

# 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**

# Menu Planning and Technical Assistance Resources for the SBP



# Connecticut Breakfast Expansion Team (CBET)

If you need any assistance with your School Breakfast Program, the CBET is ready to help

Contact Jackie Schipke at  
860-807-2123 • [jackie.schipke@ct.gov](mailto:jackie.schipke@ct.gov)

# Menu Planning for the School Breakfast Program

## Menu Planning for the School Breakfast Program (SBP)

The information below helps menu planners meet the SBP meal pattern requirements and encourage student selections of reimbursable meals with offer versus serve (OVS).

 **MEAL PATTERN:** The minimum **daily** requirements for all grades include 1 ounce equivalent of grains, 1 cup of fruits and 1 cup of low-fat unflavored or fat-free unflavored or flavored milk. The meal patterns include **weekly ranges for grains**. Menus must meet the weekly minimums. The weekly maximums are not required but should be used as a planning tool to assist in offering balanced meals that meet the weekly dietary specifications for calories, saturated fat and sodium. For more information on the meal patterns, see the Connecticut State Department of Education's (CSDE) [Meal Patterns for Five-day Weeks](#) and [Meal Patterns for Seven-day Weeks](#) Web pages and the U.S. Department of Agriculture's (USDA) [Questions and Answers on the SBP](#).

 **MILK:** Schools must offer a **variety** of milk daily (at least two different choices of fat content or flavor). This also applies when implementing Breakfast in the Classroom and offering fruit smoothies made with milk. For more information on crediting smoothies, see the CSDE's [Operational Memorandum 5-14](#).

 **FRUITS:** The fruits component includes fresh, frozen (with or without added sugar), canned in light syrup, water or juice and dried. All fruits credit based on the actual volume served except dried fruit, which credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. If implementing OVS, best practice is to offer all fruits in ½-cup servings and allow students to choose up to two.

 **VEGETABLE SUBSTITUTIONS:** Vegetables can be substituted for fruits. Starchy vegetables can only be offered if the weekly menu also includes **at least 2 cups of nonstarchy vegetables**. For information on the vegetable subgroups, see [Vegetable Subgroups](#).

 **JUICE:** Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed **half** of the weekly fruit offerings. Schools can offer a variety of ½-cup servings of juice daily as part of assorted fruit choices at breakfast. However, students cannot select more than one juice under OVS. For more information on juice, see [Crediting Juice](#).

 **GRAINS:** All grains must be **whole grain-rich**, which means that the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. Whole grain-rich foods include 100 percent whole grains, which are the most nutritious choices. For more information, see [Criteria for Whole Grain-rich Foods](#) and [Identifying Whole Grains](#).

 **MEAT/MEAT ALTERNATE SUBSTITUTIONS:** Schools may offer meat/meat alternates as grain substitutions if the daily breakfast menu includes **at least one grain item** (1 ounce equivalent). A 1-ounce equivalent serving of meat/meat alternates equals 1 ounce of cooked lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup of commercial tofu, ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP).

 **DIETARY SPECIFICATIONS:** Menus must meet the weekly dietary specifications (**nutrition standards**) for calories, saturated fat and sodium indicated in the meal pattern. In addition, the nutrition label or manufacturer specifications for all foods and ingredients used in school meals must indicate zero grams of trans fat per serving. Be aware of product nutrition information and limit noncreditable foods. For more information, see [Noncreditable Foods](#).

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## Menu Planning for the SBP, continued

 **OFFER VERSUS SERVE (OVS):** Schools must offer a **minimum of four food items** from the three food components including: two grains (or one grain and one meat/meat alternate substitution), one fruit and one milk; or one grain, two fruits and one milk. The fourth food item cannot be another serving of milk. For a reimbursable meal, students must select **at least three items** including ½ cup of fruit (or vegetable substitution) and the minimum required serving size of at least two other food items.

Menu planners can choose to count products with more than 1 ounce equivalent of grains (or meat/meat alternate substitutions) as more than one food item if the additional amount provides the full ounce equivalent. For example, a 2-ounce bagel credits as two grain items. To count as a food item under OVS, students must take **at least the daily minimum** required by the meal pattern except for the fruits component, which must be at least ½ cup. Amounts less than the minimum serving do not count as a food item for OVS.

 **OFFERING VARIETY:** There is a difference between **variety** and the **number of items** that students can select. To implement OVS, when schools offer a variety of choices, students must be allowed to decline one of the four offered items. The language used on school menus and signs indicates whether choices are allowed. To offer items students can choose from, use "or" to differentiate between item choices such as "choose one: bagel or cereal and graham crackers." To offer variety, provide different choices and specify the number of items students can select.

### FRUIT VARIETY

Choose 2 fruits **OR** 1 fruit and 1 juice

- ½ cup of peaches
- fresh orange
- ½ cup of assorted fruit juices
- ½ cup of cantaloupe

### MILK VARIETY

Choose One:

- Low-fat milk
- Fat-free milk
- Fat-free chocolate milk
- Fat-free strawberry milk

 **SIGNAGE AND COMMUNICATION:** Schools must **identify all foods** that are part of reimbursable meals **near or at the beginning** of all serving lines. For example, if fruits are offered in ½-cup portions, the serving line must have clear signage that tells students they may select two choices. To ensure clear communication with students and staff about the requirements for the breakfast meal pattern and OVS, schools must:

- **post daily breakfast menus** in all schools that clearly communicate all menu choices and what students are allowed to select; and
- **provide adequate training** for school food service staff on the breakfast meal pattern, including how to count food items and recognize reimbursable breakfasts.

 **CONSISTENCY:** Menu planners determine **how** menu items credit toward the SBP meal pattern. Be consistent with **serving sizes** and **crediting** of food items. Plan menus so that it is easy for students to select reimbursable meals under OVS, and easy for food service staff to identify reimbursable meals at the point of service. For example, if meat/meat alternates are used as grain substitutions, menu planners can choose to count them as either a grain or an extra. Choose one option and count these foods the same way for all menus.

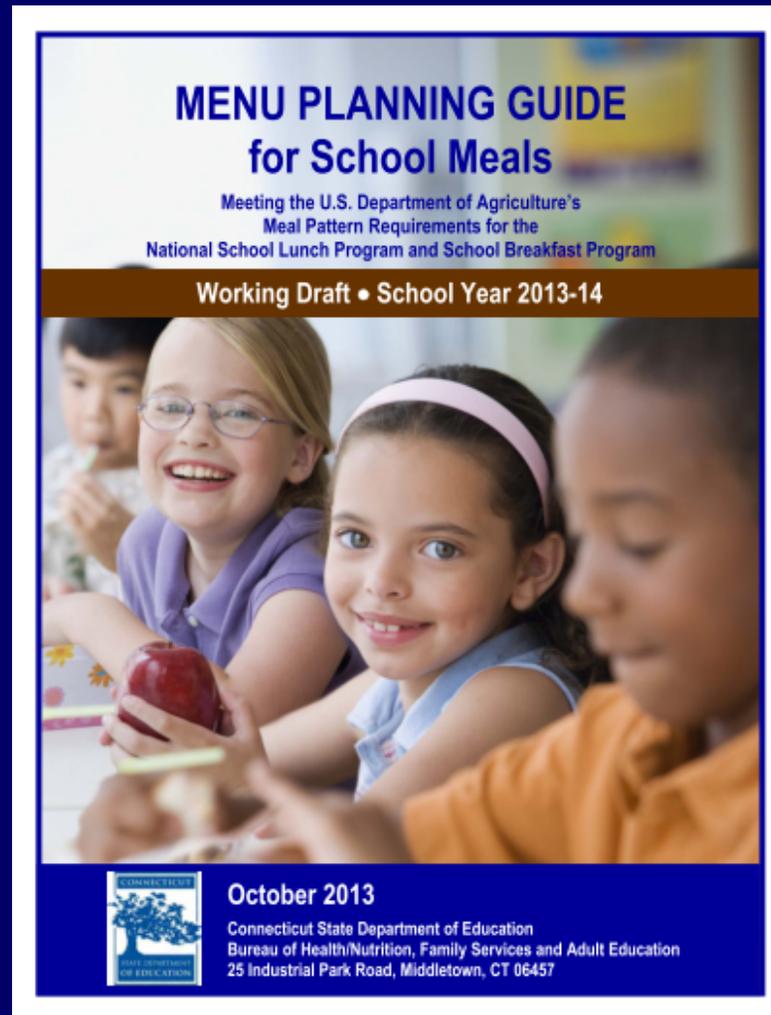
For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals and Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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# Menu Planning Guide for School Meals



★  
2014-15 Guide  
Coming Soon

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320>

# Program Guidance for School Nutrition Programs

## A to Z Resource List



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The links below provide information on federal and state requirements and guidance for the U.S. Department of Agriculture (USDA) school nutrition programs, including the School Breakfast Program, National School Lunch Program, Afterschool Snack Program, Seamless Summer Food Program and Special Milk Program.

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#)

#### A

- Accommodating Special Dietary Needs (see Special Diets)
- Acronyms and Abbreviations [PDF]
- [Afterschool Snack Program](#)
- Alternatives to Food Rewards [PDF]
- Annual Revenue and Cost Expenditure Report (see Forms)
- [Area Eligibility Information](#)

#### B

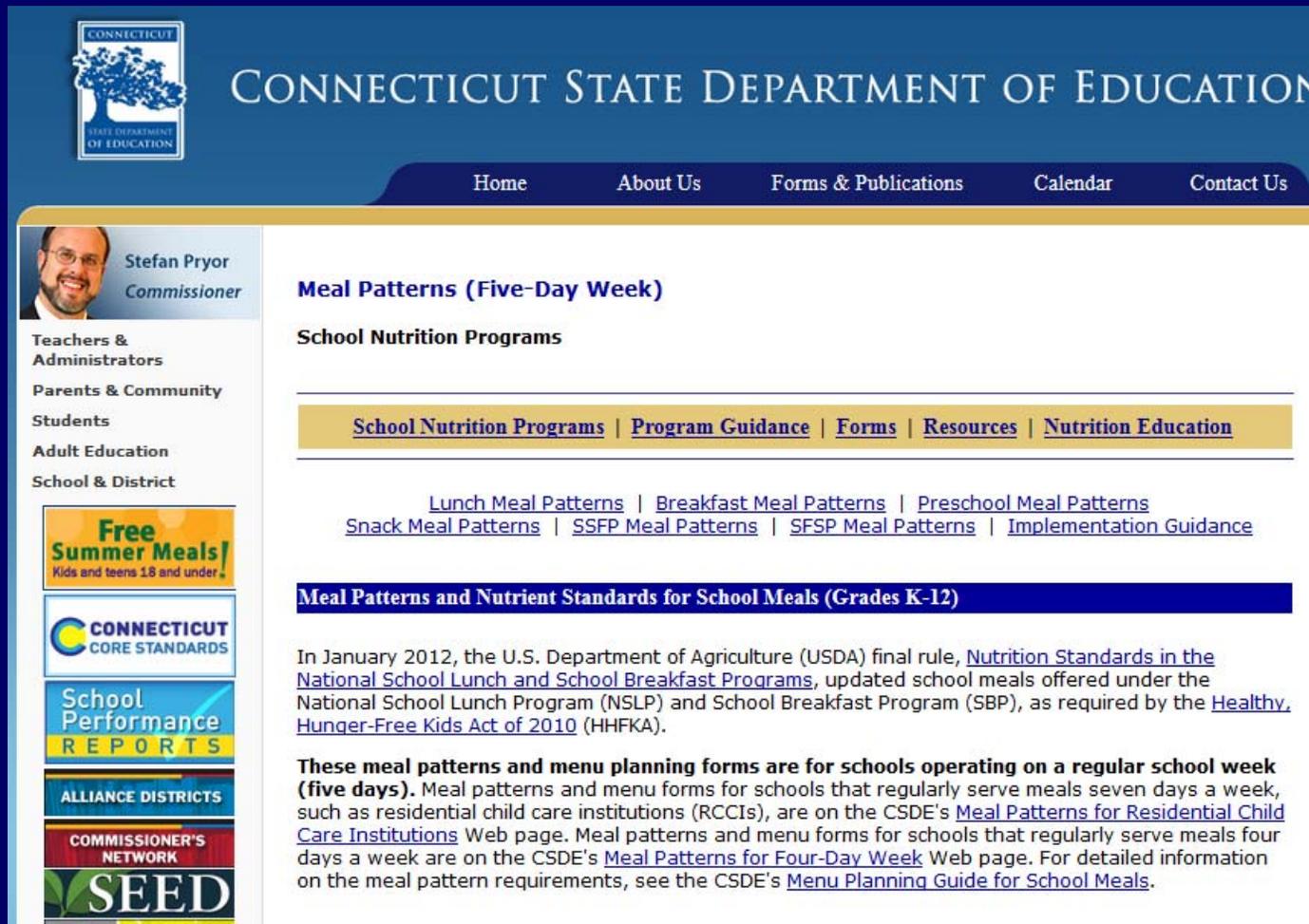
- [Best Practices Sharing Center](#) (USDA)
- [Beverage Requirements](#)
- Breakfast (see School Breakfast Program)

#### C

- Calendar of School Nutrition Program Requirements and Activities [PDF]
- Celebrations (see Healthy Celebrations)
- [Child Nutrition \(CN\) Labeling](#)

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674>

# CSDE Meal Patterns (Five-day Week)



The screenshot shows the Connecticut State Department of Education website. At the top left is the state seal. The main header reads 'CONNECTICUT STATE DEPARTMENT OF EDUCATION'. A navigation bar includes links for Home, About Us, Forms & Publications, Calendar, and Contact Us. On the left side, there is a profile for Stefan Pryor, Commissioner, and a vertical menu with categories: Teachers & Administrators, Parents & Community, Students, Adult Education, and School & District. Below the menu are several promotional banners: 'Free Summer Meals! Kids and teens 18 and under', 'CONNECTICUT CORE STANDARDS', 'School Performance REPORTS', 'ALLIANCE DISTRICTS', 'COMMISSIONER'S NETWORK', and 'SEED'. The main content area is titled 'Meal Patterns (Five-Day Week)' and 'School Nutrition Programs'. It features a horizontal menu with links: [School Nutrition Programs](#), [Program Guidance](#), [Forms](#), [Resources](#), and [Nutrition Education](#). Below this is another set of links: [Lunch Meal Patterns](#), [Breakfast Meal Patterns](#), [Preschool Meal Patterns](#), [Snack Meal Patterns](#), [SSFP Meal Patterns](#), [SFSP Meal Patterns](#), and [Implementation Guidance](#). A blue header section contains the text 'Meal Patterns and Nutrient Standards for School Meals (Grades K-12)'. The main text paragraph states: 'In January 2012, the U.S. Department of Agriculture (USDA) final rule, [Nutrition Standards in the National School Lunch and School Breakfast Programs](#), updated school meals offered under the National School Lunch Program (NSLP) and School Breakfast Program (SBP), as required by the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#). **These meal patterns and menu planning forms are for schools operating on a regular school week (five days).** Meal patterns and menu forms for schools that regularly serve meals seven days a week, such as residential child care institutions (RCCIs), are on the CSDE's [Meal Patterns for Residential Child Care Institutions](#) Web page. Meal patterns and menu forms for schools that regularly serve meals four days a week are on the CSDE's [Meal Patterns for Four-Day Week](#) Web page. For detailed information on the meal pattern requirements, see the CSDE's [Menu Planning Guide for School Meals](#).

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770>

# CSDE Meal Patterns (Seven-day Week)



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## Meal Patterns for Residential Child Care Institutions

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[Lunch Meal Patterns](#) | [Breakfast Meal Patterns](#) | [Preschool Meal Patterns](#)  
[RCCI Meal Pattern Waiver](#) | [Implementation Guidance](#)

### Meal Patterns and Nutrient Standards for School Meals (Grades K-12)

In January 2012, the U.S. Department of Agriculture (USDA) final rule, [Nutrition Standards in the National School Lunch and School Breakfast Programs](#), updated school meals offered under the National School Lunch Program (NSLP) and School Breakfast Program (SBP), as required by the [Healthy, Hunger-Free Kids Act of 2010](#) (HHFKA).

**These meal patterns and menu planning forms are for schools that regularly serve meals seven days a week, such as residential child care institutions (RCCIs).** Meal patterns and menu forms for schools operating on a regular school week (five days) are on the CSDE's [Meal Patterns](#) Web page.

RCCIs that meet certain criteria may be eligible for a waiver from the multiple age/grade groups of the USDA meal patterns. For more information, see [RCCI Meal Pattern Waiver](#) below.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334100>

# CSDE Crediting Foods

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[MILK](#) | [FRUITS](#) | [VEGETABLES](#) | [GRAINS](#) | [MEAT/MEAT ALTERNATES](#)

The resources below contain guidance on determining whether foods and beverages credit toward the U.S. Department of Agriculture (USDA) meal patterns for school nutrition programs.

### General Crediting Information

- Child Nutrition (CN) Labeling [\[PDF\]](#)
- [CN Labeling Web Site \(USDA\)](#)
- [Food Buying Guide for Child Nutrition Programs \(USDA\)](#)
- [Food Buying Guide Online Calculator](#)
- Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements (Operational Memo 21-13) [\[PDF\]](#)
- [Meal Patterns \(CSDE Web site\)](#)
- [Menu Planning \(CSDE Web site\)](#)
- [Menu Planning Guide for School Meals \(CSDE Web site\)](#)
- Noncreditable Foods [\[PDF\]](#)
- Product Formulation Statements [\[PDF\]](#)
- USDA Sample Product Formulation Statement for Fruits and Vegetables [\[PDF\]](#)
  - USDA Sample Completed Product Formulation Statement for Vegetables [\[PDF\]](#)
  - USDA Sample Completed Product Formulation Statement for Fruits [\[PDF\]](#)
- USDA Sample Product Formulation Statement for Grains [\[PDF\]](#)
  - USDA Sample Completed Product Formulation Statement for Grains [\[PDF\]](#)
- USDA Sample Product Formulation Statement for Meat/Meat Alternates [\[PDF\]](#)
  - Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates [\[PDF\]](#)
- Questions and Answers on the USDA's New Meal Patterns for Schools [\[PDF\]](#)
- [USDA Recipes for Healthy Kids](#)
- [USDA Recipes for Schools](#)



<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796>

# CSDE School Breakfast Program

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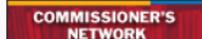
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## School Breakfast Program

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#)



The School Breakfast Program (SBP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors.

### **Did you know that eating breakfast can improve school performance?**

Research studies show that increased participation in the School Breakfast Program is associated with better academic test scores, daily attendance and class participation. It also has been linked to reductions in student absences and tardiness.



**What is the Connecticut Breakfast Expansion Team?** The Connecticut Breakfast Expansion Team (CBET) offers assistance to schools and districts in their efforts to start or grow a School Breakfast Program. To learn more about CBET and the benefits of offering school breakfast, see [Connecticut Breakfast Expansion Team](#).

For more information on starting or expanding a School Breakfast Program, contact Jackie Schipke at [jackie.schipke@ct.gov](mailto:jackie.schipke@ct.gov) or 860-807-2123.

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

# CSDE Resource Lists

## Nutrition Resources

### Nutrition Resources

- **Child Nutrition Programs** [\[PDF\]](#)  
*Implementing the USDA Child Nutrition Programs (NSLP, SBP, SMP, FFVP, SFSP and CACFP), USDA commodity foods, financial management and food service qualifications and training.*
- **Dietary Guidelines and Nutrition Information** [\[PDF\]](#)  
*General nutrition guidance, developing healthy eating habits, early childhood and infant nutrition, elderly nutrition, food labels, nutrition myths, resources for families, cultural diversity and nutrition screening tools.*
- **Food Safety** [\[PDF\]](#)  
*Regulations and guidelines, food recalls, foodborne diseases, hand washing, thermometers, HACCP, education for children and training for food service personnel.*
- **Menu Planning and Food Production** [\[PDF\]](#)  
*Creating and promoting healthy school meals, low-cost healthy eating, fruits and vegetables, legumes, low-fat dairy, whole grains, meat/meat alternates, vegetarian meals, limiting fat, sodium and added sugars, nutrient analysis, recipes, sample menus for schools and child care and signage for school meals.*
- **Special Diets** [\[PDF\]](#)  
*Accommodating special diets in school nutrition programs, food allergies, celiac disease, diabetes, lactose intolerance and eating disorders.*

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770>

# CSDE Resource Lists

## Healthy School Environment Resources

### Healthy School Environment Resources

- **Foods Available Outside of School Meals** [\[PDF\]](#)  
*Competitive foods and beverages (a la carte sales, vending machines, school stores and fundraisers), financial impact, healthy food certification, celebrations, food rewards and access to water.*
- **Health and Achievement** [\[PDF\]](#)  
*Research and information on the connection between health and achievement.*
- **Nutrition Education** [\[PDF\]](#)  
*Curriculum development, nutrition lessons for preschoolers, elementary, middle and high school students, activities and games, health literacy, healthy eating calculators, interactive Web sites, handouts, presentations, staff training and farm to school.*
- **Nutrition Education Resources for Schools (PowerPoint)** [\[PDF\]](#)
- **Physical Activity and Physical Education** [\[PDF\]](#)  
*Guidelines and standards, classroom strategies, promoting physical activity, physical activity before and after school, recess, reducing screen time, behavior management, safe routes to school and evaluation.*
- **Promoting Healthy Weight** [\[PDF\]](#)  
*BMI, obesity data and trends, education and obesity prevention strategies.*
- **Wellness Policies for Schools and Child Care** [\[PDF\]](#)  
*Developing, implementing, evaluating and promoting wellness policies in schools and child care, data and trends, coordinated school health, modeling healthy behaviors, community partnerships, grants and funding, staff wellness and engaging families and students.*

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770>

# Nutrition Standards for School Meals

The screenshot shows the USDA Food and Nutrition Service website. At the top, there is a navigation bar with links for 'About FNS', 'Ask the Expert', 'Contact Us', 'Other Languages', and 'En Español'. Below this is a search bar and a menu with 'Programs', 'Data', 'Newsroom', 'Research', and 'Forms'. A secondary navigation bar includes 'Site Map', 'Advanced Search', 'Help', 'Search Tips', and 'A to Z Map'. Social media icons for Facebook, Twitter, YouTube, Email, Flickr, and RSS are also present. The main content area is titled 'School Meals' and features a 'Print' button. A sidebar on the left lists 'Child Nutrition Programs' (School Breakfast Program (SBP), Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Child and Adult Care Food Program (CACFP), National School Lunch Program (NSLP)) and 'Browse By Subject' (Federal Register Notices, Legislation, Policy, Press Releases, Regulations, CN Labeling, Disaster Assistance, Food Safety, Grants, Research & Reports, eUpdates). The main content includes a section for 'Nutrition Standards for School Meals' with a photo of a child eating and text explaining the changes under the Healthy, Hunger-Free Kids Act. Below this is a 'Regulation' section with a link to 'Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)', which includes 'Press Release' and 'Final Summary of Public Comments on Proposed Rule'. The 'Policy Memos' section lists several updates, including 'SP 10-2014: Smoothies Offered in Child Nutrition Programs', 'SP 45-2013: Updated Offer versus Serve Guidance for the National School Lunch Program and School Breakfast Program in School Year 2013-2014' (with 'Guidance' sub-link), 'SP 31-2013: Salad Bars in the National School Lunch Program', 'SP 28-2013: Questions & Answers on the School Breakfast Program Meal Pattern in School Year 2013-14 (revision)' (with 'The SBP in SY 2013-2014' sub-link), 'SP 26-2013: Extending Flexibility in the Meat/Meat Alternate and Grains Maximums for School Year 2013-14', and 'SP 16-2013: Revised Meat/Meat Alternates and Milk Charts in the Food Buying Guide for Child Nutrition Programs' (with 'Meat/Meat Alternates Chart' and 'Milk Chart' sub-links).

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

# Healthier School Day Tools for Schools

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### Tools for Schools



Smart Snacks

Fruits & Vegetables

Sodium

Whole Grain-Rich

*Tools for Schools* offers topic-specific policy and resource materials to assist schools in meeting the new nutrition standards. Refer to the latest regulations, find free nutrition education curricula, or get ideas for adding tasty, kid-friendly foods to enhance your school meals program.

- Nutrition Education and Promotion
- Recipes and Culinary Techniques for Schools
- Procurement
- School Nutrition Improvement
- Policy Guidance

<http://www.fns.usda.gov/healthierschoolday/tools-schools>

# Meal Pattern Training Resource



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## New Meal Pattern



# New Meal Pattern

### New Meal Pattern Training Resource

This lesson will focus on Food-Based Menu Planning (FBMP) required for the National School Lunch Program (NSLP). It provides an overview of the New Meal Pattern and is part of the Recognizing a Reimbursable Meal training resource. The training can be taught in short intervals or as a 6-hour session. The lesson includes a trainer's script, participants' handouts, PowerPoint presentation, and mock training recipes specifically developed for the purpose of this training.

This resource was approved by USDA as of May 15, 2012. If new information is released, NFSMI will update this resource accordingly. Additional lessons for phased in requirements and recognizing a reimbursable meal in the School Breakfast Program (SBP) and the NSLP will be added at a later date.

[New Meal Pattern Training Instructor's Manual](#)  
New Meal Pattern Training Instructor's Manual (PDF)  
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[New Meal Pattern Training Handouts](#)  
New Meal Pattern Training Handouts (PDF)  
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[New Meal Pattern Training Recipes](#)  
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[New Meal Pattern Training Presentation](#)  
New Meal Pattern Training Presentation (PowerPoint)  
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<http://nfsmi.org/ResourceOverview.aspx?ID=425>

# Menu Planning Resources

- Menu Planning Tools
- Beans
- Nutrition Standards for School Meals
- Fruits and Vegetables
- What's in Season
- Sodium Reduction
- Whole Grains
- Special Diets

The screenshot displays the USDA Healthy Meals Resource System (HMRS) website. The header includes the USDA logo, the text "United States Department of Agriculture", and the "Healthy Meals Resource System" title. A navigation bar contains links for Home, About HMRS, News, Topics A-Z, Get Connected, Help, and Contact Us. The main content area is titled "Menu Planning" and features a search bar with a "Go" button and options for "Search all USDA" and "Advanced Search". Below the search bar is a "Browse by Subject" menu with the following items: Recipes, Menu Planning, Best Practices, Nutrition Education, Resource Library, HealthierUS School Challenge Resources, Wellness Policy Resources, State Sharing Center, and Professional Standards. The main content area lists several resource categories, each with a small image icon: Menu Planning Tools, Beans, Nutrition Standards for School Meals, Fruits and Vegetables, What's in Season?, Sodium Reduction, USDA Foods (Commodity) Resources, Whole Grains, and Special Diets.

<http://healthymeals.nal.usda.gov/menu-planning-0>

# Team Nutrition

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## Team Nutrition

Print

A photograph of four children in a garden. A sign in the foreground says "EAT PEGGIES!" with illustrations of vegetables. The children are looking at something in their hands, possibly a tablet or a book.

**How To Apply**

- > Join the Team

**Browse By Subject**

- > HealthierUS Schools
- > Local Wellness Policy
- > Training Grants
- > Resource Library
- > Graphics Library
- > MyPlate

**Other Useful Links**

- > Resource Order Form
- > Healthy Meals Resource System
- > Healthy Access Locator
- > Best Practices Sharing Center
- > School Day Just Got Healthier

**Team Nutrition** is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

### Spotlights

- [MyPlate: new materials available!](#)
- [Discover MyPlate: for Kindergarten](#)
- [Recent HUSSC Award Winners from AK, CT, FL, IL, IA, UT, WA and WI](#)
- [Team Nutrition Popular Events Idea Booklet](#)  
Print copies available!

<http://www.fns.usda.gov/tn/team-nutrition>

# Best Practices Sharing Center at HMRS

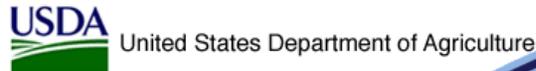
The screenshot shows the 'Best Practices Sharing Center' page on the Healthy Meals Resource System (HMRS) website. The page header includes the USDA logo and the text 'United States Department of Agriculture' and 'Healthy Meals Resource System'. A navigation bar contains links for Home, About HMRS, News, Topics A-Z, Get Connected, Help, and Contact Us. The main content area is divided into several sections:

- Search HMRS:** A search box with a 'Go' button and options for 'Search all USDA' and 'Advanced Search'.
- Browse by Subject:** A list of subject categories including Recipes, Menu Planning, Best Practices, Nutrition Education, Resource Library, HealthierUS School, Challenge Resources, Wellness Policy Resources, State Sharing Center, and Professional Standards.
- Best Practices Sharing Center:** A central section with a welcome message: 'Welcome to the Best Practices Sharing Center! This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations. Select from the options below to search for resources.' It features four filter categories, each with a list of options and a 'Hold the CTRL key to select multiple options.' instruction:
  - Topics:** Smart Snacks, Sodium reduction, Fruits, Vegetables, Whole grains, Meal pattern, Fluid milk, Meat / Meat alternatives, Dietary specifications (calories, sat. fat, trans fat), Planning tools, Monitoring tools, Promotional materials.
  - Formats:** Menu, Success story / feedback, Recipe, Checklist, Training material (video, webinar, etc.), Method of implementation, Handout / Brochure / Poster.
  - Audiences:** School Food Authority, State Agency.
  - Developers:** School Food Authority, State Agency.
- New Materials:** A section with a link for 'Smart Snacks Food Show'.
- Submit a best practice:** A section explaining that materials can be submitted via email to [hmr@srs.usda.gov](mailto:hmr@srs.usda.gov) and providing instructions on what to include in the email body.

At the bottom of the page, there is a footer with various links: HMRS Home, NAL Home, USDA, Team Nutrition, FNS, FNIC, Web Policies and Important Links, FOIA, Accessibility Statement, Privacy Policy, Non-Discrimination Statement, Information Quality, USA.gov, and White House. The text 'Last Modified: Jul-09-2014' is also present.

<http://healthymeals.nal.usda.gov/bestpractices>

# Professional Standards



## Professional Standards for School Nutrition Professionals

- Home
- Find Training
- Advanced Search
- Professional Standards Information
- Calendar
- Contact Us

- Nutrition
- Operations
- Administration
- Communications / Marketing

### Professional Standards for School Nutrition Professionals



This site allows school nutrition staff to search for training that meets their learning needs. Each listing contains information about the training, including how to access, developer, date, learning objectives covered, and more.

To review the proposed rule, please visit the [FNS Web site](#).

Select a category below to begin your search for training:

- Nutrition
- Operations
- Administration
- Communications / Marketing

[HMRS Home](#) | [NAL Home](#) | [USDA](#) | [Team Nutrition](#) | [FNS](#) | [FNIC](#) | [Web Policies and Important Links](#)  
[FOIA](#) | [Accessibility Statement](#) | [Privacy Policy](#) | [Non-Discrimination Statement](#) | [Information Quality](#) | [USA.gov](#) | [White House](#)

<http://professionalstandards.nal.usda.gov/>

# Fact Sheets for Healthier School Meals

- Just the Facts
- Use Low-fat Cheese, Milk and Yogurt
- Jazz Up Your Menu with Fruits
- Vary Your Vegetables
- Serve More Dry Beans and Peas
- Serve More Whole Grains
- Limit Saturated Fat
- Trim Trans Fat
- Be Salt Savvy – Cut Back on Sodium
- Meeting the Challenge of Rising Food Costs



**Just the Facts!**  
Serving School Meals That Meet the 2010 Dietary Guidelines for Americans and the School Meal Patterns

**Where To Find Them**  
These fact sheets provide practical tips to update menus and recipes and offer suggestions for making gradual changes to help students develop a taste for new menu items. The complete collection of fact sheets is available at the Team Nutrition Web site:  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

**More Information**  
Look for additional training opportunities, resources, and tools on serving healthy menus that meet school meal regulations and the 2010 DGA recommendations that are available through:

- National Food Service Management Institute (NFSMI) at [www.nfsmi.org](http://www.nfsmi.org),
- The Best Practices Sharing Center for State Agencies and School Food Authorities at the National Agricultural Library Food and Nutrition Information Center (NAL FNIC) at <http://healthymeals.nal.usda.gov/best-practices-sharing-center>, or
- Your State agency.

These fact sheets were developed by USDA's Food and Nutrition Service (FNS) to help schools implement the major recommendations from the 2010 Dietary Guidelines for Americans (DGA), the nutrition foundation for all school meals programs. Schools can use these fact sheets to incorporate the 2010 DGA recommendations within the school meal pattern requirements and nutrition standards. The series of fact sheets addresses the following key topics:

- Use Low-fat Milk, Cheese, and Yogurt
- Jazz Up Your Menus With Fruits
- Vary Your Vegetables
- Serve More Dry Beans and Peas
- Serve More Whole Grains
- Limit Saturated Fat
- Trim Trans Fat
- Be Salt Savvy – Cut Back on Sodium
- Meeting the Challenge of Rising Food Costs



USDA Just the Facts: School Meals that Meet 2010 Dietary Guidelines and School Meal Patterns <http://teamnutrition.usda.gov>  
U.S. Department of Agriculture • Food and Nutrition Service • August 2012 • FNS 449-A • USDA is an equal opportunity employer and provider.

<http://www.fns.usda.gov/tn/factsheets-healthier-school-meals>

# Recipes



## Search HMRS

Go

- Search all USDA
- Advanced Search

## Browse by Subject

- Recipes
- Menu Planning
- Best Practices
- Nutrition Education
- Resource Library
- HealthierUS School Challenge Resources
- Wellness Policy Resources
- State Sharing Center
- Professional Standards

## Recipes



### Recipes for School Food Service

Find **recipes for 50+ servings** that students will love to see on the school menu!



### Recipes for Child Care Providers

The recipes in this section are for **25-50 servings**, to be served in a child care home or center.



### Taste Testing and Evaluating Recipes

Taste testing empowers students to make decisions about what is served, and often helps them change their food choices. Find evaluation forms and other tools to help conduct taste tests in your program.

<http://healthymeals.nal.usda.gov/recipes>

# Recipe Finder

The screenshot displays the USDA website's 'What's Cooking?' section. At the top left is the USDA logo with the text 'United States Department of Agriculture' and 'What's Cooking? USDA Mixing Bowl'. To the right are links for 'About FNCS', 'Ask the Expert', and 'Contact Us', along with a search bar labeled 'Search FNCS'. A navigation menu includes 'Home', 'Recipes', 'Cookbooks', and 'USDA Foods Fact Sheets'. The main content area features a 'What's Cooking? USDA MIXING BOWL' logo and a list of recipe categories: 'Household Recipes', 'Large Quantity Recipes', 'SNAP Recipes', and 'Recetas en Español'. A featured recipe card for 'Zucchini Coleslaw' is shown, featuring a photo of the dish and the text: 'This colorful dish is a delicious alternative to the sweet coleslaw and a great way to eat your veggies.' Below the photo are navigation arrows and a series of dots. At the bottom, there is a 'Search Recipes' section with a search input field and a 'Go' button, and a 'Stay Connected' section with social media icons for Facebook, Twitter, YouTube, Email, Pinterest, and RSS.

<http://www.whatscooking.fns.usda.gov/>

# Recipes for Healthy Kids



## RECIPES FOR HEALTHY KIDS COOKBOOK FOR SCHOOLS



<http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks-0>

# Smarter Lunchrooms



The Smarter Lunchroom Movement is brought to you by the Cornell Center for Behavioral Economics in Child Nutrition Program and is funded by the USDA ERS/FNS

[Home](#) [About Us](#) [Our Ideas](#) [Get Involved](#) [Resources](#) [Training](#) [My Plan](#)



## About Our Work



### Childhood Predictors of Adult BMI

Bevelander, K. E.; Kalpalainen, K.; Swain, R.; Dohle S.; Bongard, J.C.; Hines, P.D.H. & Wansink, B. (2014). Crowdsourcing Novel Childhood Predictors of Adult Obesity. PLOS ONE, DOI: 10.1371/journal.pone.0087756.



### Offering Healthy Foods at High School Concession Stands

Laroche, H., Ford, C., Anderson, K., Cal, X., Just, D., Hanks, A., & Wansink, B. (2014). Concession Stand Makeovers: A Pilot Study of Offering Healthy Foods at High School Concession Stands. Journal of Public Health. Forthcoming.



### Banning Chocolate Milk in School Cafeterias Decreases Sales and Increases Waste

Andrew S. Hanks, David R. Just, and Brian Wansink. (2014). "A Pilot Study Evaluating the Cafeteria Consequences of Eliminating Flavored Milk," PLOS ONE, April 16.

[MORE NEWS](#)

<http://smarterlunchrooms.org/>

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The photographs of low-fat milk, fat-free chocolate milk, yogurt, cheese stick and yogurt and fruit parfait are used with permission of the National Dairy Council.

Other photographs in this presentation are from Office.com Clip Art and the USDA.

# Photograph Acknowledgments

- **USDA**  
Slides 1-2
- **Office.com Clip Art**  
slide 3

**Menu Planning Resources** is the last 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>