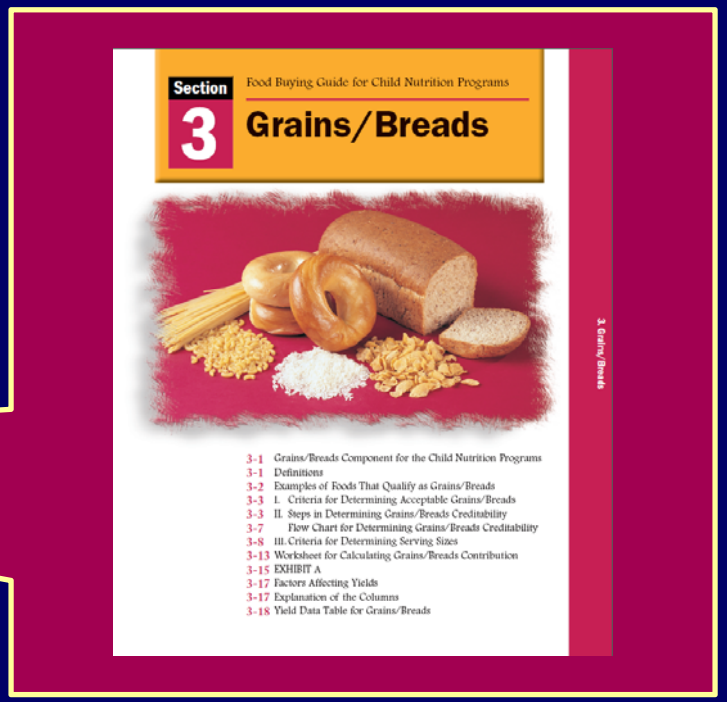
Meeting the Meal Pattern Requirements for the School Breakfast Program

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

Resources for Grains

Crediting Information for Grains

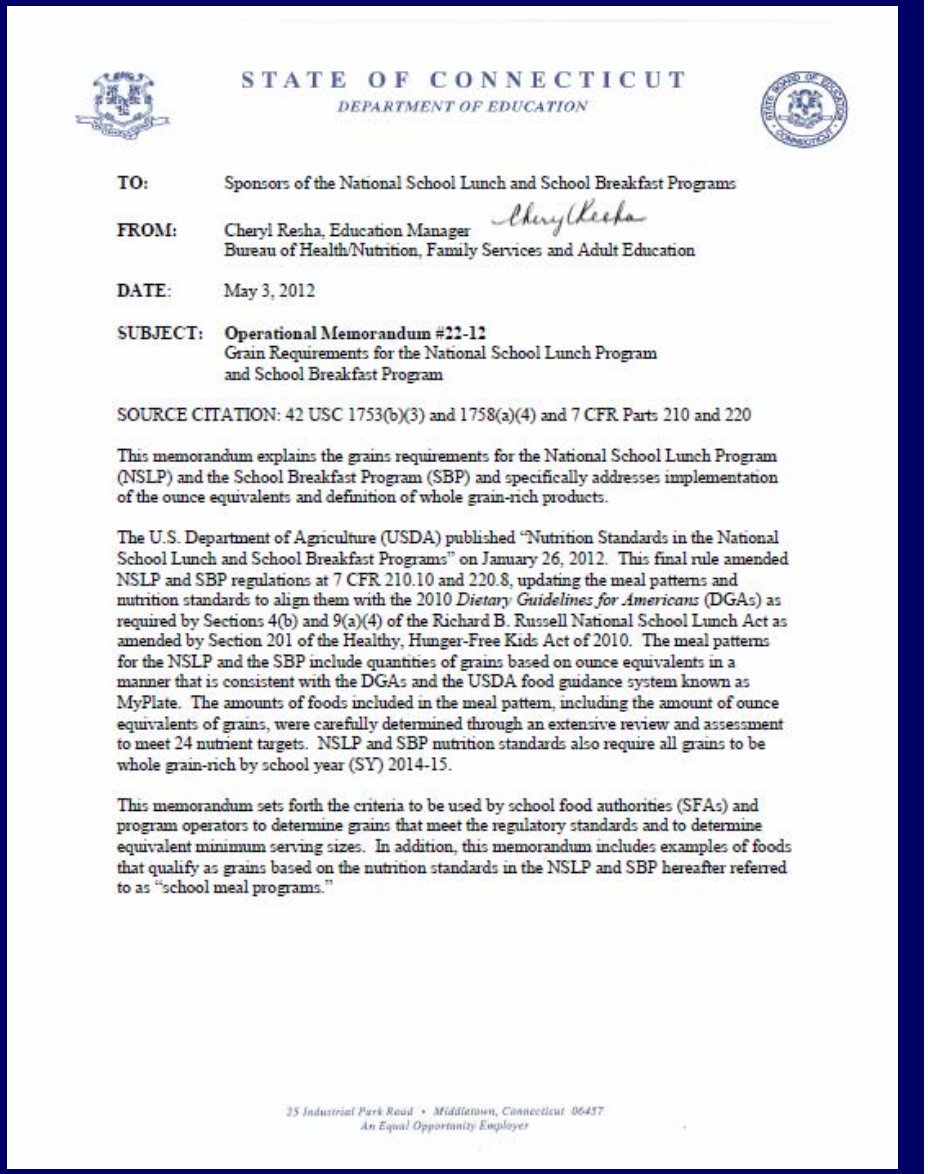




http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Operational Memorandum 22-12 May 3, 2012

Grain Requirements for the National School Lunch Program and School Breakfast Program



STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION

TO: Sponsors of the National School Lunch and School Breakfast Programs

FROM: Cheryl Resha, Education Manager
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: May 3, 2012

SUBJECT: **Operational Memorandum #22-12**
Grain Requirements for the National School Lunch Program and School Breakfast Program

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalents and definition of whole grain-rich products.

The U.S. Department of Agriculture (USDA) published "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalents in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of ounce equivalents of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-15.

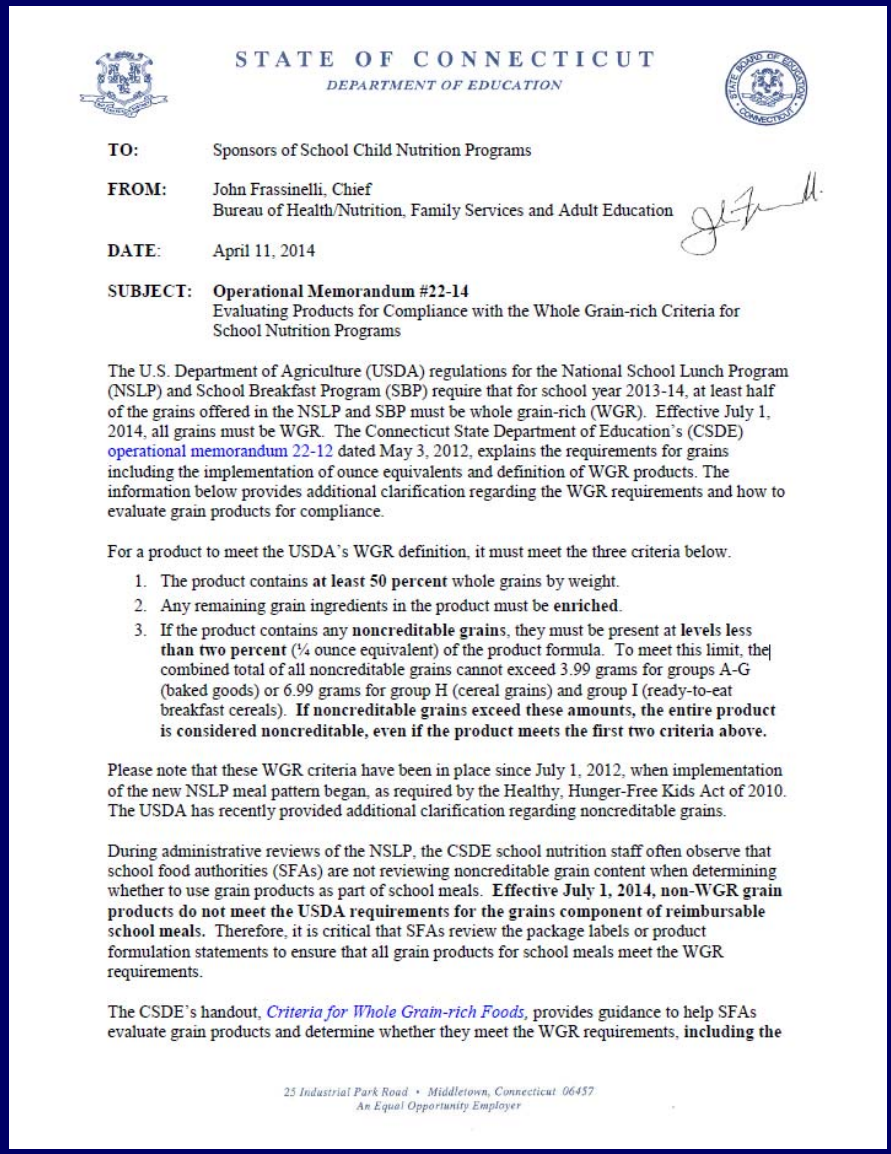
This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains that meet the regulatory standards and to determine equivalent minimum serving sizes. In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

25 Industrial Park Road • Middletown, Connecticut 06457
An Equal Opportunity Employer

http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/12/om_22-12.pdf

Operational Memorandum 22-14 April 11, 2014

Evaluating Products for Compliance with the Whole Grain-rich Criteria for School Nutrition Programs



STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION

TO: Sponsors of School Child Nutrition Programs

FROM: John Frassinelli, Chief
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: April 11, 2014

SUBJECT: **Operational Memorandum #22-14**
Evaluating Products for Compliance with the Whole Grain-rich Criteria for School Nutrition Programs

The U.S. Department of Agriculture (USDA) regulations for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) require that for school year 2013-14, at least half of the grains offered in the NSLP and SBP must be whole grain-rich (WGR). Effective July 1, 2014, all grains must be WGR. The Connecticut State Department of Education's (CSDE) operational memorandum 22-12 dated May 3, 2012, explains the requirements for grains including the implementation of ounce equivalents and definition of WGR products. The information below provides additional clarification regarding the WGR requirements and how to evaluate grain products for compliance.

For a product to meet the USDA's WGR definition, it must meet the three criteria below.

1. The product contains **at least 50 percent** whole grains by weight.
2. Any remaining grain ingredients in the product must be **enriched**.
3. If the product contains any **noncreditable grains**, they must be present at **levels less than two percent** (¼ ounce equivalent) of the product formula. To meet this limit, the combined total of all noncreditable grains cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for group H (cereal grains) and group I (ready-to-eat breakfast cereals). **If noncreditable grains exceed these amounts, the entire product is considered noncreditable, even if the product meets the first two criteria above.**

Please note that these WGR criteria have been in place since July 1, 2012, when implementation of the new NSLP meal pattern began, as required by the Healthy, Hunger-Free Kids Act of 2010. The USDA has recently provided additional clarification regarding noncreditable grains.

During administrative reviews of the NSLP, the CSDE school nutrition staff often observe that school food authorities (SFAs) are not reviewing noncreditable grain content when determining whether to use grain products as part of school meals. **Effective July 1, 2014, non-WGR grain products do not meet the USDA requirements for the grains component of reimbursable school meals.** Therefore, it is critical that SFAs review the package labels or product formulation statements to ensure that all grain products for school meals meet the WGR requirements.

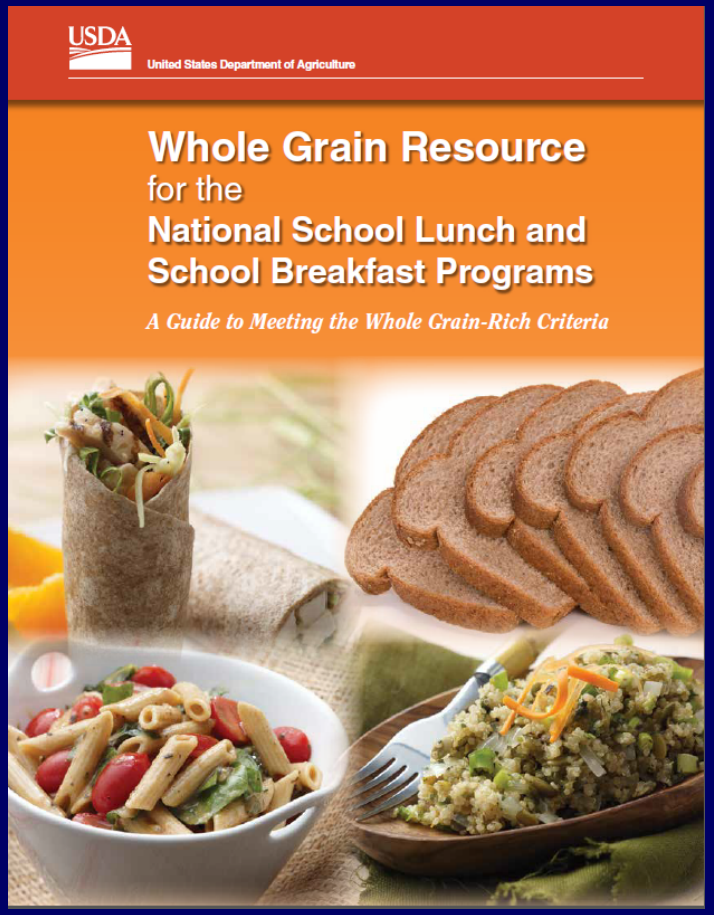
The CSDE's handout, *Criteria for Whole Grain-rich Foods*, provides guidance to help SFAs evaluate grain products and determine whether they meet the WGR requirements, **including the**

25 Industrial Park Road • Middletown, Connecticut 06457
An Equal Opportunity Employer

http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/opmemos/14/OM_22-14.pdf

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

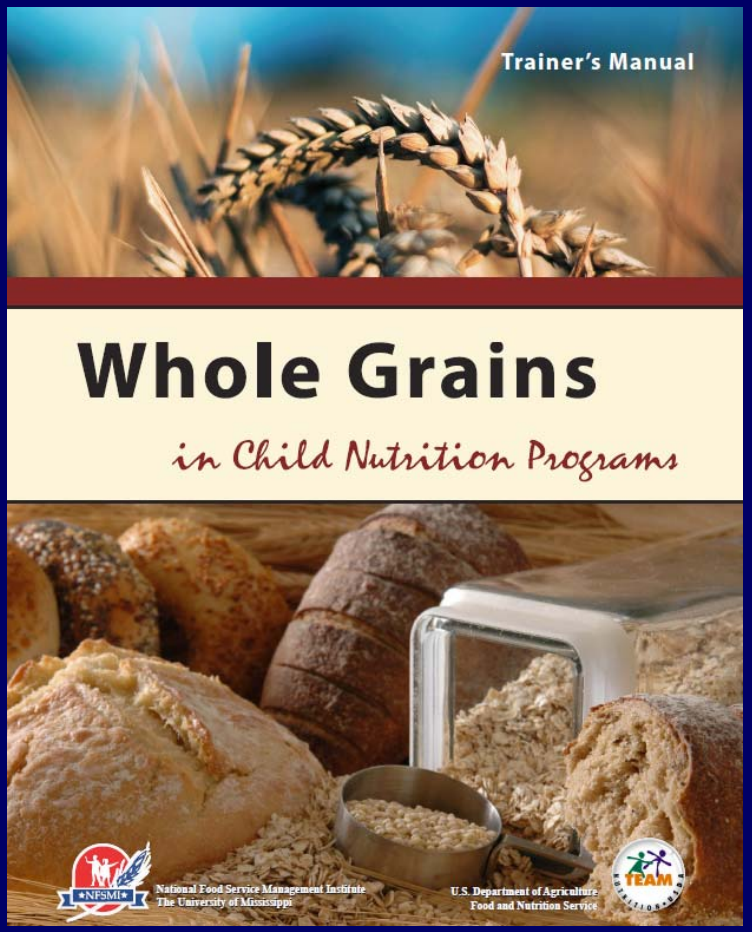
USDA, 2014

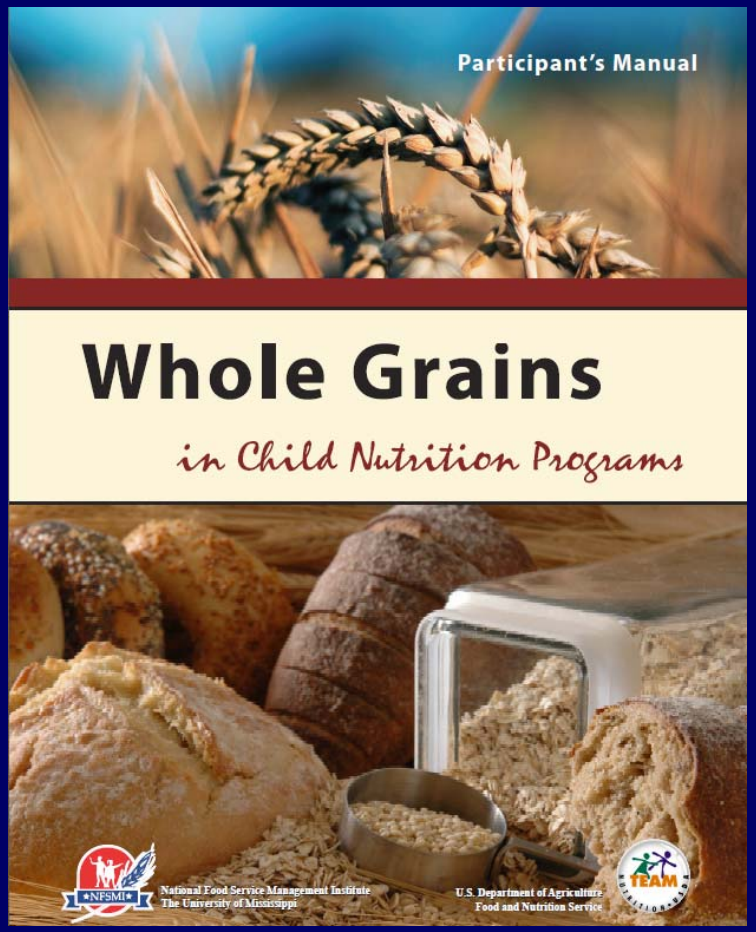


http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf

Whole Grains in Child Nutrition Programs

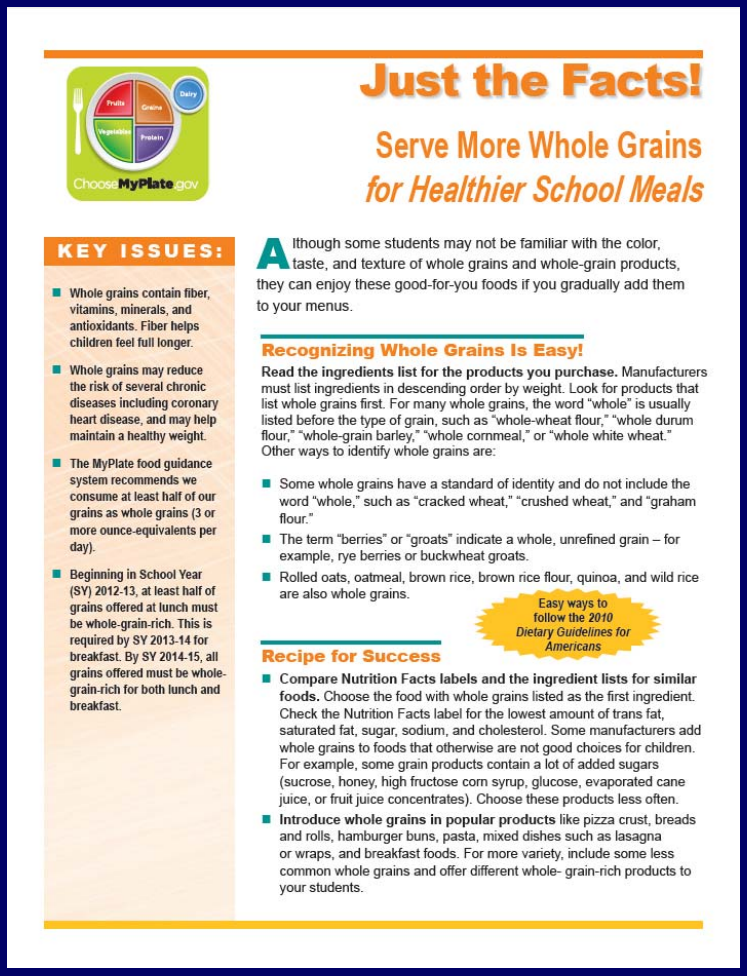
National Food Service Management Institute, 2011





http://www.nfsmi.org/ResourceOverview.aspx?ID=390

Serve More Whole Grains (USDA, 2012)



Just the Facts!

Serve More Whole Grains *for Healthier School Meals*

KEY ISSUES:

- Whole grains contain fiber, vitamins, minerals, and antioxidants. Fiber helps children feel full longer.
- Whole grains may reduce the risk of several chronic diseases including coronary heart disease, and may help maintain a healthy weight.
- The MyPlate food guidance system recommends we consume at least half of our grains as whole grains (3 or more ounce-equivalents per day).
- Beginning in School Year (SY) 2012-13, at least half of grains offered at lunch must be whole-grain-rich. This is required by SY 2013-14 for breakfast. By SY 2014-15, all grains offered must be whole-grain-rich for both lunch and breakfast.

Although some students may not be familiar with the color, taste, and texture of whole grains and whole-grain products, they can enjoy these good-for-you foods if you gradually add them to your menus.

Recognizing Whole Grains Is Easy!

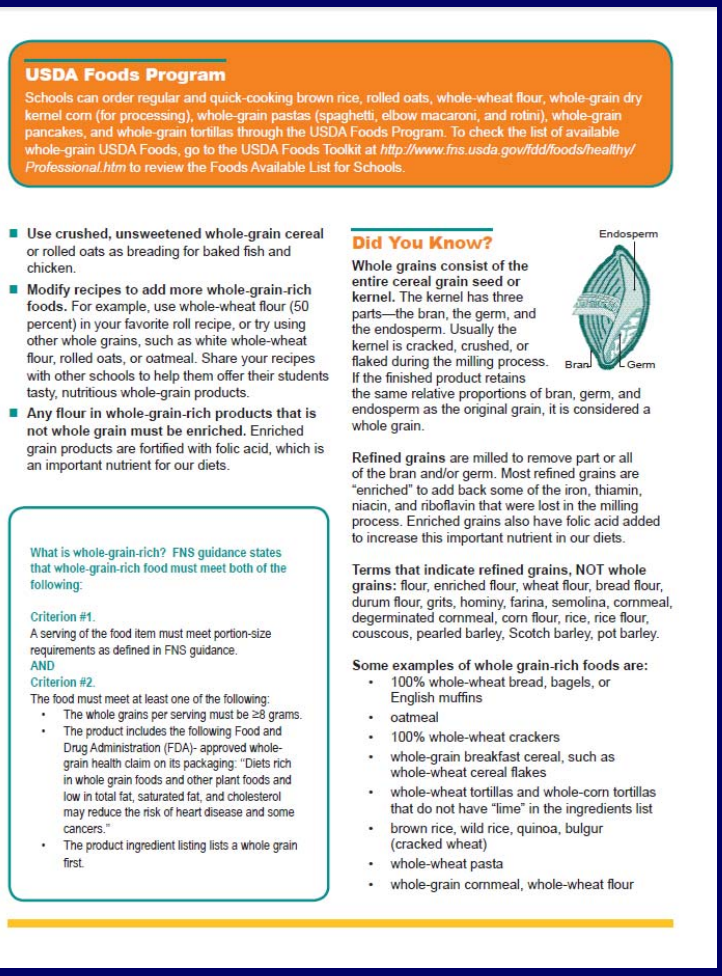
Read the ingredients list for the products you purchase. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. For many whole grains, the word "whole" is usually listed before the type of grain, such as "whole-wheat flour," "whole durum flour," "whole-grain barley," "whole cornmeal," or "whole white wheat." Other ways to identify whole grains are:

- Some whole grains have a standard of identity and do not include the word "whole," such as "cracked wheat," "crushed wheat," and "graham flour."
- The term "berries" or "groats" indicate a whole, unrefined grain – for example, rye berries or buckwheat groats.
- Rolled oats, oatmeal, brown rice, brown rice flour, quinoa, and wild rice are also whole grains.

Easy ways to follow the *2010 Dietary Guidelines for Americans*

Recipe for Success

- **Compare Nutrition Facts labels and the ingredient lists for similar foods.** Choose the food with whole grains listed as the first ingredient. Check the Nutrition Facts label for the lowest amount of trans fat, saturated fat, sugar, sodium, and cholesterol. Some manufacturers add whole grains to foods that otherwise are not good choices for children. For example, some grain products contain a lot of added sugars (sucrose, honey, high fructose corn syrup, glucose, evaporated cane juice, or fruit juice concentrates). Choose these products less often.
- **Introduce whole grains in popular products** like pizza crust, breads and rolls, hamburger buns, pasta, mixed dishes such as lasagna or wraps, and breakfast foods. For more variety, include some less common whole grains and offer different whole- grain-rich products to your students.



USDA Foods Program

Schools can order regular and quick-cooking brown rice, rolled oats, whole-wheat flour, whole-grain dry kernel corn (for processing), whole-grain pastas (spaghetti, elbow macaroni, and rotini), whole-grain pancakes, and whole-grain tortillas through the USDA Foods Program. To check the list of available whole-grain USDA Foods, go to the USDA Foods Toolkit at *http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm* to review the Foods Available List for Schools.

- **Use crushed, unsweetened whole-grain cereal** or rolled oats as breading for baked fish and chicken.
- **Modify recipes to add more whole-grain-rich foods.** For example, use whole-wheat flour (50 percent) in your favorite roll recipe, or try using other whole grains, such as white whole-wheat flour, rolled oats, or oatmeal. Share your recipes with other schools to help them offer their students tasty, nutritious whole-grain products.
- **Any flour in whole-grain-rich products that is not whole grain must be enriched.** Enriched grain products are fortified with folic acid, which is an important nutrient for our diets.

What is whole-grain-rich? FNS guidance states that whole-grain-rich food must meet both of the following:

Criterion #1.
A serving of the food item must meet portion-size requirements as defined in FNS guidance.
AND
Criterion #2.
The food must meet at least one of the following:
- The whole grains per serving must be ≥8 grams.
- The product includes the following Food and Drug Administration (FDA)- approved whole-grain health claim on its packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."
- The product ingredient listing lists a whole grain first.

Did You Know?

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

Refined grains are milled to remove part or all of the bran and/or germ. Most refined grains are "enriched" to add back some of the iron, thiamin, niacin, and riboflavin that were lost in the milling process. Enriched grains also have folic acid added to increase this important nutrient in our diets.

Terms that indicate refined grains, NOT whole grains: flour, enriched flour, wheat flour, bread flour, durum flour, grits, hominy, farina, semolina, cornmeal, degerminated cornmeal, corn flour, rice, rice flour, couscous, pearled barley, Scotch barley, pot barley.

Some examples of whole grain-rich foods are:
- 100% whole-wheat bread, bagels, or English muffins
- oatmeal
- 100% whole-wheat crackers
- whole-grain breakfast cereal, such as whole-wheat cereal flakes
- whole-wheat tortillas and whole-corn tortillas that do not have "lime" in the ingredients list
- brown rice, wild rice, quinoa, bulgur (cracked wheat)
- whole-wheat pasta
- whole-grain cornmeal, whole-wheat flour

http://www.fns.usda.gov/sites/default/files/jtf_transfats.pdf

School Nutrition Programs Staff

County Assignments	Consultant	E-mail and Phone
■ Fairfield County	Fionnuala Brown	fionnuala.brown@ct.gov 860-807-2129
■ Hartford County (towns/cities beginning with A-R)	Teri Dandeneau	teri.dandeneau@ct.gov 860-807-2079
■ Hartford County (towns/cities beginning with S-W) ■ Windham County	Susan Alston	susan.alston@ct.gov 860-807-2081
■ Litchfield County	Allison Calhoun-White	allison.calhoun-white@ct.gov 860-807-2008
■ Middlesex County ■ Tolland County	Andy Paul	andrew.paul@ct.gov 860-807-2048
■ New Haven County	Jackie Schipke	jackie.schipke@ct.gov 860-807-2123
■ New London County	Monica Pacheco	monica.pacheco@ct.gov 860-807-2073

Nutrition Education
Susan Fiore susan.fiore@ct.gov • 860-807-2075

Connecticut State Department of Education • Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road • Middletown, CT 06457

Nondiscrimination Statement

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the *USDA Program Discrimination Complaint Form*, found online at *http://www.ascr.usda.gov/complaint_filing_cust.html* or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at *program.intake@usda.gov*. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Acknowledgments

This project is part of a 2013 Team Nutrition grant from the U.S. Department of Agriculture (USDA) to the Connecticut State Department of Education.

This project has been funded at least in part with federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Government.

Photograph Acknowledgments

- USDA
  Slide 1
- © iStock.com
  Slide 2

Grains Resources is the fourth section of the *What's for Breakfast* presentation available from the CSDE School Breakfast Program Web site

1. Meal Pattern Overview
2. Milk Component
3. Fruits Component (with Vegetable Substitutions)
4. Grains Component
   - Meat/Meat Alternate Substitutions
   - Grains Resources
5. Noncreditable Foods
6. Dietary Specifications (Nutrition Standards)
7. Offer versus Serve (OVS)
8. Meal or No Meal: Breakfast Edition
9. Menu Planning Resources

http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662