Grains in the National School Lunch and Breakfast Programs
What are the new requirements?

2:00pm
Wednesday, May 2, 2012

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- 5-6
- 7-8
- 9 or more
Today’s Moderator

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Sr. Nutrition Scientist
General Mills Bell Institute of Health & Nutrition
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Today’s Topics

• Describe the whole grain-rich criteria specific to the National School Lunch and School Breakfast Programs (NSLP/SBP)

• Identify whole grain-rich products and quantify the amounts to use in meeting NSLP/SBP meal requirements

• Determine what additional information may be needed from a manufacturer for a grain product to meet the whole grain-rich criteria
Grains Requirements for the National School Lunch Program and School Breakfast Program

Webinar
May 2, 2012

Sonya Barnes, MS, RD
Tim Vazquez, RD
Eileen Ferruggiaro, PhD, RD

USDA Food and Nutrition Service
Child Nutrition Division
Nutrition and Technical Assistance Branch
Nutrition Standards in the National School Lunch and School Breakfast Programs (NSLP/SBP);

Equivalent Minimum Serving Size Criteria

Meal Pattern Requirements for Grains

Whole Grain-Rich Requirements for NSLP/SBP

Resources related to grains
Nutrition Standards in the National School Lunch and School Breakfast Programs
Meal Patterns for NSLP and SBP

Quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate.

Amount of foods included in the meal pattern were determined through extensive review and assessment to meet 24 nutrient targets.
USDA published final rule *Nutrition Standards in the National School Lunch and School Breakfast Programs*

Amended NSLP and SBP regulations (7 CFR 210.10 and 220.8) updating the meal patterns and nutrition standards to align with the 2010 Dietary Guidelines for Americans (DGAs)
SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and dietary specifications.

Program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the *Dietary Guidelines for Americans*. 
Equivalent Minimum Serving Sizes Criteria

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS
SFAs and program operators will be allowed use old guidance and credit grain products based on the current 14.75 grams of grains per serving through (SY 2012-2013)

All grain products must be credited based on per ounce equivalent (oz eq) standards beginning July 1, 2013 as addressed in Grain Requirements for the National School Lunch Program and School Breakfast Program (SP30-2012)
Grain Requirements

Through SY 2012-2013 School Food Authorities (SFAs) and program operators refer to:

- Section 3 Grains/Breads of the Food Buying Guide for Child Nutrition Programs

- FCS Instruction 783-Rev 2, The Grains/Breads Requirements for Food-Based Menu Planning Alternatives in the Child Nutrition Programs
For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter of an oz eq is the smallest amount allowable to be credited toward the quantities of grains.

If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items.

For example: 0.5 oz eq of one grain item and 0.5 oz eq of another grain item.

The oz eq for grains may be determined by using either the weights or volumes listed in Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.
Grain products must be credited using the oz eq method

- Baked goods - 16 grams of creditable grain to provide 1 oz eq credit
  - Breads
  - Biscuits
  - Bagels

- Cereal grains - 28 grams (approximately 1.0 ounce by weight) of dry product, the cooked volume equivalent is ½ cup cooked
  - Oatmeal
  - Pasta
  - Brown rice

- Ready-to-eat cereal - 28 grams OR 1.0 ounce of product is considered an ounce equivalent
  - 1 cup of flakes or rounds
  - 1 ¼ cups puffed cereal
  - ¼ cup granola
Exhibit A: School Lunch and Breakfast contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria.

Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains.

Exhibit A provides oz equivalent information for a range of products commonly offered in schools.
### EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS¹,²

<table>
<thead>
<tr>
<th>GROUP A</th>
<th>OZ EQ FOR GROUP A</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bread type coating</td>
<td>1 oz eq = 22 gm or 0.8 oz</td>
</tr>
<tr>
<td>• Bread sticks (hard)</td>
<td>3/4 oz eq = 17 gm or 0.6 oz</td>
</tr>
<tr>
<td>• Chow mein noodles</td>
<td>1/2 oz eq = 11 gm or 0.4 oz</td>
</tr>
<tr>
<td>• Savory Crackers (saltines and snack crackers)</td>
<td>1/4 oz eq = 6 gm or 0.2 oz</td>
</tr>
<tr>
<td>• Croutons</td>
<td></td>
</tr>
<tr>
<td>• Pretzels (hard)</td>
<td></td>
</tr>
<tr>
<td>• Stuffing (dry) Note: weights apply to bread in stuffing</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP B</th>
<th>OZ EQ FOR GROUP B</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bagels</td>
<td>1 oz eq = 28 gm or 1.0 oz</td>
</tr>
<tr>
<td>• Batter type coating</td>
<td>3/4 oz eq = 21 gm or 0.75 oz</td>
</tr>
<tr>
<td>• Biscuits</td>
<td>1/2 oz eq = 14 gm or 0.5 oz</td>
</tr>
<tr>
<td>• Breads (sliced whole wheat, French, Italian)</td>
<td>1/4 oz eq = 7 gm or 0.25 oz</td>
</tr>
<tr>
<td>• Buns (hamburger and hot dog)</td>
<td></td>
</tr>
<tr>
<td>• Sweet Crackers¹ (graham crackers - all shapes, animal crackers)</td>
<td></td>
</tr>
<tr>
<td>• Egg roll skins</td>
<td></td>
</tr>
<tr>
<td>• English muffins</td>
<td></td>
</tr>
<tr>
<td>• Pita bread (whole wheat or whole grain-rich)</td>
<td></td>
</tr>
<tr>
<td>• Pizza crust</td>
<td></td>
</tr>
<tr>
<td>• Pretzels (soft)</td>
<td></td>
</tr>
<tr>
<td>• Rolls (whole wheat or whole grain-rich)</td>
<td></td>
</tr>
<tr>
<td>• Tortillas (whole wheat or whole corn)</td>
<td></td>
</tr>
<tr>
<td>• Tortilla chips (whole wheat or whole corn)</td>
<td></td>
</tr>
<tr>
<td>• Taco shells (whole wheat or whole corn)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP C</th>
<th>OZ EQ FOR GROUP C</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cookies³ (plain - includes vanilla wafers)</td>
<td>1 oz eq = 34 gm or 1.2 oz</td>
</tr>
<tr>
<td>• Cornbread</td>
<td>3/4 oz eq = 26 gm or 0.9 oz</td>
</tr>
<tr>
<td>• Corn muffins</td>
<td>1/2 oz eq = 17 gm or 0.6 oz</td>
</tr>
<tr>
<td>• Croissants</td>
<td>1/4 oz eq = 9 gm or 0.3 oz</td>
</tr>
<tr>
<td>• Pancakes</td>
<td></td>
</tr>
<tr>
<td>• Pie crust (dessert pies², cobbler², fruit turnovers², and meat/meat alternate pies)</td>
<td></td>
</tr>
<tr>
<td>• Waffles</td>
<td></td>
</tr>
</tbody>
</table>

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² 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.

³ Allowed only as dessert at lunch as specified in 0210.10.

⁴ Allowed for desserts at lunch as specified in 0210.10, and for breakfasts served under the SBP.
<table>
<thead>
<tr>
<th>GROUP D</th>
<th>OZ EQ FOR GROUP D</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Doughnuts(^1) (cake and yeast raised,</td>
<td>1 oz eq = 55 gm or 2.0 oz</td>
</tr>
<tr>
<td>unfrosted)</td>
<td>3/4 oz eq = 42 gm or 1.5 oz</td>
</tr>
<tr>
<td>• Cereal bars, breakfast bars, granola bars(^4) (plain)</td>
<td>1/2 oz eq = 28 gm or 1.0 oz</td>
</tr>
<tr>
<td>• Muffins (all, except corn)</td>
<td>1/4 oz eq = 14 gm or 0.5 oz</td>
</tr>
<tr>
<td>• Sweet roll(^4) (unfrosted)</td>
<td></td>
</tr>
<tr>
<td>• Toaster pastry(^4) (unfrosted)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP E</th>
<th>OZ EQ FOR GROUP E</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cereal bars, breakfast bars, granola bars(^4) (with nuts, dried fruit, and/or chocolate pieces)</td>
<td>1 oz eq = 69 gm or 2.4 oz</td>
</tr>
<tr>
<td>• Cookies(^1) (with nuts, raisins, chocolate pieces and/or fruit purees)</td>
<td>3/4 oz eq = 52 gm or 1.8 oz</td>
</tr>
<tr>
<td>• Doughnuts(^4) (cake and yeast raised, frosted or glazed)</td>
<td>1/2 oz eq = 35 gm or 1.2 oz</td>
</tr>
<tr>
<td>• French toast</td>
<td>1/4 oz eq = 18 gm or 0.6 oz</td>
</tr>
<tr>
<td>• Sweet rolls(^1) (frosted)</td>
<td></td>
</tr>
<tr>
<td>• Toaster pastry(^4) (frosted)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP F</th>
<th>OZ EQ FOR GROUP F</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cake(^1) (plain, unfrosted)</td>
<td>1 oz eq = 82 gm or 2.9 oz</td>
</tr>
<tr>
<td>• Coffee cake(^4)</td>
<td>3/4 oz eq = 62 gm or 2.2 oz</td>
</tr>
<tr>
<td></td>
<td>1/2 oz eq = 41 gm or 1.5 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 21 gm or 0.7 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP G</th>
<th>OZ EQ FOR GROUP G</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Brownies(^3) (plain)</td>
<td>1 oz eq = 125 gm or 4.4 oz</td>
</tr>
<tr>
<td>• Cake(^1) (all varieties, frosted)</td>
<td>3/4 oz eq = 94 gm or 3.3 oz</td>
</tr>
<tr>
<td></td>
<td>1/2 oz eq = 63 gm or 2.2 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 32 gm or 1.1 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP H</th>
<th>OZ EQ FOR GROUP H</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cereal Grains (barley, quinoa, etc)</td>
<td>1 oz eq = 1/2 cup cooked</td>
</tr>
<tr>
<td>• Breakfast cereals (cooked)(^7,(^8)</td>
<td>or 1 ounce (28 g) dry</td>
</tr>
<tr>
<td>• Bulgur or cracked wheat</td>
<td></td>
</tr>
<tr>
<td>• Macaroni (all shapes)</td>
<td></td>
</tr>
<tr>
<td>• Noodles (all varieties)</td>
<td></td>
</tr>
<tr>
<td>• Pasta (all shapes)</td>
<td></td>
</tr>
<tr>
<td>• Ravioli (noodle only)</td>
<td></td>
</tr>
<tr>
<td>• Rice (enriched white or brown)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GROUP I</th>
<th>OZ EQ FOR GROUP I</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ready to eat breakfast cereal (cold, dry)(^3,(^8)</td>
<td>1 oz eq = 1 cup</td>
</tr>
<tr>
<td></td>
<td>or 1 ounce for flakes and rounds</td>
</tr>
<tr>
<td></td>
<td>1 oz eq = 1.25 cups or 1 ounce for puffed cereal</td>
</tr>
<tr>
<td></td>
<td>1 oz eq = 1/4 cup or 1 ounce for granola</td>
</tr>
</tbody>
</table>

\(^1\) Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

\(^4\) Cereals must be whole-grain, or whole grain and enriched or fortified cereal.
The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent.

The crediting of a food item as oz eq grains is determined by:

\[
\text{Grams whole-grain meal and/or flour} \\
or \\
\text{Grams Whole-grain plus enriched meal and/or flour} \\
\div \\
\text{Number of servings the formulation or recipe yields} \\
\div \\
16 \text{ grams per oz eq standard}
\]
A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE must be fortified.

If a grain product includes enriched ingredients or the grain itself is enriched, the ingredients or the product must meet the Food and Drug Administration’s standards of identity for enrichment (21 CFR Section 137).

Bran and germ are not creditable in school meal programs.

Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2%.
Meal Pattern
Requirements for Grains
Minimum and Maximum Grain Requirements

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group.

All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or “bread” or “bread alternate” criteria in the interim.
Grains Requirements for School Lunch

- Schools must offer the daily and weekly serving ranges of grains
- Minimums and Maximums for the varying grade levels

<table>
<thead>
<tr>
<th>Lunch Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains (oz eq)</td>
<td>8-9 (1)</td>
<td>8-10 (1)</td>
<td>10-12 (2)</td>
</tr>
</tbody>
</table>
Grain Requirements for School Lunch, contd.

Grain-Based Desserts

Only two (2.0) ounce equivalencies of grain-based desserts allowed at lunch per school week.

These items are a major source of solid fats and added sugars per DGA 2010.
### Grains Requirements for School Breakfast

- **Daily and weekly serving ranges of grains.**
- **Maximums and minimums for the varying grade levels.**

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>GradesK-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains (oz eq)</td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
</tr>
</tbody>
</table>
Whole Grain-Rich Requirements for School Lunch and Breakfast
Whole Grain-Rich Implementation Process

New rule requires all grains to be whole grain-rich by school year (SY) 2014-2015

Requirement for whole grain-rich products will be phased in for lunch and breakfast over the next two school years.
Whole Grain-Rich Implementation Process

All grains must be whole grain-rich by school year (SY) 2014-2015

Requirement for whole grain-rich products will be phased in for lunch and breakfast over the next two school years
Whole Grain-Rich Implementation Process - Lunch

Beginning July 1, 2012 through June 30, 2014 half of the grains offered during the school week must meet the whole grain-rich criteria.

Beginning July 1, 2014 all grains must meet the whole grain-rich criteria.
Whole Grain-Rich Implementation Process - Breakfast

SY 2012-2013 – No Whole Grain-Rich Required

Beginning July 1, 2013 through June 30, 2014 (SY 2013-2014) half of the grains offered during the school week must meet the whole grain-rich criteria

Beginning July 1, 2014 all grains must meet the whole grain-rich criteria
Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations whole grain-rich products must contain:

- Foods that contain 100% whole grain

  OR

- Foods that contain a blend of whole grain meal and/or flour and enriched meal and/or flour

NOTE: Whole grain-rich products must contain at least 50% whole grains and the remaining grain content must be enriched.
Simple Checklist to Evaluate Products for Whole-Grain Rich Criteria

**Element 1**
- The food item must meet the oz eq requirements for the grains component as defined by new guidance (SP30-2012)

**AND**

**Element 2**
- The food must meet at least one of the following criteria on the next slide
Simple Checklist to Evaluate Products for Whole-Grain Rich Criteria

Element 2-

At least one of the following criteria must be met:

- 2a. Whole grain content per oz eq must be at least 8.0 grams or more for Groups A-G. The volumes or weights listed must be offered to credit as one oz eq for Groups H and I;

- 2b. Product includes Food and Drug Administration – approved whole-grain health claim on its packaging; or

- 2c. Product ingredient statement lists whole grains first.
Simple Checklist to Evaluate Products for Whole-Grain Rich Criteria

**Element 2 – a.**

- The whole grain content per oz eq based on Exhibit A weights must be at least 8.0 grams or more for Groups A-G
  - The volumes or weights listed must be offered to credit as one oz eq for Groups H and I
  - Verification of whole grain content may be determined from information provided on the product packaging or by the manufacturer.
Whole Grain-Rich Criteria

Element 2 – b.

“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 certain cancers.”
Whole Grain-Rich Criteria

Element 2 – c.

The product ingredient statement lists whole grains first, specifically:

- Non Mixed Dishes
  - breads
  - cereals

- Mixed dishes
  - pizza
  - corn dogs
Whole Grain-Rich Criteria

Element 2 – c.

Non-Mixed Dishes

- Whole grains must be the primary ingredient by weight

- When the whole grain content comes from multiple ingredients, the combined whole grain ingredients can be the primary ingredient by weight even though a whole grain is not listed as the first ingredient
Whole Grain-Rich Criteria

Element 2 – c.

Non Mixed Dishes Example:
A bread item may be made with three grain ingredients:

- enriched wheat flour (40% of grain)
- whole wheat flour (30% of grain)
- whole oats (30% of grain)

Program operators can use manufacturer documentation to determine that whole grains are the primary ingredient by weight.
Element 2 – c. Mixed dishes

- Whole grains must be the primary grain ingredient by weight
- The weights listed on School-made recipes, help determine whether the total whole grain ingredients exceed the total of non-whole grain ingredients.
During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern.

Beginning July 1, 2013 (SY 2013-2014), all grains including those which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.
Primary Ingredient by Weight – Flour blends Example:

Ingredients: Flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc.

- The whole grain content is at least 8.0 grams per oz eq

OR

- The weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar
Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products (meat/meat alternate entrées containing grains) to indicate the number of oz eq grains that meet the whole grain-rich criteria.

The term “oz eq grains” on the CN Label indicates the product meets the whole grain-rich criteria.

The terms “bread” or “bread alternate” on the CN Label indicates the product meets previous requirements for grains/breads.

Please refer to the CN Labeling Program website for details regarding qualifying products at: [www.fns.usda.gov/cnd/cnlabeling](http://www.fns.usda.gov/cnd/cnlabeling)
Chicken Stir-Fry Bowl

Ingredient Statement:
Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

Net Wt.: 18 pounds
Overview of Whole Grains
What is a whole grain?

Whole grains:

- Consist of the entire cereal grain seed or kernel.
  - The kernel has three parts—the bran, the germ, and the endosperm.
  - If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.
Wheat:
- Wheat berries
- Whole-grain wheat
- Cracked wheat
- Whole-wheat flour
- Graham flour
- Whole durum flour
- Sprouted wheat
- Bulgur
- White whole wheat flour

Rye:
- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

Rice:
- Brown rice
- Brown rice flour

Wild Rice:
- Wild rice
- Wild Rice flour
Common Whole Grains, continued

Oats:
- Whole oats
- Oat groats
- Oatmeal or rolled oats
- Whole-oat flour

Corn:
- Whole corn
- Whole-corn flour
- Whole-grain corn flour
- Whole-grain cornmeal
- Whole cornmeal

Barley:
- Whole barley
- Whole-grain barley
- Whole-barley flakes
- Whole-barley flour
- Whole-grain barley flour
Less Common Whole Grains

- Emmer (farro)
- Teff
- Triticale
- Spelt
- Buckwheat
- Amaranth
- Sorghum (milo)
- Millet
- Quinoa
Adding Whole Grains to Menus in Child Nutrition Programs:

- Whole grain-rich ready-to-eat or cooked breakfast cereals
- Whole grain-rich Granola or granola bars
- Whole grain-rich pancakes or waffles
- Whole grain-rich bagels, breads, rolls, buns, or muffins
- Whole grain-rich tortillas or taco shells
- Whole grain-rich pretzels
- Whole grain-rich pita pockets
- Whole grain-rich cornbread
- Whole grain-rich crackers or cookies
Sample Whole Grain-Rich Products
Whole Grain-Rich Recipe

Recipe: 900013 Whole Grain Pumpkin Muffin
Size of Portion: 2 oz

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>019335 Sugars, Granulated</td>
<td>21 lb + 12 oz</td>
</tr>
<tr>
<td>004065 Margarine, Reg, Hard, Corn (HYDR&amp;REG)</td>
<td>6 lb</td>
</tr>
<tr>
<td>002047 Salt, Table</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>011424 Pumpkin, CND, wo/salt</td>
<td>3# 10 can</td>
</tr>
<tr>
<td>001123 Egg, whole, raw, fresh</td>
<td>9 lb</td>
</tr>
<tr>
<td>001082 Milk, lowfat, fluid, 1% milkfat, w/vit A</td>
<td>4 qt</td>
</tr>
<tr>
<td>900185 Flour, enriched all purpose</td>
<td>6 lb + 12 oz</td>
</tr>
<tr>
<td>020080 Wheat flour, whole-grain</td>
<td>12 lb</td>
</tr>
<tr>
<td>018369 Leavening agents, baking pdr, double-acting, na</td>
<td>½ cup + 2 Tbsp.</td>
</tr>
<tr>
<td>018372 Leavening agents, baking soda</td>
<td>1/3 cup + 2 tsp.</td>
</tr>
<tr>
<td>002010 Cinnamon, ground</td>
<td>½ cup</td>
</tr>
<tr>
<td>002025 Nutmeg, ground</td>
<td>½ cup</td>
</tr>
</tbody>
</table>
## Cereal Bar

**Serving Size 1 bar (25g)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% daily value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>105</td>
<td></td>
</tr>
<tr>
<td>From fat</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
<td>6%</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugar</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

Not a significant source of Cholesterol, Vitamin A, Vitamin C

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Ingredients:
Whole grain rolled oats, brown sugar, crisp rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.
Cereal Grains

Grain products, such as enriched corn grits and enriched rice, that do not include whole grains will not be creditable as a single ingredient beginning SY 2014.

Grain products that are at least 50% whole grain blended with not more than 50% enriched grain will continue to be creditable.
Grain Blends Examples

For example:

14 grams of dry brown rice blended with 14 grams dry enriched rice is 1.0 oz equivalent grain that meets the whole grain-rich criteria.

¼ cup cooked brown rice blended with ¼ cup cooked enriched rice is also 1.0 oz equivalent grain that meets the whole grain-rich criteria.
Grains Resources
Upcoming Resources for Whole Grains

More whole grain resources are on the way!
Nutrition Standards for School Meals

Through the Healthy, Hunger-Free Kids Act championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children.

The new standards align school meals with the latest nutrition science and the real world circumstances of America’s schools. These responsible reforms do what’s right for children’s health in a way that’s achievable in schools across the Nation.

**Regulation**

- Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)  
  -- Press Release  
  -- School Meals Sample Menu (PDF) (JPG)  
  -- Final Summary of Public Comments on Proposed Rule
- Interim Rule: Certification of Compliance With Meal Requirements for the National School Lunch Program Under the Healthy, Hunger-Free Kids Act of 2010 (4/27/12)  
  -- Press Release: USDA to Provide Additional Funds for Nation’s School Meals (4/27/12)

**Technical Assistance and Guidance Materials**

- New Meal Patterns and Dietary Specifications

www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm
Summary of Implementation Dates for Grains
Ounce equivalent requirements:

All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY 2013-2014.

The original Exhibit A weights and volumes for all Child Nutrition Programs can continue to be used through June 30, 2013 for lunch and breakfast.
Whole grain-rich requirements:

Lunch – Beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria

Breakfast – Beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria

Beginning July 1, 2014 (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast
Summary of Implementation Dates

For NSLP and SBP this policy supersedes FCS Instruction 783 – REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads.

FCS Instruction 783-REV 2, will be revised to remove NSLP/SBP sections and will pertain to all other Child Nutrition Programs.
Thank you for participating

Sonya Barnes, MS, RD
Tim Vazquez, RD
Eileen Ferruggiaro, PhD, RD

USDA Food and Nutrition Service
Child Nutrition Division
Nutrition and Technical Assistance Branch
Questions

• Type your questions into the “Question” box
Thank You

Archive will be available by the end of today, May 2\textsuperscript{nd}

Today’s slides, recording, CEU form, and other resources are available at: [www.schoolnutrition.org/webinars](http://www.schoolnutrition.org/webinars)

Upcoming Peer2Peer Calls

Tuesday, May 8\textsuperscript{th}

“Sharing Successes with the School Meal Guidelines and Flavored Milk”

Upcoming Webinars

Wednesday May 23\textsuperscript{rd}

“Harnessing Technology to Impact Accountability and Technical Assistance”

For more information: [www.schoolnutrition.org/webinars](http://www.schoolnutrition.org/webinars)