

Child Nutrition Labeling

School Lunch Program

Provides food to low income children and adults

Established in 1946

Includes

- Breakfast
- Lunch
- Snacks
- Day Care
- Adult Feeding Programs



Facts

More than 100,000 public and private schools participate in the program

30.4 million students get reduced or free priced meals in 2014

13.6 million students get reduced or free priced breakfasts in 2014

Program cost 11.1 Billion in FY 2011

- Approximately 75% is food purchases

Schools get more money from USDA than from paying students

Some states tie participate to state funding

Pressure to feed all children

- News on unfed students



School Lunch Changes

2010: School lunch and breakfast standards were updated

- Make food healthier
- Set calorie, fat, sat fat and sodium standards
- Increased fruits and vegetables

2013: Established standards for all foods in school

- Snacks
- A la carte
- Vending

2016: Wellness program final rule

Elder Care and Day Cares

Other programs that participate

- Daycares
- Elder Care or Senior Centers

Reimbursable if

- Meet program requirements
- Meet income requirements



Other Programs

Some states have or are developing

- Summer Feeding Programs
- Weekend Feeding Programs
- Holiday Feeding Programs
- Grants to private organizations for creative programs
 - Backpack programs



Free and Reduced Meals

Free Meals

- 130% of poverty level

Reduced Meals

- 185% of poverty level

Example

- Poverty level for family of four \$22,050
- Free Meals - \$28,665
- Reduced Meals – \$40,793



Reimbursement

	Non-Severe Need	Severe – Need	Administrative Reimbursement	Maximum Cost to Students
Free Breakfast	\$1.48	\$1.76	\$0.26	Free
Reduced Breakfast	\$1.18	\$1.46	\$0.26	\$0.30
Free Lunch	\$2.72	\$2.74	\$0.26 - \$0.28	Free
Reduced Lunch	\$2.32	\$2.34	\$0.26 - \$0.28	\$0.40
Free After School Snack	\$0.74	\$0.74	\$0.06	
Reduced After School Snack	\$0.37	\$0.37	\$0.06	

Breakfast Severe Need = 40% free previous year

Lunch Severe Need = 60% free previous year

Challenges for Schools

Meeting nutritional requirements in foods students will eat

- Providing desirable vegetables
- Meeting whole grain requirements
- Meeting calorie and sodium requirements

Meeting the cost requirements

- USDA increase reimbursement 6 centers
- 6 cents may not be enough



Vending, A la carte and School stores

Entrees

Must be intended as a main dish

Clarified that cheese and cookies are not an entrée

Allow grain only entrees for breakfast



Paired Foods

Groups of food where there is exemption for one of the food

Both foods must be nutritionally dense

Examples

- Peanut butter and celery
 - Peanut butter is exempt from total and sat fat
 - Must meet calories and sodium limit
- Celery with peanut butter and raisins
 - Raisins are exempt from sugar limit
 - Must meet calories and sodium limit
- Reduced fat cheese and apples
 - Reduced fat cheese is exempt from total and sat fat
 - Must meet calorie and sodium limit
- Peanuts and apples
 - Peanut is exempt from total and sat fat
 - Must meet calorie and sodium limit



Accompaniments

Condiments

- Ketchup
- Soy Sauce

Must be prepackaged

Must be included in the nutrition for the food served with



Beverages

Elementary	Middle	High School
No caffeine	No caffeine	Plain water
Plain Water	Plain water	Lowfat plain milk (12 oz)
Lowfat plain milk (<8 oz)	Lowfat plain milk (12 oz)	Non fat plain or flavored milk including nutritionally equivalent milk alternatives (12 oz)
Non fat plain or flavored milk including nutritionally equivalent milk alternatives (8 oz)	Non fat plain or flavored milk including nutritionally equivalent milk alternatives (12 oz)	100% fruit and vegetable juice (12 oz)
100% fruit and vegetable juice (8 oz)	100% fruit and vegetable juice (12 oz)	Calorie free carbonated water but not during meal service (<20 oz)
		Other calorie free beverages but not during meal service (<20 oz)
		Alternative 1: <40 calories / 8 oz serving or <60 calories in 12 oz serving (max size 12 oz) and not during meal service
		Alternative 2: <40 calories/8 oz serving or <75 calories in 12 oz serving (max size 12 oz) but not during meal service

Calories

Food Category	Calorie Requirements
Snack or Side Dish	<200 calories /packaged portion including any butter, cream cheese, salad dressing, etc
Entrees	<350 calories /packaged portion
	Exemption for items that could be sold as school lunch in same or smaller portion size

Nutrition Facts

10 servings per container
Serving size
2 slices (56g)

Calories
per serving **170**

Amount/serving	% Daily Value*
Total Fat 15g	2%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 280mg	12%

Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10%
Thiamin 15% • Riboflavin 8% • Niacin 10%

Amount/serving	% Daily Value*
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g of Added Sugars	2%
Protein 4g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Total Fat

Less than or equal to 35% of calories from fat

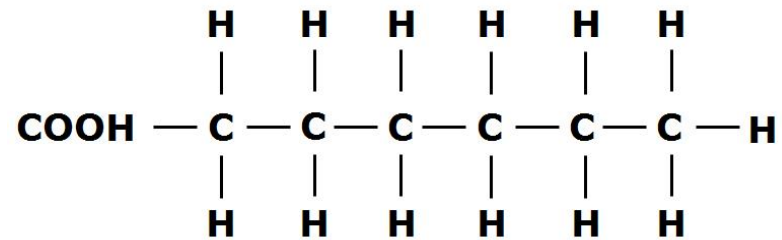
Exempt

- Reduced fat cheese
- Nuts and seeds and nut/seed butters
- Combined ingredients like trail mixes, chocolate covered nuts are not allowed
- Dried fruits with nuts and/seed and no added nutritive sweeteners
- Seafood with no added fat
- Single ingredient fruits and vegetables (avocado)
- Eggs with no added fat

Sat and Trans Fat

Sat Fat

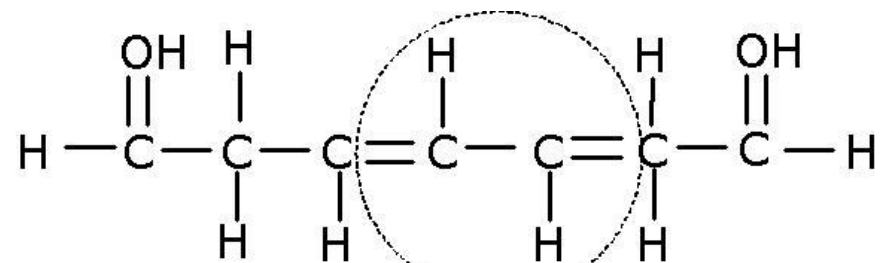
- Less than 10% of calories per package
- Exempt
 - Reduced fat cheese



Saturated Fat

Trans Fat

- Labeled as 0 g
- Exemption
 - Beef and dairy products with natural trans fat



"Trans" fatty acid

Sodium

Snacks and Side Dishes

- Less than 200 mg per pre-packed portion

Entrees

- Less than 480 mg per portion

Exemption

- Low sodium and no salt added canned vegetables with no fat added



Sugars

< 35% of calories from sugar

- Or < 35% of weight from sugar

Exempt

- Fruit with no added sweeteners or packed in 100% juice or extra light syrup
- Dried fruit or vegetables with no added nutritive sweeteners
- Dried fruit with sugar added for processing and/or palatability purposes (dried cranberries, tart cherries and blueberries only)



Healthy Hungry Kids Act 2010 School Marketing

Final Rule August 29, 2016

Requires Wellness Plan in all schools getting School Lunch reimbursement from USDA

Rules around marketing food and beverages during the school day

Reviewed by State agency

- Recommended as part of School Lunch menu and program review

Compliance by June 30, 2017



Wellness Policy

Committee to define the policy

- Who, what, how much, where and when

Must include

- Nutrition promotion and education goals
- Physical activity goals
- Standard for competitive food available for sale on campus
- Other school based activities
- Non sold foods available on campus such as at parties and classroom birthdays

Recordkeeping

- Report to public every 3 years



Food and Beverage Marketing

Limits marketing of unhealthy foods and beverages

- Only foods that meet CN requirements for beverages allowed to be sold during the school day

Examples

- Vending machines, score boards, water bottles, vehicles,
- Policy restricting marketing of unhealthy foods and fast food restaurants
- After school activities not included
- Does not effect classroom learning (FCS, Marketing, Nutrition/Health)

Updates can be made over time

If allowed must be addressed in school wellness policy



Child and Adult Care Food Programs: Meal Pattern Revisions Related to Healthy, Hunger – Free Kids Act of 2010

Revisions

Updated as part of act that changed all food programs

Required to be updated every 10 years going forward

Child care and adult care can received money from USDA for meeting requirements

- Administered at the state level

New requirements made in following slides

Issued best practices

Ages 6 – 11 months

BREAKFAST, LUNCH OR SUPPER

Food Group	Serve
Milk	6 -8 fl oz breast milk or formula
Meat and Grain	0 – 4 tablespoons of cereal 0 – 4 tablespoons of meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas, or 0 – 2 oz of cheese or 0 – 4 fl oz cottage cheese or 0 – 8 fl oz or 1 cup yogurt or Or a combination of the above
Fruit and Vegetable	0 – 2 tablespoons vegetable or fruit Or combination of both

Ages 6 – 11 months

SNACK

Food Group	Serve
Milk	0 - 2 fl oz breast milk or formula
Meat and Grain	0 – ½ slice bread or 0 – 2 crackers or 0 – 4 tablespoons instant cereal or ready to eat breakfast cereal
Fruit and Vegetable	0 – 2 tablespoons vegetable or fruit Or combination of both

Ages 1 to 2 years

BREAKFAST

Food Group	Serve
Milk	At least 4 fl oz
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta ½ cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds ¾ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal 1/8 cup granola
Fruit and Vegetable	¼ cup

Ages 1 to 2 years

LUNCH OR SUPPER

Food Group	Serve
Milk	At least 4 fl oz
Meat	1 oz lean meat, poultry or fish 1 oz tofu, soy product or alternate protein products 1 oz cheese ½ large egg ¼ cup cooked dry beans or peas 2 tablespoons peanut butter or soy nut butter or other nut or seed butters 4 oz or ½ cup yogurt plain or flavored unsweetened or sweetened
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta
Fruit	1/8 cup
Vegetable	1/8 cup

Ages 1 – 2 years

SNACK

Food Group	Serve
Milk	At least 4 fl oz
Meat	½ oz lean meat, poultry or fish ½ oz tofu, soy product or alternate protein products ½ oz cheese ½ large egg 1/8 cup cooked dry beans or peas 1 tablespoons peanut butter or soy nut butter or other nut or seed butters 2 oz or 1/4 cup yogurt plain or flavored unsweetened or sweetened ½ oz peanuts, soy nuts, tree nuts or seeds
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta ½ cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds ¾ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal 1/8 cup granola
Fruit	½ cup
Vegetable	½ cup

Ages 3 to 5 years

BREAKFAST

Food Group	Serve
Milk	At least 6 fl oz
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta ½ cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds ¾ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal 1/8 cup granola
Fruit and Vegetable	½ cup

Ages 3 - 5 years

LUNCH OR SUPPER

Food Group	Serve
Milk	At least 6 fl oz
Meat	1 ½ oz lean meat, poultry or fish 1 ½ oz tofu, soy product or alternate protein products 1 ½ oz cheese ¾ large egg 3/8 cup cooked dry beans or peas 3 tablespoons peanut butter or soy nut butter or other nut or seed butters 6 oz or 3/4 cup yogurt plain or flavored unsweetened or sweetened
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta
Fruit	¼ cup
Vegetable	¼ cup

Ages 3 - 5 years

SNACK

Food Group	Serve
Milk	At least 4 fl oz
Meat	½ oz lean meat, poultry or fish ½ oz tofu, soy product or alternate protein products ½ oz cheese ½ large egg 1/8 cup cooked dry beans or peas 1 tablespoons peanut butter or soy nut butter or other nut or seed butters 2 oz or 1/4 cup yogurt plain or flavored unsweetened or sweetened ½ oz peanuts, soy nuts, tree nuts or seeds
Grain	½ slice whole grain rich or enriched bread ½ serving whole grain rich or enriched bread product such as biscuit, roll, muffin ¼ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta ½ cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds ¾ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal 1/8 cup granola
Fruit	½ cup
Vegetable	½ cup

Ages 6 to 12 years

BREAKFAST

Food Group	Serve
Milk	At least 8 fl oz
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1/2 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 1 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 1 ¼ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal ¼ cup granola
Fruit and Vegetable	½ cup

Ages 6 - 12 years

LUNCH OR SUPPER

Food Group	Serve
Milk	At least 8 fl oz
Meat	2 oz lean meat, poultry or fish 2 oz tofu, soy product or alternate protein products 2 oz cheese 1 large egg 1/2 cup cooked dry beans or peas 4 tablespoons peanut butter or soy nut butter or other nut or seed butters 8 oz or 1 cup yogurt plain or flavored unsweetened or sweetened
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1/2 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta
Fruit	¼ cup
Vegetable	½ cup

Ages 6 - 12 years

SNACK

Food Group	Serve
Milk	At least 8 fl oz
Meat	1 oz lean meat, poultry or fish 1 oz tofu, soy product or alternate protein products 1 oz cheese ½ large egg ¼ cup cooked dry beans or peas 2 tablespoons peanut butter or soy nut butter or other nut or seed butters 4 oz or 1/2 cup yogurt plain or flavored unsweetened or sweetened 1 oz peanuts, soy nuts, tree nuts or seeds
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin ½ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 1 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 1 ¼ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal ¼ cup granola
Fruit	¾ cup
Vegetable	¾ cup

Ages 13 – 18 years

BREAKFAST

Food Group	Serve
Milk	At least 8 fl oz
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1/2 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 1 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 1 ¼ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal ¼ cup granola
Fruit and Vegetable	½ cup

Ages 13 - 18 years

LUNCH OR SUPPER

Food Group	Serve
Milk	At least 8 fl oz
Meat	2 oz lean meat, poultry or fish 2 oz tofu, soy product or alternate protein products 2 oz cheese 1 large egg 1/2 cup cooked dry beans or peas 4 tablespoons peanut butter or soy nut butter or other nut or seed butters 8 oz or 1 cup yogurt plain or flavored unsweetened or sweetened
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1/2 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta
Fruit	¼ cup
Vegetable	½ cup

Ages 13 - 18 years

SNACK

Food Group	Serve
Milk	At least 8 fl oz
Meat	1 oz lean meat, poultry or fish 1 oz tofu, soy product or alternate protein products 1 oz cheese ½ large egg ¼ cup cooked dry beans or peas 2 tablespoons peanut butter or soy nut butter or other nut or seed butters 4 oz or 1/2 cup yogurt plain or flavored unsweetened or sweetened 1 oz peanuts, soy nuts, tree nuts or seeds
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin ½ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 1 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 1 ¼ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal ¼ cup granola
Fruit	¾ cup
Vegetable	¾ cup

Ages Adult

BREAKFAST

Food Group	Serve
Milk	At least 8 fl oz
Grain	2 slice whole grain rich or enriched bread 2 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 2 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 2 1/2 cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal 1/2 cup granola
Fruit and Vegetable	½ cup

Ages Adult

LUNCH OR SUPPER

Food Group	Serve
Milk	At least 8 fl oz
Meat	2 oz lean meat, poultry or fish 2 oz tofu, soy product or alternate protein products 2 oz cheese 1 large egg 1/2 cup cooked dry beans or peas 4 tablespoons peanut butter or soy nut butter or other nut or seed butters 8 oz or 1 cup yogurt plain or flavored unsweetened or sweetened
Grain	2 slice whole grain rich or enriched bread 2 serving whole grain rich or enriched bread product such as biscuit, roll, muffin 1 cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta
Fruit	½ cup
Vegetable	½ cup

Ages Adult

SNACK

Food Group	Serve
Milk	At least 8 fl oz
Meat	1 oz lean meat, poultry or fish 1 oz tofu, soy product or alternate protein products 1 oz cheese ½ large egg ¼ cup cooked dry beans or peas 2 tablespoons peanut butter or soy nut butter or other nut or seed butters 4 oz or 1/2 cup yogurt plain or flavored unsweetened or sweetened 1 oz peanuts, soy nuts, tree nuts or seeds
Grain	1 slice whole grain rich or enriched bread 1 serving whole grain rich or enriched bread product such as biscuit, roll, muffin ½ cup whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta 1 cup whole grain enriched or fortified ready to eat breakfast cereal, flakes or rounds 1 ¼ cup whole grain enriched or fortified ready to eat breakfast cereal, puffed cereal ¼ cup granola
Fruit	½ cup
Vegetable	½ cup

Other Requirements

Infant formula and dry infant cereal

- Must be iron fortified

Yogurt

- No more than 23 g of total sugar per 6 oz

Breakfast cereal

- No more than 6 g of total sugar per dry ounce

Milk

- Unflavored whole milk for under age 2
- Unflavored low fat (1%) or fat free (skim) milk ages 2 – 5
- Unflavored low fat (1%), unflavored or flavored fat free (skim) milk ages 6 – adult
- Milk at supper optional for adults

Juice

- Pasteurized full strength juice may only replace 1 fruit or vegetable requirement per day

Whole Grain Rich

- Required as 1 serving per day

Best Practices

Recommended but not required

Infants

- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offering a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

Vegetables and Fruit

- Make at least one of the two required components of snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.
- In adult day care centers, offer and make water available to adults upon their request throughout the day.

Best Practices cont...

Grains

- Provide at least two servings of whole grain-rich grains per day.

Meat and Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.

Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.

Additional Best Practices

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy or cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks or sodas).

School Lunch Requirements

School Lunch Requirements

Milk = 1 cup, fat content 1% or less

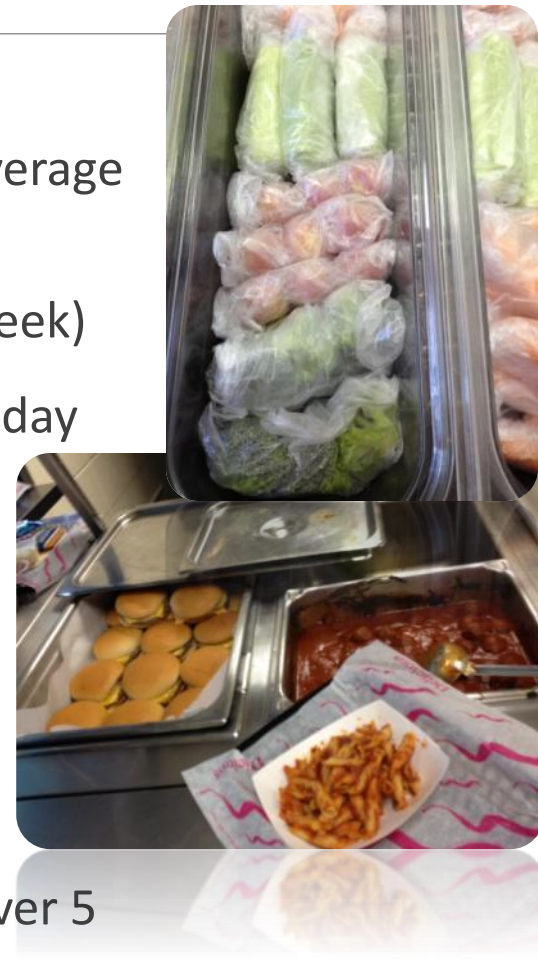
Meat/Meat Alternate = 1.6 – 2.4 oz equivalents (daily average over 5 day week)

Fruit = 0.42 to 1 cup per day (daily average over 5 day week)

Vegetables = 0.75 to 1 cup per day (daily average over 5 day week)

- ½ c dark green
- ¾ to 1 ¼ cup red/orange
- ½ cup beans/peas
- ½ cup starchy
- 1 to 1 ½ cups additional

Whole Grains = 1.8 – 2.6 oz equivalents (daily average over 5 days)



Breakfast

Breakfast

Food Group	Previous	Starting Fall 2012
Fruit	½ cup	1 cup
Grains and Meat/Meat Alternates	2 grains or 2 meat/meat alternates or 1 of each	1.4 – 2 grains per day (average per week)
Whole Grains	Encouraged	At least ½ of grains are whole grains
Milk	1 cup	1 cup, fat content of 1 % or less

Lunch

Food Group	Previous	Fall 2012
Milk	1 cup	1 cup, fat content 1% or less
Meat or Meat Alternate,	1.3 – 3 oz equivalent (daily average over 5 day week)	1.6 – 2.4 oz equivalents (daily average over 5 day week)
Fruits and Vegetables	½ - 1 cup of fruits and vegetables combined per day	0.42 to 1 cup per day (daily average over 5 day week)
Vegetables	No specifications as to type of vegetables	0.75 to 1 cup of vegetable per day. Require ½ c dark green, ¾ to 1 ¼ red/orange, ½ cup beans/peas, ½ cup starchy, 1 to 1 ½ additional
Grains (Servings per Week)	1.8 – 3 oz equivalents (daily average over 5 day week)	1.8 – 2.6 oz equivalents (daily average over 5 days)
Whole Grains	Encouraged	At least ½ of grains

Vegetables

0.75 to 1 cup per day (daily average over 5 day week)

- $\frac{1}{2}$ c dark green
- $\frac{3}{4}$ to $1\frac{1}{4}$ cup red/orange
- $\frac{1}{2}$ cup beans/peas
- $\frac{1}{2}$ cup starchy
- 1 to $1\frac{1}{2}$ cups additional



Dark Greens

Green Beets

Bok Choy

Broccoli

Swiss Chard

Chicory (Fresh)

Collard Greens

Endive

Grape Leaves

Kale

Lettuce (Dark Green Leafy, Romaine)

Mustard Greens

Parsley

Spinach

Turnip Greens

Watercress



Red/Orange

Carrots

Orange or Red Bell Peppers

Cherry Peppers

Pimentos

Pumpkin

Salsa

Winter Squash

Sweet Potatoes

Tomatoes

Tomatoes Products



Starchy

Black-eyed Peas

Lima Beans

Cassava (Yucca)

Corn

Jicama (Yam Bean)

Malanga (Taro)

Parsnips

Peas (Field)

Green Peas



Pigeon Peas

Plantain

Poi

Potatoes

French Fries Potatoes

Potato Products

Succotash

Water Chestnuts

Yautia (Tannier)



Beans and Peas

Black Beans

Black-eyed Peas

Chickpeas

Great Northern Beans

Kidney Beans

Lima Beans

Mung Beans

Navy Beans

Pink Beans

Pinto Beans

Bean Products

Red Beans

Soybeans

Lentils (Dry)

Green Peas



Other

Artichokes

Asparagus

Avocados

Bamboo Shoots

Green Beans

Bean Sprouts

Wax Beans

Beets

Bread Fruit

Brussels Sprouts

Celery Cabbage

Green Cabbage

Red Cabbage

Cactus (Nopales)

Cauliflower

Celery

Chayote (Mirliton)

Cucumbers

Eggplant

Kohlrabi



Other cont...

Lettuce (Iceberg)

Mushrooms

Okra

Olives

Green Onion

Onions (Mature)

Snow Peas

Sugar Snap Peas

Pepperoncini

Bell Peppers

Green Chilies

Pickles

Radishes

Rutabaga

Sauerkraut

Seaweed

Summer Squash

Tomatillos

Turnips

Mixed Vegetables

Additional

Typically combinations of vegetables from other categories

Peas and Carrots

Soups

Succotash

Mixed Vegetables



Bread and Whole Grain

Put types of grain products in categories

- Ounces of finished products that provide grain equivalents
- Listed in Food Buying Guide

Can calculate based on amount of flour

- 16 g of flour per grain equivalent



Whole Grain Rich

50% or more whole grain or more whole grains by weight

Whole grains as the 1st ingredient grain ingredient

Have some exemptions and extension on compliance

- Ability to purchase whole grain rich products
- Pastas



Other Changes

Trans fat – 0 on label (less than 0.5 g/ serving) starting 2013

Less than 10% of calories from Sat Fat

Unflavored milk 1% or less, Flavored milk fat free

Weekly offer ½ cup dark green, orange vegetables or legumes

Encourage whole fruit instead of juices

50% whole grain 2012 school year

- 100% whole grain rich by 2014
- Enrichment is required for white flour

January 2014

Remove the maximum serving for grains and meats per week

Allow frozen fruits to contain sugar

- Companies are still working to remove sugar
- More time needed to improve science



Nutrition Requirements

Sodium

Implementation Timeline	SY 2014	SY 2017	SY 2022
Sodium Reduction	5 – 10%	15 – 30%	25 – 50%



Sodium (Final Standards)



Breakfast

Grade Level	Sodium
K – 5	Less than 430 mg
6 – 8	Less than 470
9 – 12	Less than 500

Lunch

Grade Level	Sodium
K – 5	Less than 640
6 – 8	Less than 710
9 – 12	Less than 740



Calories

Breakfast

Grade Level	Calories
K – 5	350 – 500
6 – 8	400 – 550
9 – 12	450 - 600



Lunch

Grade Level	Calories
K – 5	550 – 650
6 – 8	600 – 700
9 – 12	750 - 850

CN Calculations

Child Nutrition vs School Lunch

They are parts of the same program

School lunch is what the end user call it

Child nutrition is what manufacturers use when

- Creating products
- Getting USDA approval
- Working with AMS

Food Categories

Meats/Meat Alternates

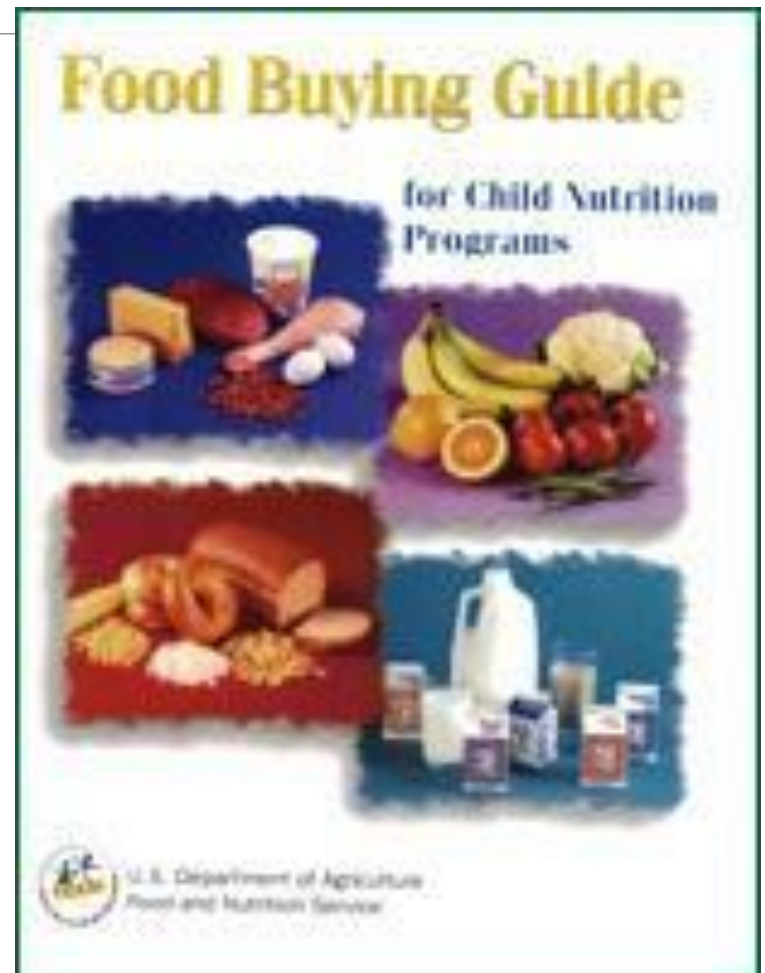
Vegetables and Fruits

Grains and Breads

Milk

Other Foods

- Ice Cream
- Popcorn
- Dried Milk
- Tomato Paste



Credit Requirements

Meat/Meat Alternate = 0.5 oz (declared to 0.25)

- Meat
- Cheese
- Soy
- Beans

Fruits and Vegetables = $\frac{1}{4}$ cup (declared to $\frac{1}{8}$ cup)

- Includes bean
- Beans can't be used for both meat and vegetable

Bread = $\frac{1}{2}$ equivalent (declared to $\frac{1}{4}$ equivalent)

- Serving is 16 g of creditable grain (flour)

Credits are always rounded down



Processed Foods

Contribute to CN meal pattern requirements

Be nutritionally aware

- Increase whole grains
- Remove fat
- Remove sodium
- Control calories

Easy to prepare

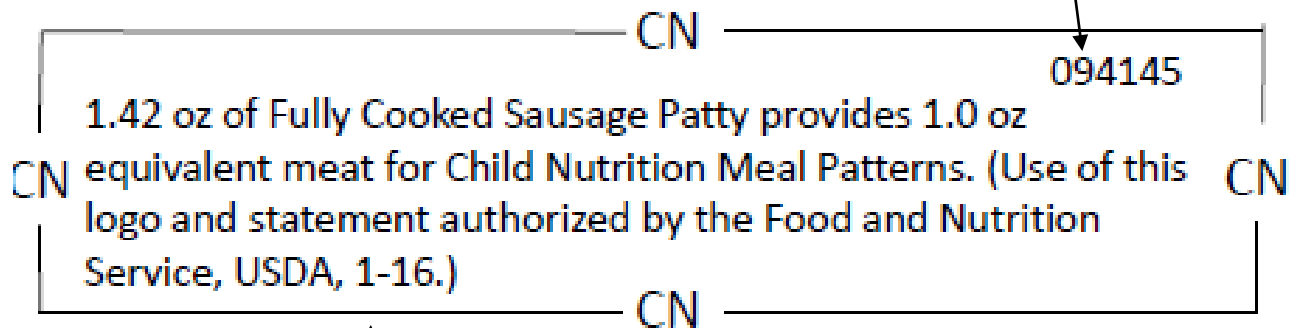
Child friendly



CN Labeling

CN sample box

CN Number
Requested from CN labeling



Date of approval

FDA Inspection Legend

FDA products are inspected by AMS

Require the attached legend on all CN products FDA

Typically placed near the CN box

- Location is not required

**INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS**

Requesting CN Number

Requested from AMS

Email request to CNLabeling@ams.usda.gov

Must include

- Product name
- EST or plant identification

Typically returned in 4 to 8 business hours

Label Approvals

Get CN Number

Calculate CN statement

Prepare label

USDA FSIS generic label approval is allowed

Must be submitted to AMS for review

- Check calculations
- Stamp approvals
- Pay for service

The image shows a detailed USDA FSIS form titled "APPLICATION FOR APPROVAL OF LABELS, MARKING OR DEVICE". The form is divided into several sections for data entry:

- Section 1:** Includes fields for "U.S. DEPARTMENT OF AGRICULTURE, FOOD SAFETY AND INSPECTION SERVICE", "APPROVAL NO.", "DATE OF APPLICATION", and "DATE OF RECEIPT".
- Section 2:** "NAME OF PRODUCT" with checkboxes for "Dry", "Wet", "Frozen", and "Other".
- Section 3:** "TYPE OF PRODUCT" with checkboxes for "Meat", "Poultry", "Fish", "Shellfish", "Dairy", "Eggs", "Breads", "Cereals", "Fruits", "Vegetables", "Nuts", "Seeds", "Spices", "Herbs", "Flavors", "Colorings", "Preservatives", "Antioxidants", "Acids", "Alkalis", "Enzymes", "Vitamins", "Minerals", "Other".
- Section 4:** "TYPE OF LABEL" with checkboxes for "Front", "Back", "Side", "Top", "Bottom", "Inside", "Outside", "Inside/Outside", "Other".
- Section 5:** "TYPE OF MARKING" with checkboxes for "Text", "Image", "Symbol", "Color", "Shape", "Size", "Weight", "Volume", "Temperature", "Other".
- Section 6:** "TYPE OF DEVICE" with checkboxes for "Label", "Marking", "Device", "Other".
- Section 7:** "TYPE OF APPROVAL" with checkboxes for "Generic", "Specific", "Other".
- Section 8:** "TYPE OF REVIEW" with checkboxes for "Initial", "Final", "Other".
- Section 9:** "TYPE OF ACTION" with checkboxes for "Approval", "Denial", "Other".
- Section 10:** "TYPE OF COMMENT" with checkboxes for "Approval", "Denial", "Other".

The form also includes a "SIGNATURE OF APPLICANT OR AGENT" field and a "DATE" field. At the bottom, there is a "REMARKS" section for additional information.

Label Submitting for Approval

Complete the USDA FSIS label transmittal form

Save as a pdf file

- FSIS is a form and must be sent as a true pdf file
- Combine file with label and other supporting documentations
- Send 1 file to CNLabeling@ams.usda.gov
- CN number must be in email subject line

AMS will review label and return with comments or stamped approval

Only good for 5 years

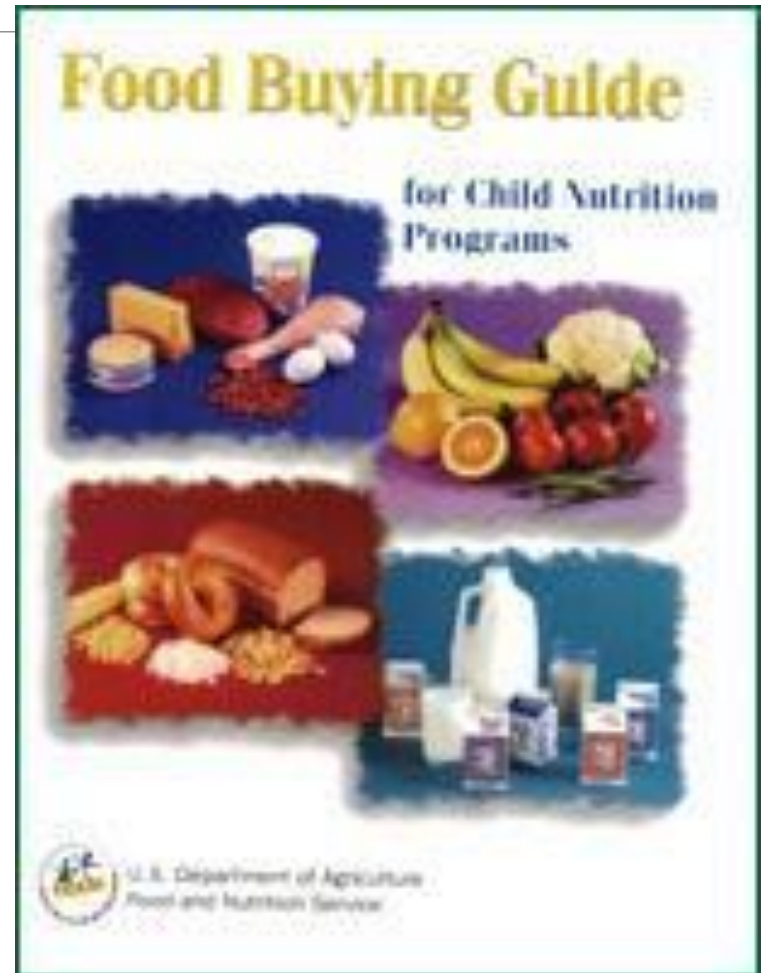
Food Buying Guide

Document that outlines credit for various foods

Describes

- Form of the food
- Size of the serving
- How much credit it gets

Some foods fit in more than one category



Food Buying Guide

Section 2 – Vegetables (All Vegetable Subgroups)

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, BLACK-EYED (or PEAS) – Starchy Subgroup					
Beans, Black-eyed (or Peas), fresh <i>Shelled</i>	Pound	10.30	1/4 cup cooked, drained vegetable	9.8	1 lb in pod = 0.51 lb ready-to-cook beans
Beans, Black-eyed (or Peas), frozen <i>Whole</i>	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	

Fruit and Vegetable Calculations

Size of 1 serving

Divide the purchase unit (column 2) by servings per purchase unit (column3)

1 lb = 16 oz

$16 \text{ oz} / 9.87 = 1.62 \text{ oz}$

1.62 oz = 1/4 cup serving of cooked drained carrots

Carrots, frozen <i>Sliced</i> <i>Includes</i> <i>USDA Foods</i>	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
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Meat Calculations

Yield information provided

Beef, Ground, fresh or frozen^{7,8} <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 15% fat</i> <i>(Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	

Cheese Calculations

Most “real” cheeses are 1 oz is 1 oz serving

Cheese substitutes are 2 oz is 1 oz serving

See FBG for cheese food and cheese spreads

Imitation cheeses do not get CN credit

CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)¹⁴					
Cheese Cheese food¹⁴ <i>Process</i>	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Cheese spread¹⁴ <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

Alternate Protein Product

Other ingredients are allowed to be used at meat alternates

Examples

- Soy proteins
- Pea proteins
- Milk protein

Supplier issues a letter with amount of product

Calculate amount of credit per supplier letter

Get credit for the water as well

Not in sample formula

Glanbia Nutritionals certifies that SchoolWise 1080 has been processed so that some portion of the non-protein constituents have been removed, meeting the requirement as an Alternate Protein Product for Child Nutrition Programs.

Glanbia Nutritionals certifies that the Protein Digestibility Corrected Amino Acid Score (PDCAAS) of SchoolWise 1080 is greater than 0.80 of casein. This prediction of protein quality used the guidelines described in the Protein and Amino Acid Requirements in Human Nutrition: Report from the Joint FAO/WHO/UNU expert consultation published in 2007.

The protein level of SchoolWise 1080 is at least 18% by weight when fully hydrated. SchoolWise 1080 has a protein ratio of 4.67 when fully hydrated.

The protein level of SchoolWise 1080 is certified to be at least 84% on an "as-is" basis for the as-purchased product.

Calculations

Review letter for credit

Multiply times amount in formula

Amount in formula times 4.67 (see letter)

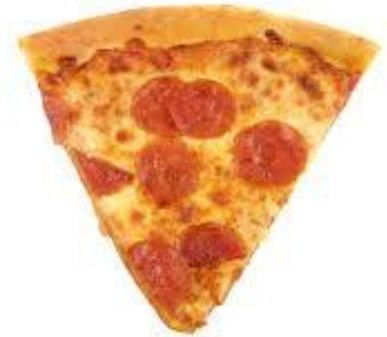
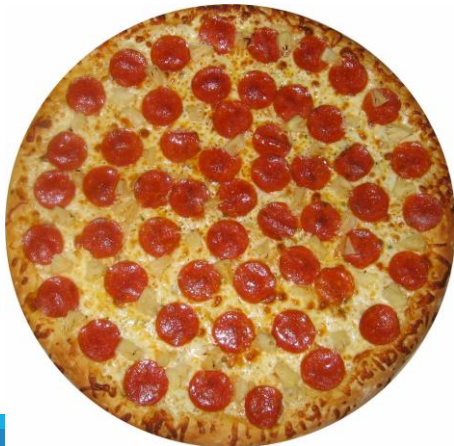
Then add amount of whey as well

Example

- If you have 3% whey in the finished product
- Multiple 3% * 4.67 = 0.1401
- Plus amount of whey = 0.03
- Total APP credit
 - 0.1401 + 0.03 = 0.1701

Formula

Pizza	Formula
Crust	2 .5 oz
Sauce	1 oz
Carrots	0.5 oz
Mozzarella Cheese	1 oz
Pepperoni	1 oz
Total	6 oz



Bread Credit

Crust	Percent	Ounces	Grams
Whole Wheat Flour	34%	0.85	24.09
Wheat Flour	34%	0.85	24.09
Water	30%	0.75	21.26
Yeast	1%	0.025	0.70
Salt	1%	0.025	0.70
Total	100%	2.5	70.87

Credit

- 50/50 whole wheat to wheat flour
- 16 g = serving
- $(24+24)/16 = 3$ servings



Vegetable Credit

Sauce	Percent	Ounces
Water	69	0.69
Tomato Paste (24% NTSS)	30	0.30
Seasoning	1	0.01
Total	100	1

TOMATO PRODUCTS – Red/Orange Subgroup					
Tomato Products, Canned <i>Tomato Paste</i> 24%-28% Natural Tomato Soluble Solids (NTSS) Includes USDA Foods	No. 10 can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
	No. 2-1/2 can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups tomato paste

Credit

- $111/192 = 0.57$ oz is a $\frac{1}{4}$ cup serving
- Have 0.3 oz
- $0.3/0.57 =$ 52.63% of $\frac{1}{4}$ cup

Vegetable Credit

Have 0.5 oz of carrots

16 oz (1 lb)/9.87 servings = 1.62 oz is $\frac{1}{4}$ cup serving

$0.5/1.62 = 30.86\%$ of $\frac{1}{4}$ cup serving

Carrots, frozen <i>Sliced</i> <i>Includes</i> <i>USDA Foods</i>	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
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Vegetable Credit

Vegetable	Percent of ¼ cup serving
Tomato Paste	52.63%
Carrots	30.68%
Total	83.31%

Provides 1/8 cup of red/orange vegetable.



Pepperoni

CN statement is 16 oz of pepperoni provide 10 oz meat/meat alternate

Have 1 oz of pepperoni

Provides 1 oz meat/meat alternate



CN Label: Yes

CN Label Numbers:

CN Statement: One pound (16 oz.) of this Pepperoni provides 16 oz. equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements.

<http://www.tysonfoodservice.com/Products/104583-282.aspx>

Cheese

1 lb (16 oz) = 16 servings

1 oz = 1 oz meat/meat alternate serving

CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)^{14,15}

Cheese American, Cheddar, Mozzarella, or Swiss ¹⁴ Natural or Process Includes USDA Commodity	Pound	16.0	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
	Pound	10.6	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese



Pizza CN Label

Crust	3 bread servings
Vegetable	1/8 cup of red/orange vegetables
Meat/Meat Alternate	2 oz

Each 6 oz piece of pepperoni pizza provides 2 oz of equivalent meat/meat alternate, 1/8 cup of red/orange vegetables and 3.00 grain equivalents for Child Nutrition Meal Pattern Requirements (Use of this logo and statement authorized by Food and Nutrition Service, USA XX-XX)

Menu Planning

Menu Examples

Sample from Omaha Public Schools

Monday December 2

Breakfast

Yogurt
Graham Crackers
Chilled Juice
Milk

Lunch

Hamburger Pizza
Fresh Broccoli Trees
Fresh Red Delicious
Apple Half
Milk

Snack

String Cheese
WGR Saltine Crackers

Tuesday December 3

Breakfast

WGR Pancakes with
Maple Syrup
Fresh Granny Smith
Apple Half
Milk

Lunch

Soft Shell Taco
Refried Beans
Frozen Apricot Cup
Milk

Snack

Zucchini Bread
Milk

Wednesday December 4

Breakfast

Egg & Cheese Biscuit
Frozen Apricot Cup
Milk

Lunch

Grilled Chicken
on a WGR Bun
Sweet Potato Puffs
Fresh Kiwi
Milk

Snack

Heartzels
Fresh Carrot Dippers

Thursday December 5

Breakfast

WGR Cinnamon
Breakfast Cake
Fresh Kiwi
Milk

Lunch

Ranch Chicken Drummie
Fajita Russet Potato
Chunks
WGR Breadstick
Chilled Strawberries
Milk

Snack

Animal Crackers
Fresh Banana
Milk

Friday December 6

Breakfast

Glazed French Toast
Chilled Strawberries
Milk

Lunch

Beef Cutlet on
a WGR Bun
Steamed Green Beans
Chilled Peaches
Sample: New York
Cheddar Cheese Nuggets
Milk

Snack

Frozen Peach Cup
Graham Crackers

Menu Requirements

	Meat	Grain	Vegetable	Fruit	Milk
Monday	Hamburger Pizza (Ground Beef and Cheese)	Pizza Crust	Broccoli (Dark Green)	½ Apple	Milk
Tuesday	Taco (Meat and Cheese)	Taco Shell	Refried Beans (Beans)	Apricot Cup	Milk
Wednesday	Grilled Chicken	Whole Grain Bun	Sweet Potato Puffs (Red/Orange)	Kiwi	Milk
Thursday	Ranch Chicken Drummie (Poultry)	Breading for chicken	Fajita Russet Potato Chunks (Starchy)	Strawberr ies	Milk
Friday	Beef Cutlet	Whole Grain Bun	Green Beans (Other)	Peaches	Milk

Cost Requirements

In addition to all nutrition and food group requirements schools must meet cost requirements

Reimbursement

- Breakfast - \$1.76
- Lunch - \$2.74
- Administrative – \$0.26

Omaha Public School

- Breakfast – No cost (Grant)
- Lunch - \$1.75
- Common for schools to get less money for paid lunches than reduced and free lunches



Reimbursement

	Non-Severe Need	Severe – Need	Administrative Reimbursement	Maximum Cost to Students
Free Breakfast	\$1.48	\$1.76	\$0.26	Free
Reduced Breakfast	\$1.18	\$1.46	\$0.26	\$0.30
Free Lunch	\$2.72	\$2.74	\$0.26 - \$0.28	Free
Reduced Lunch	\$2.32	\$2.34	\$0.26 - \$0.28	\$0.40
Free After School Snack	\$0.74	\$0.74	\$0.06	
Reduced After School Snack	\$0.37	\$0.37	\$0.06	

Breakfast Severe Need = 40% free previous year

Lunch Severe Need = 60% free previous year

Nutrition

Schools are required to meet nutrition requirements

Calories ranges

Sodium limits

Fat and Sat Fat

Fiber and Whole Grains

Dec 2-6, 2013

Nutrition Facts

Serving Size 1 Lunch per Day

Serving Size 1 Meal

Amount Per Serving (Week Avg.)

Calories 654

		% Value*
Fat Calories	19 cal	27%
Saturated Fat Calories	5 cal	7%
Cholesterol	67 mg	67%
Sodium	1209 mg	90%
Total Carbohydrate	89 gm	73%
Dietary Fiber	9 gm	182%
Protein	33 gm	221%
Vitamin A	2032 IU	143%
Vitamin C	74 mg	437%
Calcium	487 mg	132%
Iron	5 mg	130%

*Percent Values are based on the comparison for the USDA nutrient standard traditional menu plan.

**Condiments are included

Calories

Breakfast

Grade Level	Calories
K – 5	350 – 500
6 – 8	400 – 550
9 – 12	450 - 600



Lunch

Grade Level	Calories
K – 5	550 – 650
6 – 8	600 – 700
9 – 12	750 - 850



Sodium (Final Standards)

Breakfast

Grade Level	Calories
K – 5	Less than 430 mg
6 – 8	Less than 470
9 – 12	Less than 500

Lunch

Grade Level	Calories
K – 5	Less than 640
6 – 8	Less than 710
9 – 12	Less than 740



Partial Quality Control Program

PQC is required for the plant

Written document describing

- Weight control
- Ingredient control
- Formula control
- Lot control

Must be reviewed by AMS staff

Plant inspection is required

Conducted by AMS

Pay for fee services



Manufacturers and Products

Manufacturers

- <http://www.fns.usda.gov/sites/default/files/manufacturers.pdf>

List of approved products

- <http://www.fns.usda.gov/sites/default/files/labels.pdf>

