



MEAL PATTERN AND CAFETERIA QUICK TIPS

for School Food Service Personnel



Florida Department of
Agriculture and Consumer Services

FRUITS

- › Fruits can be fresh, frozen or canned and packed in water, juice or light syrup.
- › Dried fruits: 1/4 cup counts as 1/2 cup of fruit.
- › No more than half of the fruit choices offered over the week may be in the form of juice.
- › All juice must be 100% full-strength.
- › For breakfast, vegetables may be substituted for fruits, but the first two cups per week must be from the Dark Green, Red/Orange, Beans/Peas or Other Vegetable subgroups.

Grade Group	Daily Minimum	Weekly Minimum
K-5	Breakfast: 1 cup Lunch: 1/2 cup	Breakfast: 5 cups Lunch: 2 1/2 cups
6-8	Breakfast: 1 cup Lunch: 1/2 cup	Breakfast: 5 cups Lunch: 2 1/2 cups
9-12	Breakfast: 1 cup Lunch: 1 cup	Breakfast: 5 cups Lunch: 5 cups

Students must select a minimum of 1/2 cup of fruit or vegetable for all reimbursable school meals under Offer versus Serve.



VEGETABLES

- Vegetables can be fresh, frozen or canned.
- For leafy greens, 1 cup counts as 1/2 cup of vegetables.
- No more than half of the vegetable offerings over the week may be in the form of juice.
- All juice must be 100% full-strength.

Must meet weekly Vegetable Subgroups:

- Dark Green (DG)
- Red/Orange (R/O)
- Beans/Peas (B/P)
- Starchy (S)
- Other (O)

Remember: Always display a positive attitude towards the students you serve; your smile may be the only one they see today!



VEGETABLES

Grade Group	Daily Minimum	Weekly Minimum
K-5	3/4 cup	3 3/4 cups
6-8	3/4 cup	3 3/4 cups
9-12	1 cup	5 cups

Students must select a minimum of 1/2 cup of fruit or vegetable for all reimbursable school meals under Offer versus Serve.

Idea: Talk to the teachers in your school about integrating the fresh produce you're featuring into their lessons and activities.



Weekly Subgroup Portions:

Grades K-5 & 6-8

DG	1/2 cup
R/O	3/4 cup
B/P	1/2 cup
S	1/2 cup
O	1/2 cup

Grades 9-12

DG	1/2 cup
R/O	1 1/4 cups
B/P	1/2 cup
S	1/2 cup
O	3/4 cup

To reach the weekly total vegetable requirement an additional 1 cup of vegetables from any subgroup must be offered each week for grades K-8. Grades 9-12 must be offered an additional 1 1/2 cups of vegetables each week.

VEGETABLES

DARK GREEN SUBGROUP

Bok Choy

Broccoli

Collard Greens

Dark Green Leafy Lettuce

Escarole Lettuce

Kale

Mesclun

Mustard Greens

Romaine Lettuce

Spinach

Turnip Greens

Watercress



Your job is very important! You are making a difference in some students' lives.

VEGETABLES

RED/ORANGE SUBGROUP

Acorn Squash

Butternut Squash

Carrots

Hubbard Squash

Pumpkin

Red Peppers

Sweet Potatoes

Tomatoes

Tomato Juice



Remember: Wash fruits and vegetables with cold water. Warm water facilitates easy bacterial growth and wilts leafy vegetables.

VEGETABLES

BEANS/PEAS SUBGROUP

Black Beans

Black-Eyed Peas (Mature, Dry)

Garbanzo Beans (Chickpeas)

Kidney Beans

Lentils

Navy Beans

Pinto Beans

Soy Beans

Split Peas

White Beans



VEGETABLES

STARCHY SUBGROUP

Cassava

Corn

Green Bananas

Green Peas

Green Lima Beans

Plantains

Potatoes

Taro

Water Chestnuts

Fresh Cowpeas, Field Peas or

Black-Eyed Peas (Not Dry)



VEGETABLES

OTHER SUBGROUP

Artichokes

Iceberg (Head) Lettuce

Asparagus

Mushrooms

Avocado

Okra

Bean Sprouts

Onions

Beets

Parsnips

Brussels Sprouts

Radish

Cabbage

Snap Beans

Cauliflower

Turnips

Celery

Wax Beans

Cucumbers

Zucchini

Eggplant

Green Beans

Green Peppers



GRAINS/WHOLE GRAINS

- Check product labels for the word “whole” listed before a grain (*for example, whole corn or whole wheat; rolled oats and oatmeal; and for brown rice, brown rice flour, or wild rice*).
- All grains served at breakfast and lunch must be whole grain-rich.

Idea: Add music to give the cafeteria a cool ambiance; students, especially older students, will be more likely to want to eat there.



Grade Group	Daily Minimum	Weekly Minimum
K-5	Breakfast: 1 oz eq Lunch: 1 oz eq	Breakfast: 7 oz eq Lunch: 8 oz eq
6-8	Breakfast: 1 oz eq Lunch: 1 oz eq	Breakfast: 8 oz eq Lunch: 8 oz eq
9-12	Breakfast: 1 oz eq Lunch: 2 oz eq	Breakfast: 9 oz eq Lunch: 10 oz eq

MEAT/MEAT ALTERNATES

- Includes meats, fish, poultry, cheese, eggs, seeds/nuts and seed/nut butters, regular and soy yogurts and mature/dried beans served as meat alternates.



The nutritious meals you are serving give children the energy they need to learn, play and grow.

Grade Group	Daily Minimum	Weekly Minimum
K-5	Lunch: 1 oz eq	Lunch: 8 oz eq
6-8	Lunch: 1 oz eq	Lunch: 9 oz eq
9-12	Lunch: 2 oz eq	Lunch: 10 oz eq

Refer to the Food Buying Guide for additional crediting information of meat/meat alternates. There is no separate meat/meat alternate component in the SBP. However, schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after the minimum daily grains requirement is met.

MILK

- Fluid milk must be low-fat (unflavored) or fat-free (flavored or unflavored).
- A minimum of two choices must be offered at breakfast and lunch.
- All grades: 1 cup per day/5 cups per week at breakfast and lunch.

Idea: Place white milk in front of or before sugar-added beverages. Students are more likely to take an easy-to-reach option than a hard-to-reach one.



SMART SNACKS

Smart Snacks in School / Competitive Food Rules
(Reference: 7 CFR 210.11, FAC 5P-1.003)

The rules only apply to foods SOLD to students on the school campus* during the school day*.



General Nutrition Standards:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods; or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

**School campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day. School day is defined as the period from midnight before until 30 minutes after the end of the official school day.*

SMART SNACKS

Smart Snacks in School / Competitive Food Rules
(Reference: 7 CFR 210.11, FAC 5P-1.003)

NUTRIENT REQUIREMENTS:

Calorie Limits:

- Snack items: ≤ 200 calories
- Entrée* items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 200 mg
- Entrée* items: ≤ 480 mg

Fat limits:

- Total fat: $\leq 35\%$ of calories
- Saturated fat: $< 10\%$ of calories
- Trans fat: zero grams

Sugar limit:

- $\leq 35\%$ of weight from total sugar in foods



**Entrée items are comprised of either a combination food of meat or meat alternate and whole grain-rich food; a combination food of vegetable or fruit and meat or meat alternate; or some meat or meat alternate items alone. Entrée items served in school breakfast and/or lunch meals and sold as a la carte foods are exempt from all competitive food standards on the day they are served and the day after. (7 CFR 210.11)*

Meat/grain entrée items are restricted unless sold by the food service program or granted an exemption in accordance with the state rule. (FAC 5P-1.003)

SMART SNACKS

Smart Snacks in School / Competitive Food Rules
(Reference: 7 CFR 210.11, FAC 5P-1.003)

Beverage Options:

- Plain water (no size limit)
- Low-fat unflavored milk or nonfat flavored milk (elementary – limit 8 fl oz, middle/high – limit 12 fl oz)
- 100% juice (elementary – limit 8 fl oz, middle/high – limit 12 fl oz)
- Additional options for High Schools:
 - Calorie-free or very low calorie: 5 calories or less per 8 fl. oz. or 10 calories or less per 20 fl. oz. (limit 20 fl. oz.)
 - Low-calorie: 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz. (limit 12 fl. oz.)

Idea: Add information to your school's website to let parents know about some of the healthy offerings available.



FUNDRAISERS

School-Sponsored Fundraisers (FAC 5P-1.003)



The school board and school have the discretion to allow exemptions from the Smart Snacks standards and meat/grain entrée restriction for conducting fundraisers.

State-defined exempted fundraiser limits per school year:

- Elementary schools—5 days
- Middle/junior high schools—10 days
- Senior high schools—15 days
- Combination schools—10 days

No food fundraisers may occur until 30 minutes after the end of the last lunch period.

All schools are required to establish Healthy School Teams to monitor compliance with competitive food rules and regulations.

*Visit our website for fundraising ideas:
FreshFromFlorida.com*

SCOOPS (DISHERS)

Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3 1/3 Tbsp	
24	3 2/3 Tbsp	
30	2 Tbsp	
40	1 2/3 Tbsp	
50	3 3/4 tsp	
60	3 1/4 tsp	
70	2 3/4 tsp	
100	2 tsp	



¹ Scoops are left or right hand or squeeze type that can be used for both hands. Number of the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.

² Use colored dots matching the brand-specific color coding of scoop sizes.

LADLES/PORTION SERVERS

Ladle fl oz	Approximate Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1 1/2 cups	---

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled as ounces. However, fluid ounces would be more accurate since they measure volume and not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables and condiments.



STEAMTABLE PANS

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2 1/2" 	2 gallons	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
12" x 20" x 4" 	3-1.2 gallons	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12" x 20" x 6" 	5 gallons	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

FOOD SAFETY TIPS

1. Keep hot foods hot (above 140 °F) and cold foods cold (below 41 °F).
2. Prohibit bare hand contact with ready-to-eat (RTE) foods.
3. Store chemicals away from food and food-related supplies.
4. Require hand washing after restroom use, sneezing, coughing or after performing any cleaning activity.
5. Do not keep food in the “danger zone” (between 41 °F and 140 °F) for more than 4 hours.
6. Handle food with utensils; clean, gloved hands; or clean hands. (Bare hand contact with food during preparation should be limited. Bare hand contact with RTE foods is prohibited.)
7. Keep wiping cloths in sanitizing solution while cleaning. Use clean water, free of grease and food particles for ware washing.
8. Use only a clean and sanitized thermometer when taking internal temperatures of foods.
9. Cool rapidly by storing food in small batches.
10. Keep cold foods cold by pre-chilling ingredients for salads containing meat/meat alternates.
11. Transfer reheated food to hot-holding equipment only when the food reaches the proper temperature (165 °F).



COOKING TEMPS

HOLD ALL HOT FOOD AT 140 °F OR ABOVE

165 °F for 15 seconds

- Poultry (chicken, turkey, duck, goose) whole, parts or ground
- Soups, stews, stuffings, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Food, covered, cooked in microwave oven (hold covered 2 minutes after removal)
- Leftovers (to reheat)



155 °F for 15 seconds

- Hamburger, meatloaf and other ground meats, injected meats, ground fish*
- Fresh shell eggs (cooked and held for service, such as scrambled eggs)*

145 °F for 15 seconds

- Beef, corned beef, pork, ham roasts (hold 4 minutes)*
- Beef, intact steaks (surfaces)
- Lamb, veal, pork steaks or chops
- Fish, shellfish
- Fresh shell eggs (broken, cooked and served immediately)

140 °F for 15 seconds

- Ready to eat, commercially processed ham, other roasts

**For alternative times and temperatures, refer to the FDA Food Code 2013 at fda.gov.*

STORAGE TEMPS

CHECK TEMPERATURES IN ALL STORAGE AREAS DAILY

Dry

Recommended ambient temperature of 80°F or less
(canned fruits, vegetables, juices and meats)

Special Dry

50°F to 70°F

*(pasta, rice, beans, nuts, oil and
powdered milk/eggs)*

Refrigerator/Cooler

35°F to 41°F

*(chilled dairy/cheese, fresh fruits
and vegetables)*

Freezer

-10°F to 0°F

*(frozen meats, fruits, vegetables
and egg products)*





Division of Food, Nutrition and Wellness

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Revised 9/2016

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