

“Manager’s Lunch Special” National School Lunch Program 2013-2014

Fruits

- Offer a variety from fresh, frozen, dried or canned, packed in light syrup, juice or water.
- Offer 100 percent juices but limit portions to no more than one-half of the total weekly fruit offerings (e.g., 1-1/4 cups of the total 2-1/2 cups/week for the K-8 age/grade group and 2-1/2 cups of the weekly 5 cups for the high school age/grade group, or 1-1/2 cups if 3 cups available for selection to K-8, etc.).
- Count dried fruit portions as a double portion (i.e., 1/4 cup raisins is 1/2 cup of fruit).
- Combine smaller portions of several fruits (i.e., fruit cup with fresh and canned fruit items) to meet the minimum portion requirements.
- Offer elementary and middle schools (K-5, 6-8 or K-8 age/grade groups) - **1/2 cup** fruit(s) or more per day/2-1/2 cups a week.
- Offer high schools (9-12 age/grade group) - **1 cup** fruit per day/5 cups a week.

Vegetables

- Offer a variety from fresh, frozen, canned or rehydrated from dried/dehydrated offerings.
- Consider whole, cut or mashed choices and serve hot or cold.
- Count half-portions of planned amounts from raw salad greens (i.e., 1 cup lettuce mix credits 1/2 cup of vegetable).
- Count cooked leafy greens (mustard, collard, spinach, etc.) at the full planned volume (i.e., 1/2 cup as 1/2 cup).
- Plan menus to meet weekly Dark Green, Red/Orange, Bean/Peas (dried, mature form), Starchy and Other vegetable subgroup requirements.
- Combine smaller portions of several vegetables to meet daily and weekly requirements more easily (i.e., tomato sauce, tossed romaine salad with tomatoes and hot vegetables like steamed broccoli).
- Offer elementary and middle schools (K-5, 6-8 or K-8 age/grade groups) - **3/4 cup vegetable(s)** or more per day and 3-3/4 cups a week.
- Offer high schools (9-12 age/grade group) - **1 cup vegetable(s)** per day and 5 cups a week.
- Consider using 1/2 cup portions (the minimum under Offer versus Serve) allowing student selection of two-1/2 cup items.
- Allow selection of two-1/2 cups or 1 cup portions of the same item (i.e., mashed potatoes, fries) or select two-1/2 cups portions of two different vegetables.

Grains/Whole Grain-Rich

- Use a variety of grains, breads and cereals that are whole-grain, enriched or made from whole-grain or enriched flour/meal with one-half of the weekly portions being whole-grain rich. Portions less than 1/4 oz (.24 oz) are not counted toward the meal pattern (rounded to nearest full 1/4 oz).
- Read product labels to ensure products are whole-grain or enriched grain products.
- Determine whole grain-rich items by looking for:
 - Whole-grain flour or whole-grain meal is the first ingredient other than water listed in the ingredient listing or is a brown or wild rice or oatmeal source.
 - Eight grams or more of whole grain per serving from packaging or manufacturer information.
- Offer elementary/middle schools (K-5, 6-8 or K-8 age/grade groups) - **1 oz equivalent** (oz eq) per day. There is not a daily maximum but do plan **at least 8 oz eq** per week for grades K-5, 6-8 and K-8 menu plans. Offer high school (grades 9-12) **2 oz eq** per day and at least **10 oz eq** per week.

Meats/Meat Alternates (M/MA)

- Offer a variety of meats from beef, pork, seafood and poultry; cheese, cottage cheese and yogurt; eggs; nuts, seeds and nut/seed butters; and mature beans/peas (pinto, black, navy, garbanzo, lentils, etc.). Portions less than 1/4 oz (.24 oz) are not counted toward the meal pattern.
- Consider choices from regular, lean and/or low-fat as well as reduced-sodium varieties.
- Increase portions of ham, turkey ham and turkey deli meats to account for added water. Serve 1.2 oz portion of ham, 1.4 oz portion of commercial turkey ham, 1.6 oz portion of turkey deli meat and 1.7 oz portion of commodity turkey ham to provide a 1 oz M/MA equivalent.
- Offer minimum daily portions of **1 oz eq** for grades K-5 and 6-8 and for high school grades 9-12, offer **2 oz eq** per day per main dish item.
- There is not a daily maximum but do plan **at least 8 oz eq** for grades K-5 and **at least 9 oz eq** for grades 6-8. High school grades offer **at least 10 oz eq**. In practical terms, the planning and service of 2 oz eq daily for each meat component in main dish items will meet all grade level requirements with 10 oz per week.

Fluid Milk

- Offer fluid milk (8 fl oz) daily in breakfast and lunch meals. May serve as a full snack component (8 fl oz) but not when 100 percent juice is the only other full component.
- Offer two or more choices in breakfast and lunch meals from fat-free flavored and unflavored and/or low-fat 1% unflavored milk.

Meal Service/Menu Planning

- Look for and remove products from menus with **added trans fat** (i.e., margarine, baked good items containing trans fat, breaded meat items).
- Identify all meal components offered as part of a reimbursable meal at/near the beginning of serving lines.
 - Sponsors have discretion on how to identify these foods.
 - Sponsors continue to identify reimbursable meals at the point of service/cash register.
- Ensure that **lunch** meals served under Offer vs. Serve (required in high schools) contain three components of which one is at least 1/2 cup of fruit or vegetable or combination of the two.
- Serve all components and minimum portions under non-Offer vs. Serve provision meal service.
- Offer leftover fruit servings to provide additional choices in breakfast and lunch meals.
- Cautiously substitute and arrange leftover vegetable items within the week to maintain subgroup meal pattern and portion requirements/nutrient content of planned meals.
- Complete production records daily. Record substitutions as needed replacing similar meat and grain component contributions (i.e., 2 meat/2 grain serving pizza with a 2 oz hamburger and 2 oz eq bun).
- Collect product nutrition information from combination meat/bread products, pre-cooked meat items, baked goods, canned fruits and vegetables, juices and ready-to-eat foods. Labels for raw meats and poultry, fresh or frozen fruits/vegetables and spices, flour, sugar, etc., are not needed.
- **Combined K-8 Lunch Pattern:** 1/2 cup Fruit(s), 3/4 cup Vegetable(s), 8 fl oz Milk and 1 oz eq Grain per day (**8 oz eq per week**) and 1 oz eq Meat/Meat Alternates per day (**9 oz eq per week**).
- **Pre-K/Head Start - Use Traditional Lunch Pattern:** 6 fl oz Milk, 1-1/2 oz eq Meat/Meat Alternate, 1/2 cup (total portion) of two Fruits and/or Vegetables, 1 oz eq Grains per day/8 oz eq per week.