

What's New with Team Nutrition Resources



Presented by USDA Food and Nutrition Service Team Nutrition:

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Team Nutrition Initiative

Supports the Child Nutrition Programs by:



1

Developing nutrition education resources to help children make healthy food and physical activity choices as part of a healthy lifestyle

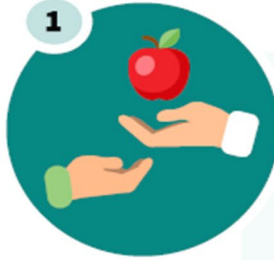
2

Providing training and technical assistance for child nutrition professionals to enable them to prepare and serve nutritious meals that appeal to students

3

Providing technical resources to support healthy school & child care environments

Next Steps for School Meal Patterns



TRANSITIONAL STANDARDS RULE

In February 2022, USDA published a rule that served as a bridge to give schools the support they needed as we worked together to rebound from the pandemic. The rule established. The rule establishes transitional standards for school years 2022-2023 and 2023-2024 in three key areas – milk, whole grains, and sodium.



COMMENT PERIOD



PROPOSED RULE

In February 2023, USDA issued a proposed rule on long-term school nutrition standards based on the latest Dietary Guidelines for Americans and feedback from our many partners.



COMMENT PERIOD



FINAL RULE

In time to plan for the 2024-2025 school year, USDA plans to issue a final rule establishing practical, implementable, science-based school meal standards that work for schools, industry, and – most importantly – the more than 30 million school children that rely on the school meal programs every day.





NUTRITION EDUCATION
AND PROMOTION
RESOURCES



TECHNICAL
ASSISTANCE
RESOURCES

In this presentation...

Accessing Team Nutrition Resources



PROGRAMS > TEAM NUTRITION

Fueling Children's Healthy Growth, Learning, and Play

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.

[About Team Nutrition](#)

[Order Team Nutrition Resources](#)

Order Form



TeamNutrition.USDA.gov

- State agencies, sponsoring organizations, and operators can order print copies.

- For bulk orders, email: TeamNutrition@usda.gov

I am a...

 School

 Child Care Organization

 State Agency

 Partner

Search for resources by audience

Team Nutrition Resource Webpages in Spanish

Desktop View

USDA Food and Nutrition Service U.S. DEPARTMENT OF AGRICULTURE

CONTACT US | REPORT FRAUD | ASKUSDA | **Languages** | USDA Food and Nutrition Service U.S. DEPARTMENT OF AGRICULTURE | CONTÁCTENOS | REPORTAR FRAUDE | PREGUNTE AL USDA | **Idiomas** | USDA.GOV

HOME | PROGRAMS | DATA & RESEARCH | FUNDING | NEWSROOM | RESOURCES | OUR AGENCY

INICIO | PROGRAMAS | DATOS E INVESTIGACIONES | FINANCIACIÓN | NOTICIAS | RECURSOS | NUESTRA AGENCIA

Serving School Meals to Preschoolers | **Servir comidas escolares a niños preescolares**

Publication Date
Monday, January 28, 2019

FNS Document #
663

Resource Type
Technical Assistance & Guidance

Resource Materials
Serving School Meals to Preschoolers (661.19 KB)

Related Content
School Breakfast Materials
School Lunch Materials

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern of their age, whether in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of meals and assistance services vary for these two age groups and are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

| Preschool Meal Pattern | | Breakfast | | Lunch | |
|---------------------------|-----------------|-----------------|-----------------|-----------------|--|
| | 1-2 years | 3-5 years | 1-2 years | 3-5 years | |
| Milk | 1/2 cup (4 oz.) | 1/2 cup (6 oz.) | 1/2 cup (4 oz.) | 1/2 cup (6 oz.) | |
| Fruit | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup | |
| Vegetables | | | 1/2 cup | 1/2 cup | Optional: at least one different vegetable may be served in place of fruit at lunch. |
| Grains | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | |
| Meat/Seafood Alternatives | | | 1 oz. eq. | 1 1/2 oz. eq. | Optional: Meat/seafood alternatives may be served in place of the entire grains component up to 2 times per week at breakfast. Minimum serving size for both egg groups is 1/2 oz. eq. |

Serving sizes are minimums. Consider size of the larger portion. 1C = 12oz. 1/2 C = 6oz. 1/4 C = 3oz. 1/8 C = 1.5oz. 1/16 C = 0.75oz.

1900-443
More training, access planning, and technical education materials for Child Nutrition Programs can be found at TeamNutrition.USDA.gov.



Publication Date
Monday, January 28, 2019

FNS Document #
663-5

Tipo De Recurso
Technical Assistance & Guidance

Contenido Relevante
Materiales para el desayuno escolar
Materiales para el almuerzo escolar

Servir comidas escolares a niños preescolares

Las comidas preescolares servidas a través del Programa Nacional de Almuerzo Escolar y el Programa de Desayuno Escolar (NSLP y SBP) por un agente en un jardín de infancia o un centro de cuidado de los Estados Unidos están diseñadas para satisfacer las necesidades nutricionales de los niños preescolares. Los niños reciben comidas que siguen el patrón de comidas preescolares si son estudiantes del nivel educativo preescolar. Hay dos grupos de edad bajo el patrón de comidas preescolares: niños de 1 a 2 años de edad (1-2 años) y niños de 3 a 5 años de edad (3-5 años). Los tipos de comidas y los servicios de asistencia varían para estos dos grupos de edad y son diferentes para los dos grupos de edad. Siguiendo el patrón de comidas preescolares, su escuela puede ayudar a que los niños pequeños coman los tipos y cantidades de alimentos que mejor apoyan su crecimiento y desarrollo.

| Patrón de comida preescolar | | Desayuno | | Almuerzo | |
|------------------------------|------------------|------------------|------------------|------------------|---|
| | 1-2 años | 3-5 años | 1-2 años | 3-5 años | |
| Leche | 1/2 taza (6 oz.) | 1/2 taza (6 oz.) | 1/2 taza (4 oz.) | 1/2 taza (6 oz.) | |
| Fruita | 1/2 taza | 1/2 taza | 1/2 taza | 1/2 taza | |
| Vegetales | | | 1/2 taza | 1/2 taza | Optional: Un segundo vegetal diferente se puede servir en vez de fruta en el almuerzo. |
| Granos | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | |
| Carnes o Sustitutos de carne | | | 1 oz. eq. | 1 1/2 oz. eq. | Optional: Se puede servir carnes o sustitutos de carnes para cumplir con el componente completo de granos hasta 3 veces por semana en el desayuno. El tamaño de porción mínima para cada grupo de edad es 1/2 oz. eq. |

Serving sizes are minimums. Consider size of the larger portion. 1C = 12oz. 1/2 C = 6oz. 1/4 C = 3oz. 1/8 C = 1.5oz. 1/16 C = 0.75oz.

1900-443
Más capacitación, planificación de menús y materiales de educación nutricional para los Programas de Nutrición Infantil en TeamNutrition.USDA.gov.

Mobile View

USDA Food and Nutrition Service U.S. DEPARTMENT OF AGRICULTURE

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Serving School Meals to Preschoolers

Publication Date: Monday, January 28, 2019

FNS Document #: 663

Resource Type: Technical Assistance & Guidance

Resource Materials: Serving School Meals to Preschoolers (661.19 KB)

Related Content: School Breakfast Materials, School Lunch Materials

Languages | REPORT FRAUD | ASKUSDA | USDA.GOV

Sign Up for Team Nutrition Updates!

For English bulletins sign up at public.govdelivery.com/accounts/USFNS/subscriber/new?topic_id=USFNS_94



Or, at the bottom of each page enter your email address in this section:

Sign up for Updates

Your Email Address:

For Spanish bulletins sign up at public.govdelivery.com/accounts/USFNS/subscriber/new?topic_id=USFNS_228



Subscríbese para recibir información actualizada

Escriba su email:



Nutrition Education and Promotion Resources


Nibbles for Health Newsletters

fns.usda.gov/tn/nibbles

Nutrition Newsletters for Parents of Young Children (3-5 years)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Developing Healthy Habits With Less Sugar



Young children have small tummies, but big nutrition needs! Children often eat and drink too many added sugars, which are sugars and sweetening syrups that are added to foods or drinks when they are made.

Adults can help by making sure meals and snacks include foods and drinks that are lower in added sugars. This can help children learn to love a variety of flavors, not just what's sweet.

How Do I Find the Amount of Added Sugars in a Food?

Limit added sugars in your family's diet as much as possible by choosing foods and drinks that are lower in added sugars. You can find "Added Sugars" on the Nutrition Facts label on the food package. Children ages 2–4 years should get less than 25–35 grams (g) of added sugars per day. One 12-ounce can of soda, lemonade, or fruit drink has up to 60g of added sugars.

Use the [MyPlate Plan](#) to find an eating plan that is right for your child.

Top Sources of Added Sugars for Americans (age 1 and older)*

- Sugar-Sweetened Beverages
- Desserts and Sweet Snacks
- Candy and Sugars

*Data Source: American Health Survey, 2013-2016, ages 1 and older, 5 days dietary recall data, n=10,000.

Nutrition Facts
130g Total Sugars
Includes 10g Added Sugars


Total Sugars = Added Sugars + Naturally Occurring Sugars

Some foods naturally contain sugars. Examples include milk and fruits. These foods also provide important nutrients, like vitamins and minerals. Low-fat unflavored milk and fruits are part of a healthy eating pattern.

Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1004

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Developing a Taste for Less Sodium



Sodium (salt) is found in many foods we eat, even if they do not taste salty. Children, like adults, get more sodium than their bodies need.

If salty foods are eaten often, children may develop a preference for salt in foods. By offering foods and drinks that are lower in sodium, adults can help children develop healthy eating patterns. Starting early in life can be easier than trying to change eating habits later on. This may help reduce the risk of certain health problems like high blood pressure.

How Can I Find the Lower Sodium Option?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar types of foods, such as crackers, and choose the ones that are lower in sodium.

How Much Sodium Is Too Much?

Children ages 1–3 years should get less than 1,200 milligrams (mg) of sodium per day. Children ages 4–8 years should get less than 1,500 mg per day.

Check out the [MyPlate Plan](#) to find an eating plan that is right for your child.

Nutrition Facts
Sodium 135mg

Nutrition Facts
Sodium 60mg

Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1005

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving Meals "Family Style"



Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child's hands.
- Decide how much to eat.
- Talk and connect with others.

Try Family Style Meals at Home

- Place each food on its own serving plate or bowl. You can start small by choosing one food item to pass around the table.
- Sit down together. Turn off the television and put down the phones for fewer distractions.
- Pass each serving plate or bowl around to each person at the table. Help young children pass the bowl or plate if needed.
- Let each person serve their own food. Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- Talk with one another. Check out "Talk With Me" on the next page for ideas.

Support Young Children at Mealtime

- Sometimes new foods take time. Children don't always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
- Patience works better than pressure. Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
- Accept that it may be messy at first. It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.

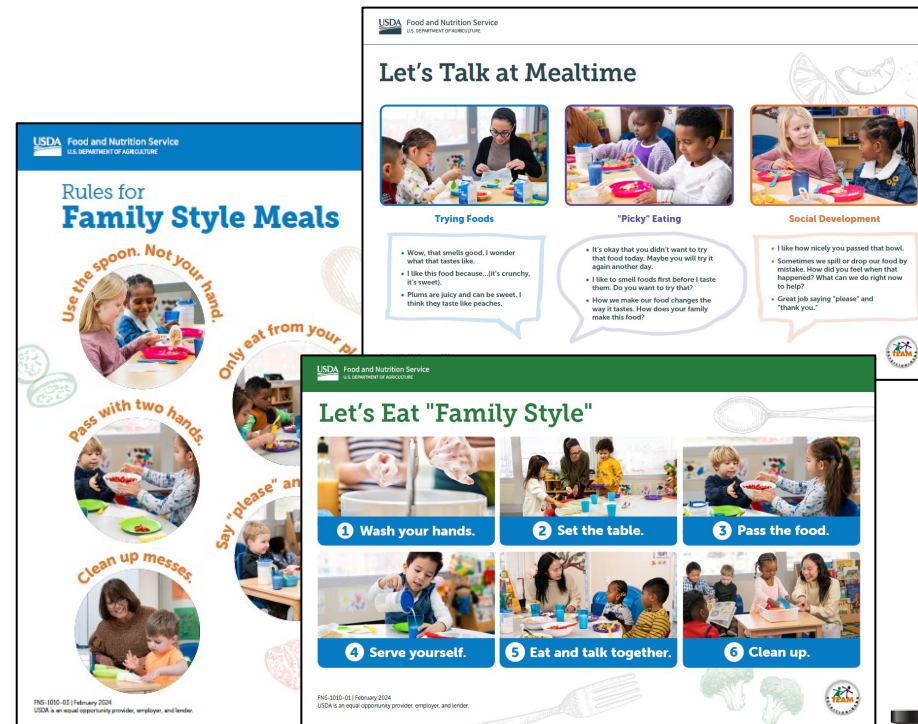
Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1006

Family Style Meal Service With Children in the CACFP

fns.usda.gov/tn/cacfp/family-style-meals



Operator Booklet



Classroom Posters
(also in Spanish)



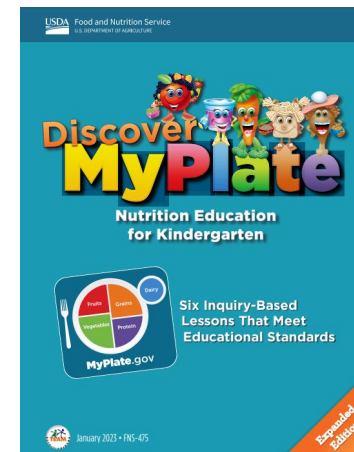
Original Photos



Training Slides

Discover MyPlate Materials

- Teacher's Guide
- Emergent Reader Mini Books (7)
- Emergent Readers: Teacher's Edition
- Reach for the Sky Song
- Food Group Friends Profile Cards (6)
- Food Cards (52)
- Look and Cook Recipes (5)
- Student Workbook
- The Five Food Groups Poster
- Parent Handouts (6)
- Discover MyPlate Videos (3)



School Lunch e-Poster

- Fillable PDF file
- Display daily menu items
- Top field can be used for:
 - Date, school name, lunch theme, or additional statements
- Can be used in:
 - Electronic message boards
 - Webpages
 - Social media

Resources for Taste-Test Events

Posters



Social Media Images



Newsletter

TEAM NUTRITION
School Meals
Grab n' Go
Quick tips to improve your meal service

I've got great taste!

Ingredients for a Successful Taste-Test Event

Taste tests are a great way for school nutrition professionals to introduce new menu items and get students excited to try healthy foods at school. The input collected from students can be used to improve recipes and create school meals that students want to eat. Use the tips below to help plan and host a successful taste-test event.

1. A Yummy Recipe or Food to Taste

Choose a recipe or food that you are considering adding to your school meals menus. Taste testing is a key part of the Institute of Child Nutrition's [USDA Recipe Standardization Guide](#) and the best way to measure student acceptability. Some schools fund student taste-testing events using money from the school food service account, while others use grant funds, such as [Team Nutrition Training Grants](#). When preparing the sampling area, provide utensils, napkins,

Team Nutrition Photo Collection

USDA Flickr Account

Includes 350 photos for:

- School Breakfast
 - School Lunch
 - Child Care Recipes
 - Infant Nutrition
 - MyPlate Meals
- ...and more!



Child Care Recipes (Team...)
69 photos



Food Portions (Team Nutrition)
62 photos



Handwashing (Team Nutrition)
5 photos



Nutrition Education (Team...)
26 photos, 1 video



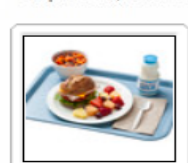
Infant Nutrition (Team...)
24 photos



Kids Cooking (Team Nutrition)
62 photos



Meal Service Training (Team...)
20 photos



MyPlate Meals (Team Nutrition)
7 photos



School Breakfast (Team...)
7 photos, 1 video



School Lunch (Team Nutrition)
27 photos



Smart Snacks (Team Nutrition)
4 photos



Summer Meals (Team Nutrition)
6 photos

Team Nutrition Web Quizzes

Topics include:

- School Breakfast
 - School Lunch
 - Toddler Nutrition
 - Milk in the CACFP
 - Child Nutrition Label
- ...and more!

School Breakfast Quiz

Want to be your best at breakfast?



[Start Quiz](#)

School Lunch Quiz

Can you make the school lunch honor roll?



[Start Quiz](#)

Milk in the CACFP Quiz

How much do you know about milk?



[Start Quiz](#)

[Start Spanish Quiz](#)

School Breakfast Materials Webpage

Photo Props



Social Media Images

SCHOOL BREAKFAST IS...

BRAIN POWER FOR LEARNING

NUTRITION FOR GROWTH

FUEL FOR SPORTS AND PHYSICAL EDUCATION

Kids are stronger with school breakfast. TeamNutrition.USDA.gov

SCHOOL BREAKFASTS INCLUDE WHOLE GRAINS BECAUSE...

GET MORE FIBER FOR BETTER DIGESTION AND TO FEEL FULL LONGER

GET ENOUGH SELENIUM FOR A HEALTHY IMMUNE SYSTEM

GET MAGNESIUM TO HELP BUILD BONES AND SUPPORT MUSCLE FUNCTION

Learn more about school breakfast nutrition at TeamNutrition.USDA.gov

Infographic and Video

STRONGER WITH SCHOOL BREAKFAST

School breakfasts play a big role in helping kids get the nutrition they need to learn, grow, and be healthy. The School Nutrition and Meal Cost Study¹ showed that school breakfast is a big supplier of foods most kids don't eat enough of—whole grains, fruits, and dairy. The study also found that kids who eat school breakfast eat more of these foods than kids who eat breakfast elsewhere.

FRUITS

Fruits at school breakfast provide kids with $\geq 48\%$ of the fruits they need for the entire day.

| | | |
|--|--|--|
| 63% | 48% | 51% |
| of recommended daily amount for elementary school kids | of recommended daily amount for middle school kids | of recommended daily amount for high school kids |

Bitting into whole fruits at breakfast boosts kids' intakes of potassium, vitamin C, folate, and dietary fiber. These important nutrients help the body maintain a healthy blood pressure, heal wounds, and more.

DAIRY

Dairy foods at school breakfast provide kids with about 40% of the dairy foods they need for the entire day.

| | | |
|--|--|--|
| 39% | 40% | 40% |
| of recommended daily amount for elementary school kids | of recommended daily amount for middle school kids | of recommended daily amount for high school kids |

Drinking low-fat or fat-free milk at breakfast helps kids build strong bones, at a time when they are growing quickly. Calcium and vitamin D are just a few of the important nutrients in milk and other dairy foods. Lactose-free and reduced lactose milks also provide these nutrients for kids.

WHOLE GRAINS

School breakfast provides kids with $\geq 30\%$ of the whole grains they need for the entire day.

| | | |
|--|--|--|
| 33% | 38% | 30% |
| of recommended daily amount for elementary school kids | of recommended daily amount for middle school kids | of recommended daily amount for high school kids |

Starting the day with whole grains gives kids dietary fiber, which helps kids feel full longer. Fiber also helps keep the digestive tract working properly. Whole grains also provide B vitamins and minerals, like selenium and magnesium, for a healthy body.

Kids are learning how to have a healthy eating pattern at school breakfast. These healthy habits can help kids grow into healthy adults that have lower risks of chronic diseases, such as diabetes and heart disease. Learn more about school breakfast at: TeamNutrition.usda.gov.

School Lunch Materials Webpage



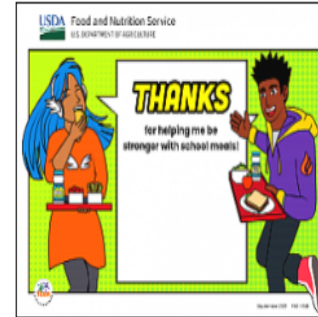
[How School Lunch is Made and How You Can Help](#)



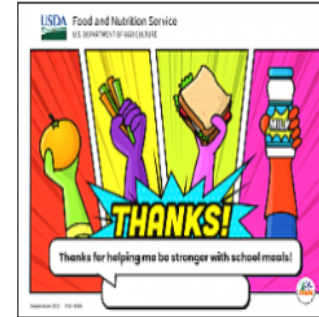
[MyPlate Guide to School Lunch for Families](#)



[School Lunch Quiz](#)



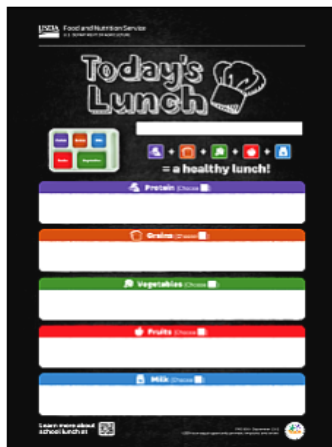
[Stronger with School Meals Thank You Card 1](#)



[Stronger With School Meals Thank You Card 2](#)



[National School Lunch Week Social Media Shareables](#)



[Today's Lunch E-Poster](#)



[Stronger with School Meals Activity Booklet](#)



[Video: Introduction to the School Nutrition and Meal Cost Study SY2014-15](#)



[School Meals Trays, Many Ways](#)



[Taste-Test Events](#)



[Celebrating the Flavors of School Meals](#)

School Meals Grab n' Go E-Newsletters





Technical Assistance Resources

Nutrition and Technical Assistance Branch (NTAB) PartnerWeb

What is PartnerWeb?

- SharePoint site to better communicate with FNS stakeholders and partners

What's on the NTAB PartnerWeb Site?

- New and updated policy memos and guidance
- Upcoming conferences, training, and webinars
- Latest in Team Nutrition resources



Get access by contacting cnpntab@usda.gov with the following information:

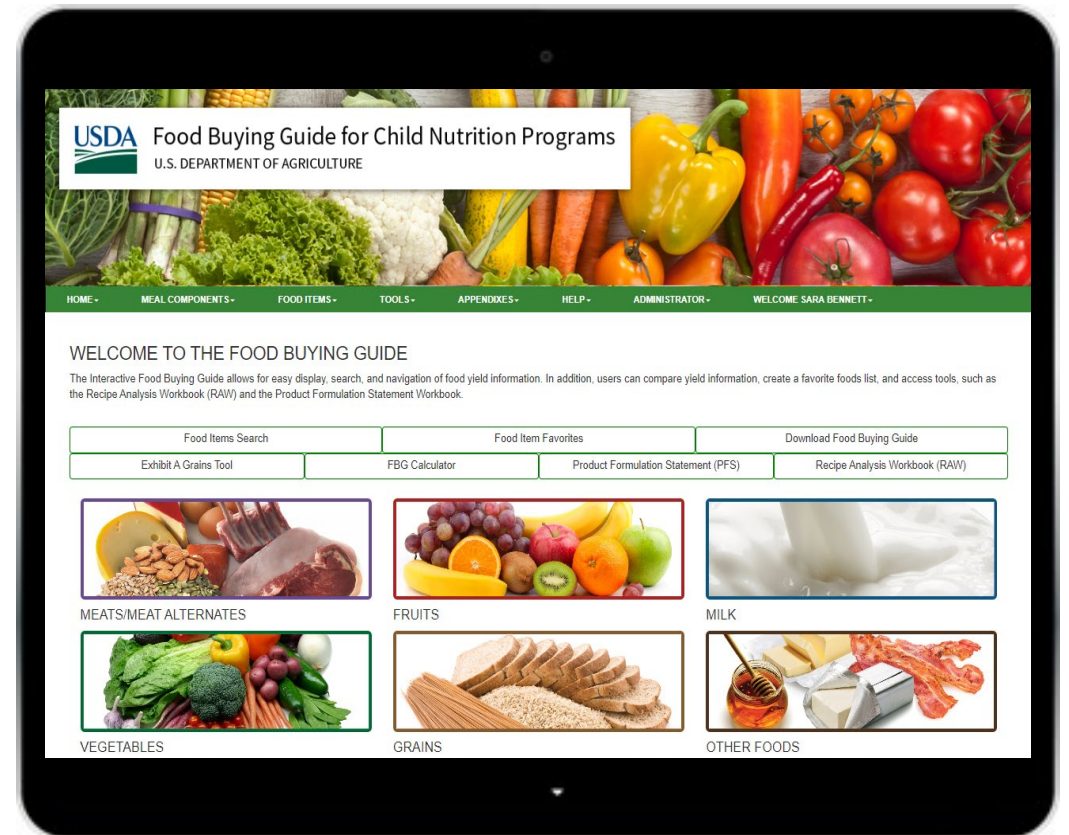
- Name, Email, Business Address, and Phone Number

Digital Tools

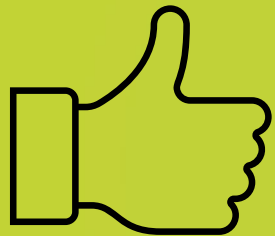
1 Professional Standards Training Tracker Tool



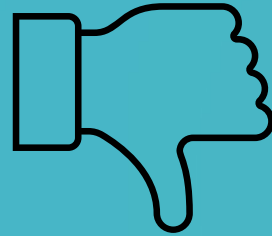
2 Food Buying Guide for Child Nutrition Programs



Does Team Nutrition have a FREE resource available for school nutrition professionals that can track training and certifications for all employees in a school district?



Yes



No

USDA Professional Standards Training Tracker Tool (PSTTT)



- ✓ Web-based
- ✓ Free
- ✓ Mobile friendly




- ✓ Adding, editing, and deleting training records for multiple employees at the same time
- ✓ Receiving notification of required training hours and completed training hours
- ✓ Printing certificates of completion for all employees
- ✓ Logging certifications with an expiration date
- ✓ Ability to run multiple types of reports

Enhancements to the PSTTT

❖ Streamlined ways to search:

- ✓ Option to NOT view deactivated employees in the list when adding training or searching employee list
- ✓ Added filter to view employees by school on the “View Employees” page

The screenshot displays the 'View Employees' interface. At the top right, the title 'View Employees' is visible. Below it, there is a message: 'Please click on  for helpful tips.' To the right, a 'School Year' dropdown menu is set to '2023-2024'. Below this, another message reads: 'Note: Please use the CTRL key when selecting or deselecting schools, to keep multiple selections.' The main section features a 'Filter Employees By Schools' dropdown menu with the following options: 'All Employees', 'AATEST SCHOOL1', 'ALPINE ELE', 'ALPINE EM', and 'ALPINE HS'. At the bottom left, there is a checkbox labeled 'Hide Current Inactive Employees' which is currently unchecked. Orange boxes highlight the dropdown menu and the 'Hide Current Inactive Employees' checkbox.

Enhancements to the PSTTT

- ❖ Duplicate training titles flagged when adding new titles
- ❖ Log Certifications function
 - ✓ Add certifications with expiration dates
 - ✓ Receive email notifications when certifications are 90-days and 30-days from expiring

My Certifications

Show entries

| Certification Name | Completion Date | Expiration Date |
|--|-----------------|-----------------|
| ServSafe Food Protection Manager | 6/3/2019 | 6/3/2024 |

Showing 1 to 1 of 1 entries

[View Profile](#) [Log Certification](#)

Check out the New PSTTT Dashboard!



An official website of the United States government [Here's how you know](#)

USDA Professional Standards Training Tracker Tool
U.S. DEPARTMENT OF AGRICULTURE

Home Training **Employees** Reports Help Welcome SHARON LEE

Welcome to the Professional Standards Training Tracker Tool (PSTTT)!

The PSTTT provides easy navigation and user-friendly time saving features! Some of the features include a database of trainings to auto-populate training information, the ability for managers to enter trainings for multiple employees, reminder alerts for remaining annual training requirements, and notifications for annual training requirement completion.

Please click on [i](#) for helpful tips.

Congratulations! You have completed your required training hours. [Print/Save Certificate](#)

3/13/2024

Training Statistics Complete by: 6/30/2024

● Hours completed: 10:05
● Hours remaining: 00:00
Total required hours: 10:00

Badges

Congratulations! You've earned a Platinum Badge.

Recent Trainings (up to 5 latest trainings taken):

| Training | School Year | Date Completed | Hours Completed |
|------------------------------------|-------------|----------------|-----------------|
| HOUSTON ISD BACK-TO-SCHOOL SEMINAR | 2023-2024 | 1/30/2024 | 04:00 |

Professional Standards Resources



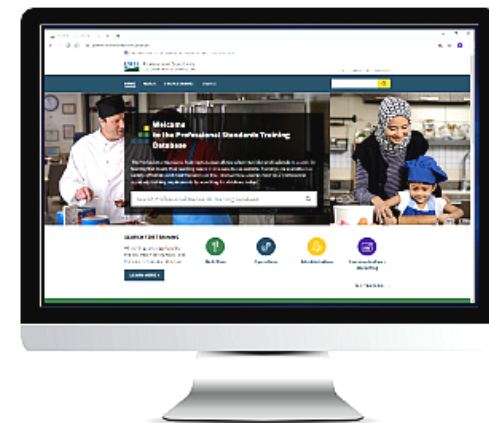
[Guide to Professional Standards for School Nutrition Programs](#)



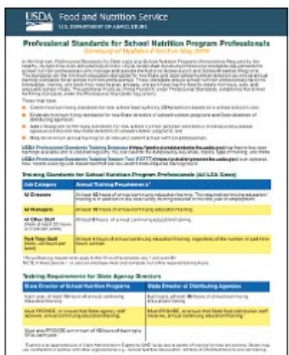
[Professional Standards Training Reward Badges](#)



[Professional Standards Training Tracker Tool](#)



[Professional Standards Training Database](#)



[Professional Standards Summary of Updates Flyer](#)



[Professional Standards Brochure](#)



[Professional Standards Training Tracker Tool](#)



[Recorded Webinar: Professional Standards Training Tracker Tool 2.0: Enhancements for Training Tracking Success!](#)



[Recorded Webinar: Track Training Like a Star with the Professional Standards Training Tracker Tool](#)



[Recorded Webinar: Master the Professional Standards Training Tracker Tool English | Spanish](#)

Professional Standards Resources Spanish



Professional Standards: Resources

[HOME](#)

Resource Type

Technical Assistance & Guidance

Related Content

Professional Standards are annual training requirements and hiring standards for professionals in the school nutrition programs. [These regulations](#) provide consistent, national professional standards that strengthen the ability of school nutrition professionals to perform their duties effectively and efficiently.

These resources provide school nutrition professionals with the knowledge and tools to implement and meet the

Professional Standards Training Database



Operations



Administration

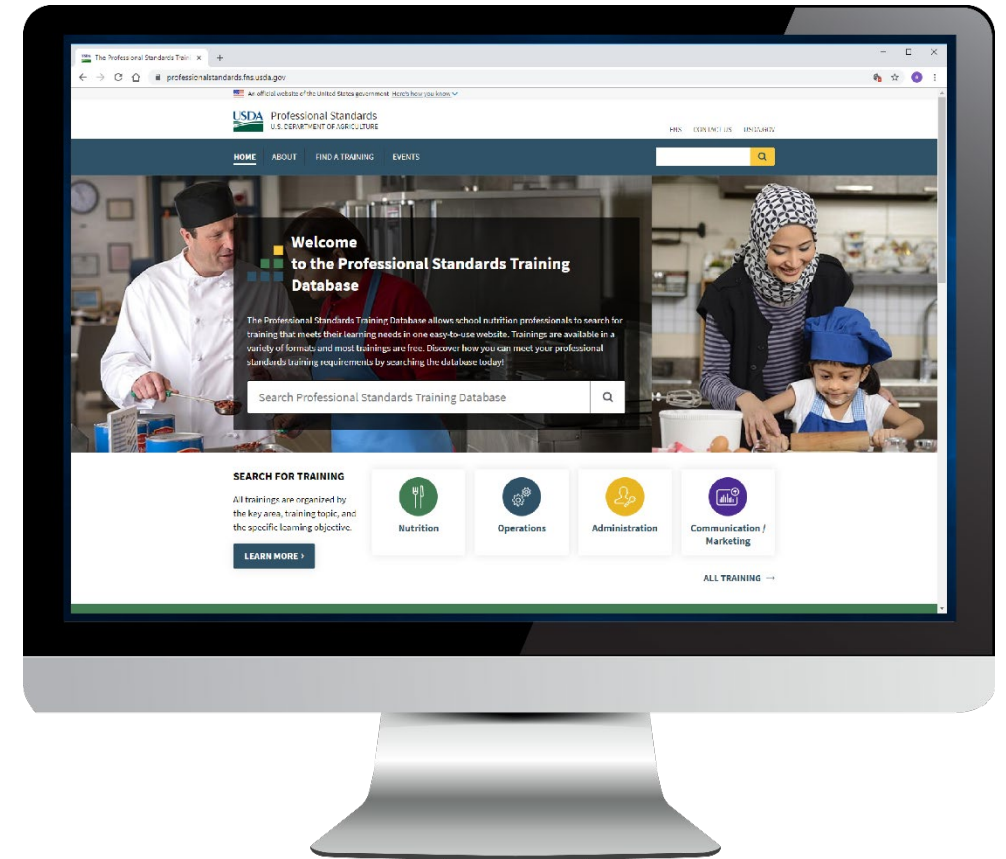


Nutrition



Communications/Marketing

600+
Trainings



professionalstandards.fns.usda.gov/

What resource can you use to determine the amount of food items to purchase for your meals?

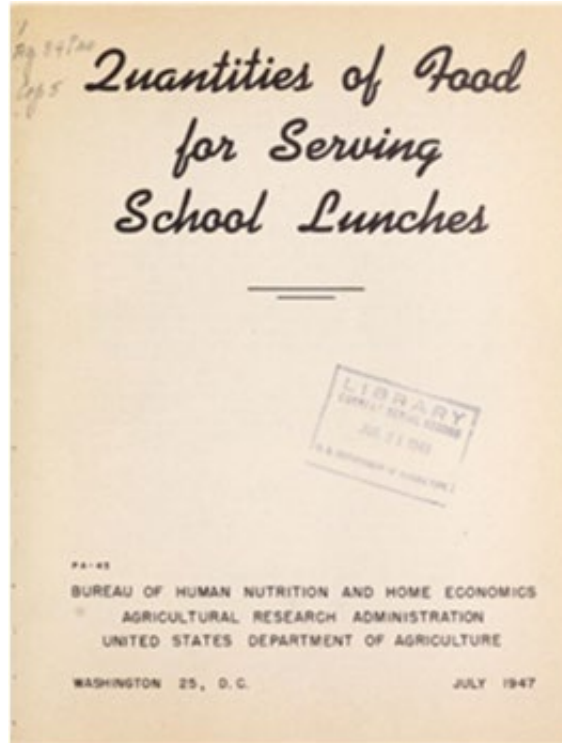
Menu
Planner

Food
Buying
Guide for
Child
Nutrition
Programs
(FBG)

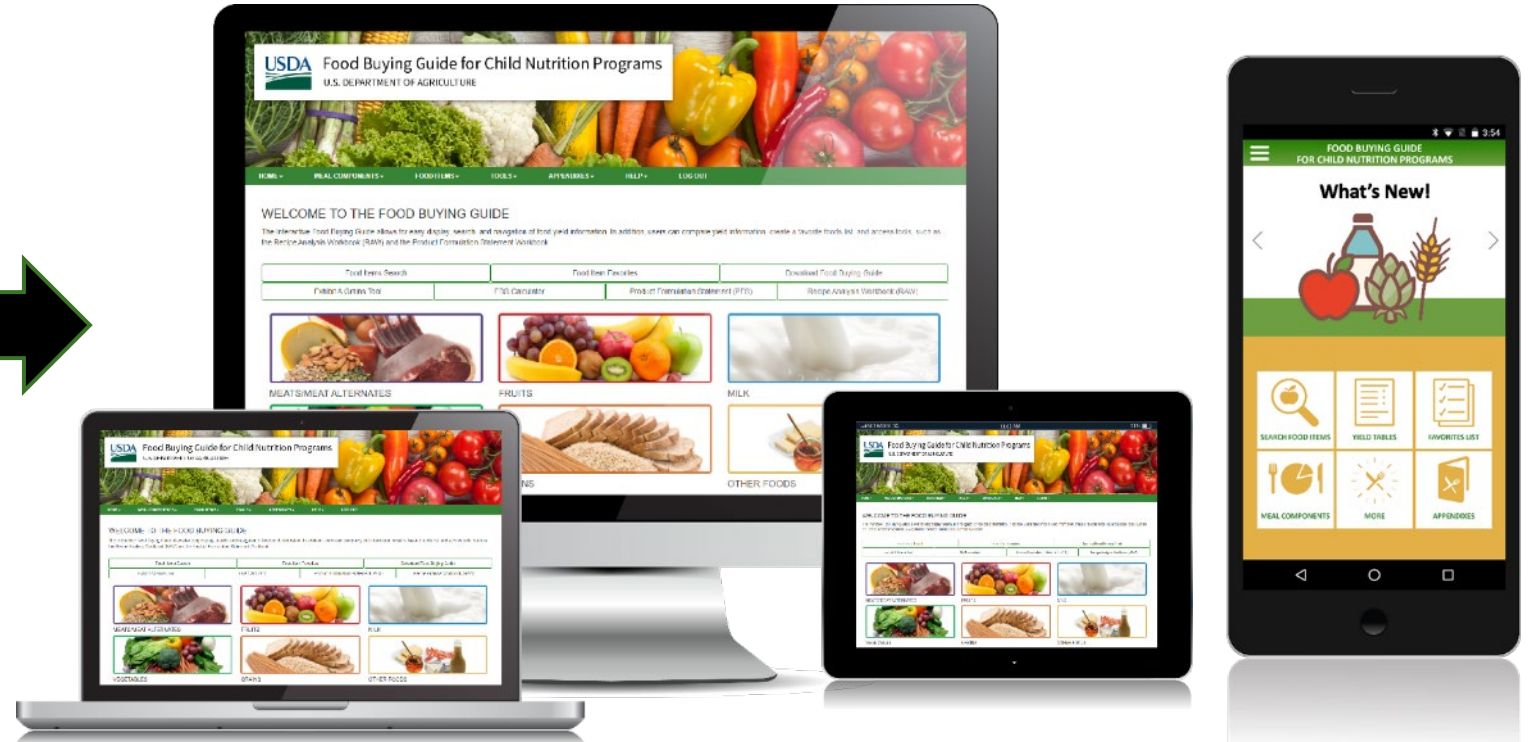
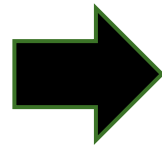
The
Crediting
Handbook

Crediting
Tip Sheets

Food Buying Guide - Then & Now



Then

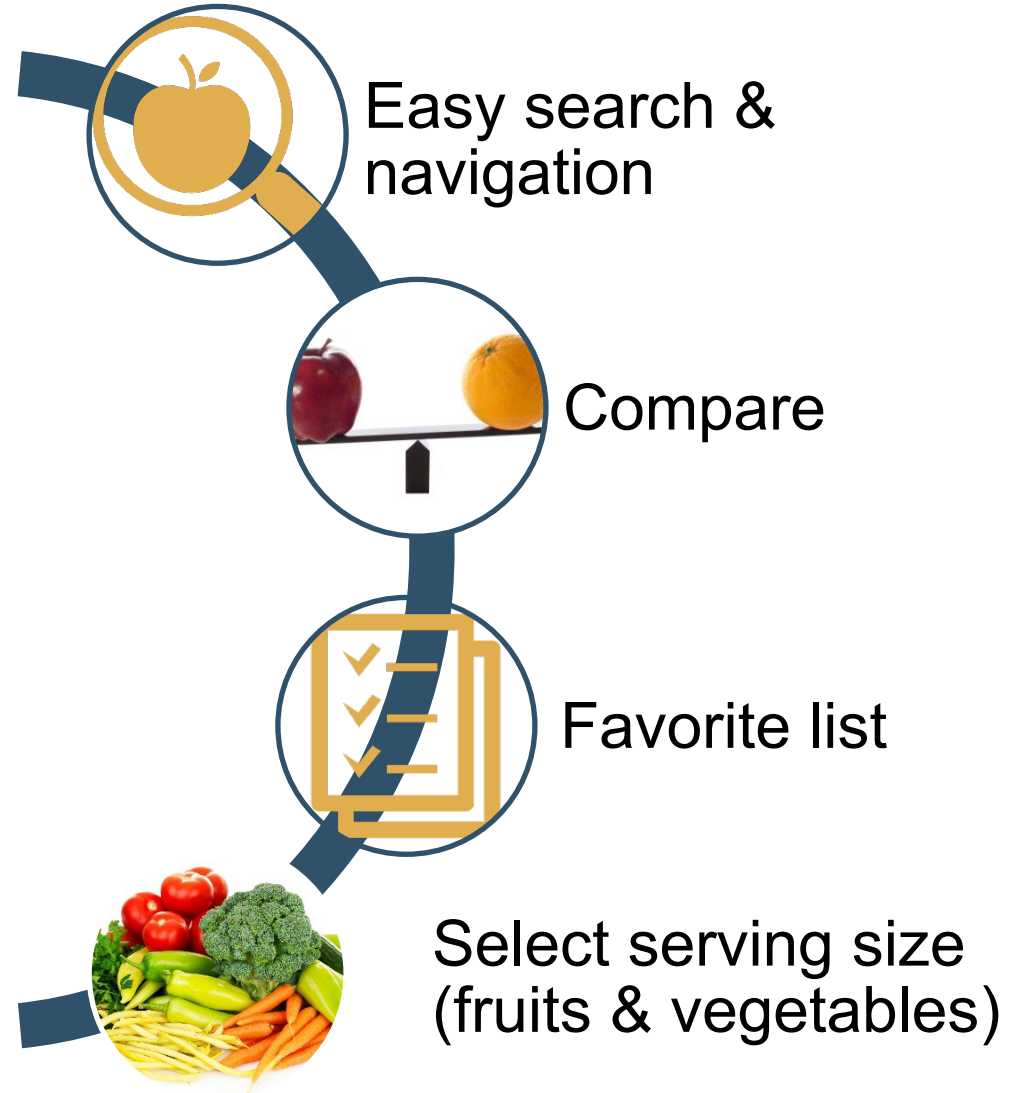
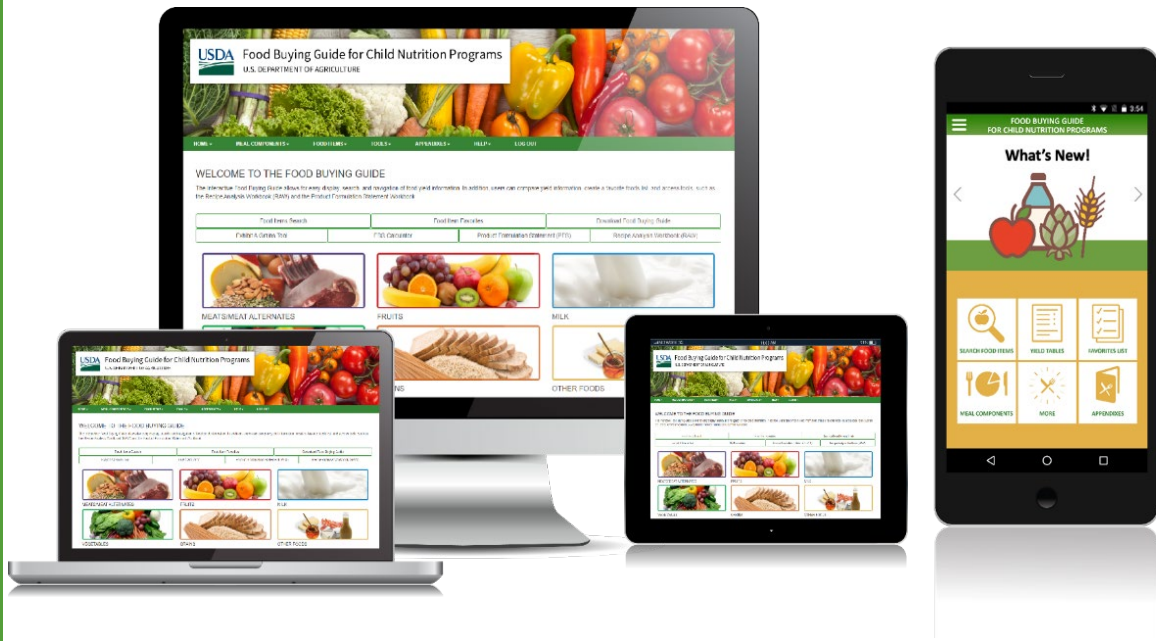


Now

 fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs



Food Buying Guide Digital Resources



FBG and Traditional Indigenous Foods

HOME ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDICES ▾ HELP ▾ ADMINISTRATOR ▾ WELCOME SARA BENNETT ▾

▸ Food Items Search

Search Food Items

Program - Meal:

Keywords:

Meal Component:

Category:

Status:
 Active Items Inactive Items

Food Items Selected for Comparison

Select up to 4 food items from search results to be compared.

| Food As Purchased, AP | Purchase Unit | Servings per Purchase Unit, EP | Serving Size per Meal Contribution | Action |
|-------------------------|---------------|--------------------------------|------------------------------------|--------|
| No item for comparison. | | | | |

Search Results

| Meal Component | Category / Subcategory | Food As Purchased, AP | Purchase Unit | Servings per | Serving Size per Meal Contribution | Add to | Add to |
|----------------|------------------------|-----------------------|---------------|--------------|------------------------------------|--------|--------|
|----------------|------------------------|-----------------------|---------------|--------------|------------------------------------|--------|--------|

New Food Yields

- Grains
 - Purple rice
 - Parboiled medium grain brown rice
- Meats/Meat Alternates
 - Boneless, skinless chicken thighs
 - Mutton (stew meat, ground, shoulder chops)
 - Canned pork*
 - Catfish fillets
 - Pouched Tuna (11, 43, & 48 oz)
 - Smoked salmon fillet
- Vegetables
 - Frozen Mixed Vegetables*
 - Roasted chickpeas
 - Grape Tomatoes
 - Brown lentils
 - Onions (whole, diced, and sliced)
 - Frozen diced potatoes
- Fruits
 - Cactus fruit (prickly pear)
 - Canned mixed fruit*
 - Apple bananas
 - Rambutan



*USDA Foods

Food Buying Guide Features



Recipe Analysis Workbook

- Ounces to pounds calculator (New!)
- When to Use a Preparation Yield Flow Chart (New!)

Product Formulation Statement Workbook

Food Buying Guide Calculator

Exhibit A Grains Tool

Spanish Translation – Under Development



Download the Food Buying Guide Mobile App!



www.fns.usda.gov/tn/food-buying-guide-mobile-app

Food Buying Guide for Child Nutrition Programs: Training Resources

HOME

Resource Type

Technical Assistance & Guidance
Training

Related Content

The Food Buying Guide

A variety of trainings are available featuring the Food Buying Guide for Child Nutrition Programs (FBG). Complete the training modules and view recorded webinars to understand how to use all of the features on the FBG Interactive Web-Based Tool and Mobile App. Additional training videos on navigating the features of the [Food Buying Guide Interactive Web-based Tool](#) and Mobile App are accessible within the web tool under the 'Help' drop-down menu.

Training Modules

These interactive modules are designed to provide a step-by-step tour through the FBG Web-Based Tool and Mobile App. Each module provides an in-depth look at the features of these digital resources with interactive knowledge checks to assist the learner. Check out these training modules on [ICN's iLearn Portal](#).



[Module 1: Overview of the Food Buying Guide for Child Nutrition Programs](#)



[Module 2: Recipe Analysis Workbook \(RAW\)](#)



[Module 3: Product Formulation Statements \(PFS\)](#)

Feedback on Digital Tools

Write your wishes on back of your index card and leave it with us

Are there additional capabilities you would like to see ?

- Food Buying Guide Web Tool
- Food Buying Guide Mobile App
- Professional Standards Training Tracker Tool



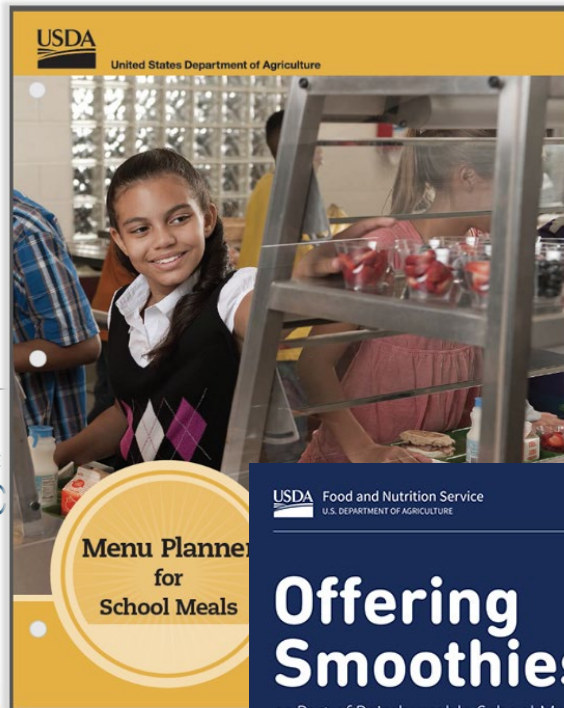
Training and Technical Assistance Resources

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

CREDITING HANDBOOK FOR THE Child and Adult C Food Program



FNS-425



Menu Planner for School Meals

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

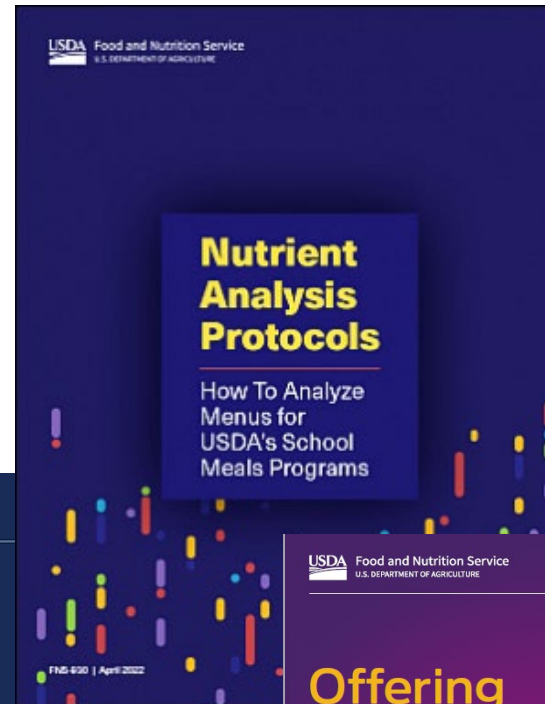
as Part of Reimbursable School Meals
Grades Kindergarten Through 12 (K-12)



Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories
- and more!

FNS-897 July 2021, Slightly Revised November 2023



Nutrient Analysis Protocols

How To Analyze
Menus for
USDA's School
Meals Programs

FNS-830 | April 2022



Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12



Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide To Meeting the Whole Grain-Rich Criteria

FNS-464



Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-929 March 2022

FNS-896 August 2021

Menu Planner for School Meals



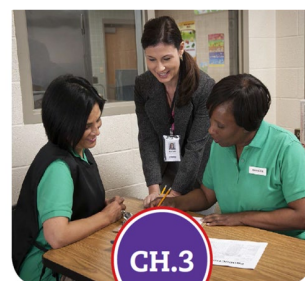
- ❖ 7 Comprehensive Chapters
- ❖ Appendixes
- ❖ School Spotlights
- ❖ *Check Your Understanding* Quizzes
- ❖ Food Safety Tips
- ❖ And: Much, Much More!



CH.1
Child Nutrition
and School Meals



CH.2
Food-Based
Menu Planning



CH.3
Menu
Development



CH.4
Meal Preparation
Documentation



CH.5
Procurement and
Inventory Management



CH.6
Menu Modifications for
Dietary Restrictions



CH.7
Marketing School
Meals for Success!

<https://www.fns.usda.gov/tn/menu-planner>

Menu Planner for School Meals



Tips to help you prepare for an Administrative Review



Calls out practices that help you create a Culture of Food Safety



Identifies foods, amounts, and nutrients needed for a reimbursable meal

Menu Planner for School Meals



Identifies best practices and ideas for improving your school nutrition program



Identifies detailed information on regulations, procedures, and resources



Short quiz at the end of each chapter

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs (NAP Manual)

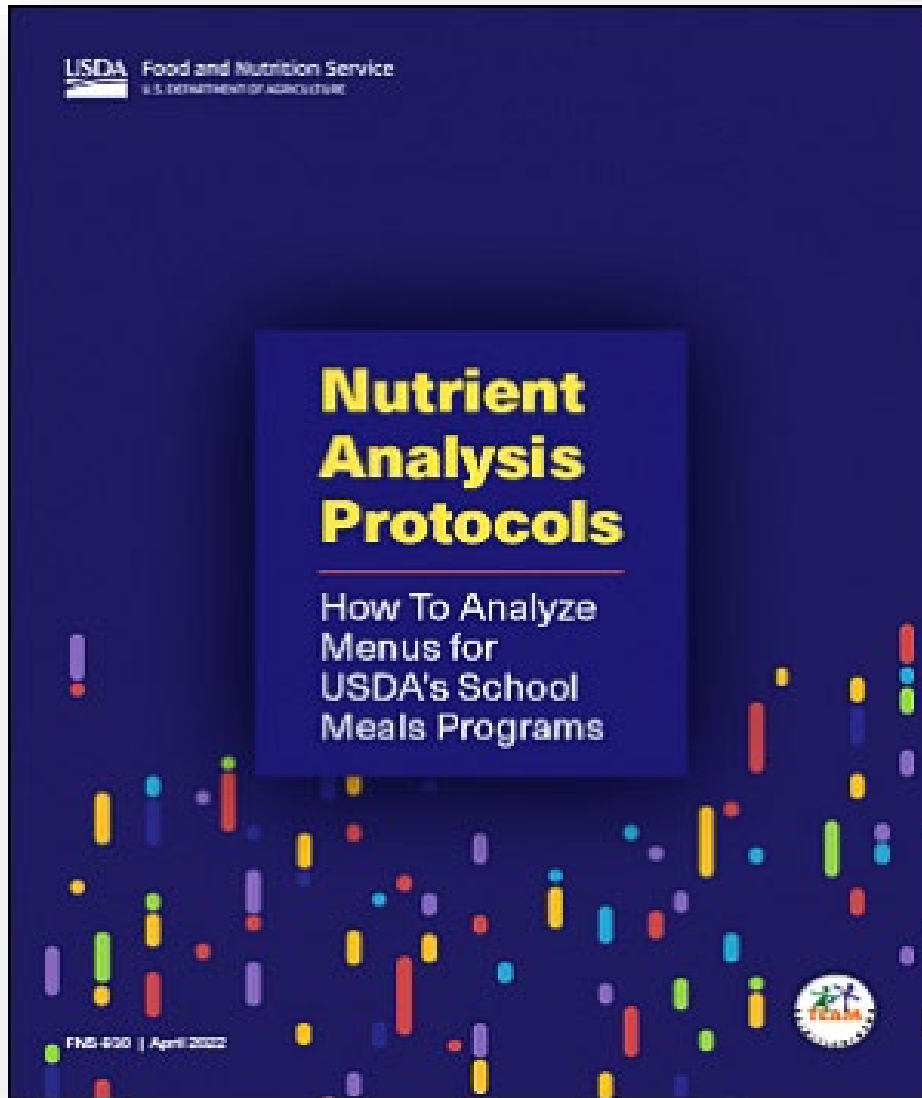


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Guidance for the calculation of nutrient analyses of school menus

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USDA Approved Software



Child Nutrition Database (CNDB)

fns.usda.gov/tn/child-nutrition-database



- ❖ Current: Release 27 (CN27)
- ❖ Included in USDA-Approved Nutrient Analysis Software

➤ **Nutrient Analysis:** 20 Approved Software Programs

fns.usda.gov/tn/usda-approved-nutrient-analysis-software

➤ **Certification of Compliance:** 17 Approved Software Programs

fns.usda.gov/tn/usda-approved-certification-compliance-tools-and-software

Whole Grain Resource



How to use:

- Grains requirements for school meals
- What is a Whole Grain?
- Products that meet whole grain-rich criteria
- Practice Crediting

Crediting Tip Sheets



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Vegetables in the Child Nutrition Programs

Tip Sheet

Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP) and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFS). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Fluid Milk in the Child Nutrition Programs

Tip Sheet

Fluid milk is a required component for reimbursable meals in Child Nutrition Programs (CNP) such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). Fluid milk must be offered at each breakfast, lunch, or supper meal service. Program operators have the option to serve fluid milk as one of the two components of a snack served in the SFS, CACFP, and in the NSLP After-school Snack Service.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Grains in the Child Nutrition Programs

Tip Sheet

Part 1: Creditable Grains in Child Nutrition Programs

Grain products made with creditable grains are a required component of reimbursable meals offered in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). Items made with alternative grains may not be offered as part of a reimbursable snack in Preschool, CACFP, SFS, and the NSLP After-school Snack Service. This tip sheet identifies creditable grains in CNP that meet meal pattern requirements.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Grains in the Child Nutrition Programs

Tip Sheet

Part 2: Identifying Grain Products That Are Whole Grain-Rich

Whole grain-rich products are required in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, and the Child and Adult Care Food Program (CACFP) (with the exception of PB&J). Whole grain-rich items are not required in the Summer Food Service Program (SFS) and the NSLP After-school Snack Service. This tip sheet provides helpful information to determine whether a grain product meets the whole grain-rich criteria.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Grains in the Child Nutrition Programs

Tip Sheet

Part 3: Program Requirements

Grain products made with creditable grains are required as part of reimbursable meals offered in Child Nutrition Programs (CNP), the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). Products made with creditable grains may also be offered as part of a reimbursable snack in the CACFP, NSLP, Preschool, SBP, and the NSLP After-school Snack Service. This tip sheet provides helpful information on serving creditable grains in CNP to meet meal pattern requirements.

How Much?

In NSLP, SBP, Preschool, and CACFP, the grains component is measured in ounce equivalents (oz eq). To provide 100 oz eq grains, the product must contain at least:

- 16 grams of creditable grains for grain products listed in Groups A-G of Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A), such as breads, crackers, bagels, pancakes, etc.
- 28 grams of creditable grains for grain products listed in Groups H and I of Exhibit A, such as rice, cereals, pastas, and soyabeans (PTE) cereals.

A grain product must provide a minimum of 0.25 oz eq grains per serving to credit toward the grains not have a minimum grains requirement.

What Is a Creditable Grain?

Whole grain flour, whole grain meal, corn masa masa, masa harina, hominy, enriched flour, enriched meal, bran, and germ are common grain ingredients in creditable whole grain-rich or enriched grain products (e.g., enriched bread, fortified cereal). See page 4 for a list of common creditable and non-creditable grain ingredients.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Fruits in the Child Nutrition Programs

Tip Sheet

Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFS). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements

- Fruits may be fresh, frozen, dried, canned (packed in water), fruit juice, or light syrup, and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the Food Buying Guide for Child Nutrition Programs (FBG) at <https://foodbuyingguide.fns.usda.gov/>.
- The minimum creditable serving size for fruit is 1/2 cup. **Note:** Minimum creditable amounts do not apply to the infant meal pattern.
- Pureed fruits credit as juice when served in a smoothie.
- Fruits credit towards a meal based on the volume served (except for dried fruit).
- Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
- Example: 1/2 cup of dried cranberries credits as 1/4 cup fruit.
- 1/2 cup of any fruit is the minimum serving size that may be creditable. For example,

What Does Whole Grain-Rich Mean?

"Whole grain-rich" is a term used by the U.S. Department of Agriculture's Food and Nutrition Service (FNS) and only refers to criteria for meeting the grains requirement for the NSLP, SBP, Preschool, and CACFP. This term is not found on product labels and should not be confused with the U.S. Food and Drug Administration's (FDA) whole grain health claim.

- Whole grain-rich foods are those that are 100 percent whole grain or at least 50 percent whole grain meal and/or flour. Any remaining whole grain product may be in the form of bran, germ, or one ounce equivalent (oz eq) of bread, bagels, and pancakes (representing 28 grams of creditable grain). To be whole grain-rich, a product must contain at least 8 grams of whole grain per oz eq.

Other products, such as cereal flakes, pasta, and rice, are not required to be whole grain-rich. For more information on whole grain-rich products, visit <https://www.fns.usda.gov/whole-grain-rich>.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting Meats/Meat Alternates in the Child Nutrition Programs

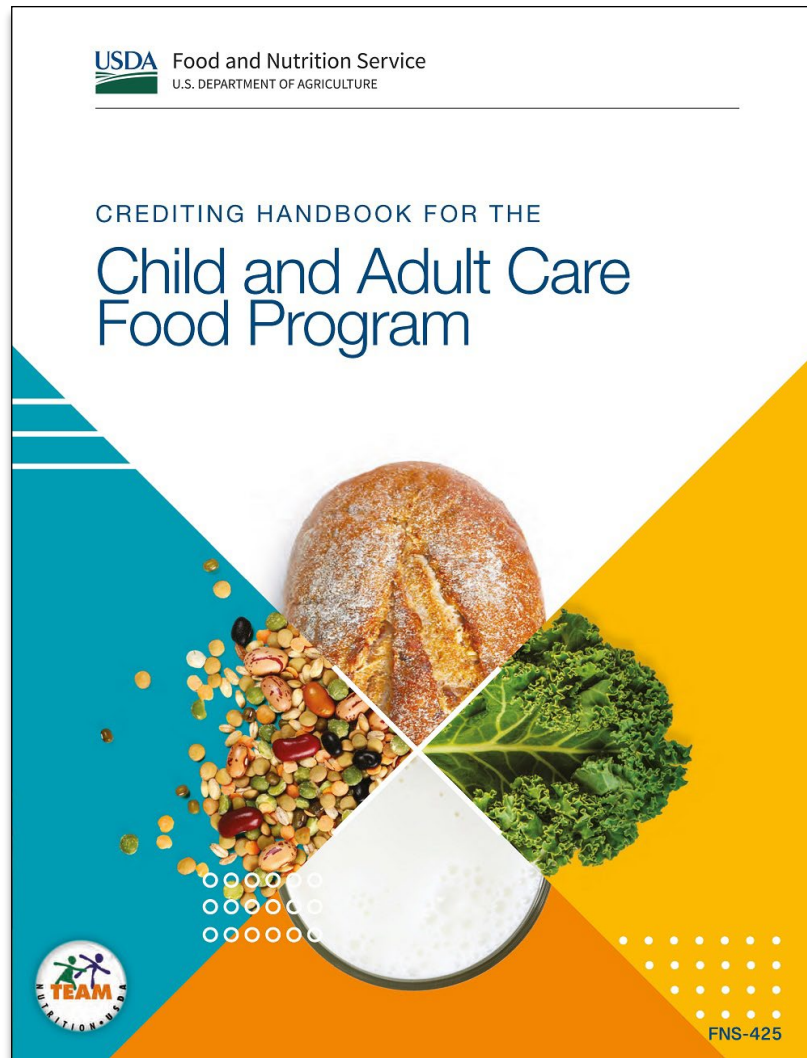
Tip Sheet

Meat/Meat Alternates (MMAs) are a required meal component for reimbursable lunches and suppers in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). They are also a required meal component for lunches served under the Preschool Meal Pattern. MMAs are not required for a reimbursable breakfast in CNPs, but may be offered in place of grains, with certain limitations, in the School Breakfast Program (SBP), the Preschool Breakfast Meal Pattern, and the CACFP. MMAs may also be served as one of the two required meal components for a reimbursable snack in CNPs. When planning menus, remember:

- MMAs are measured in ounce equivalents (oz eq). An oz eq of MMA is the amount of the food that represents 1 ounce of lean protein of lean meat without the bone. See page 2 for a list of creditable MMAs commonly served in CNPs and their 1 oz eq amounts.
- The MMA amount offered must provide a minimum of 0.25 oz eq per serving to be creditable in CNPs.
- The minimum creditable amounts do not apply to the CACFP infant meal pattern.



Crediting Handbook for the CACFP



- ❖ Meal Patterns
- ❖ Meal Components
- ❖ Crediting in Action
- ❖ Resource Section

Manufacturer Documentation: Child Nutrition Labels and Product Formulation Statements

PROGRAMS > MEALS FOR SCHOOLS AND CHILDCARE > NATIONAL SCHOOL LUNCH PROGRAM > PROGRAM OPERATOR > CN LABELING PROGRAM > MANUFACTURER DOCUMENTATION

Resource Type

Technical Assistance & Guidance

Related Content

[CN Labeling Program](#)

[CN Labeling and PFS Guidance for Food Manufacturers/Industry](#)

[Food Buying Guide for Child Nutrition Programs](#)

The Child Nutrition (CN) label and a manufacturer's Product Formulation Statement (PFS) are documents that provide a way for a manufacturer to demonstrate how a processed food product may contribute to the meal pattern requirements in child nutrition programs (CNP). Both a CN label and PFS are voluntarily provided by manufacturers at the request of program operators.

- A **CN label** is approved by USDA and provides a warranty of a product's meal pattern contribution when the product is used according to the manufacturer's instructions.
- A **PFS** is typically provided for processed products that do not have a CN label.

Below are links to additional guidance and technical assistance related to CN Labels and PFS.

CN Labeling Program



[CN Labeling Program Homepage](#)

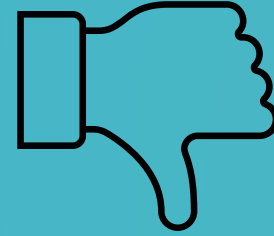
[CN Label Verification Reports](#)

Monthly updated reports listing valid CN label numbers and manufacturers that have met FNS's quality control program requirements for the CN labeling program.

Is there a Team Nutrition resource available to help me verify the crediting information for CN Labeled products?



Yes



No

Child Nutrition (CN) Label Verification Reports



- Assists in verifying:
 - Status of CN label
 - Validity of CN labels copied with a watermark



CN Labeling Manual

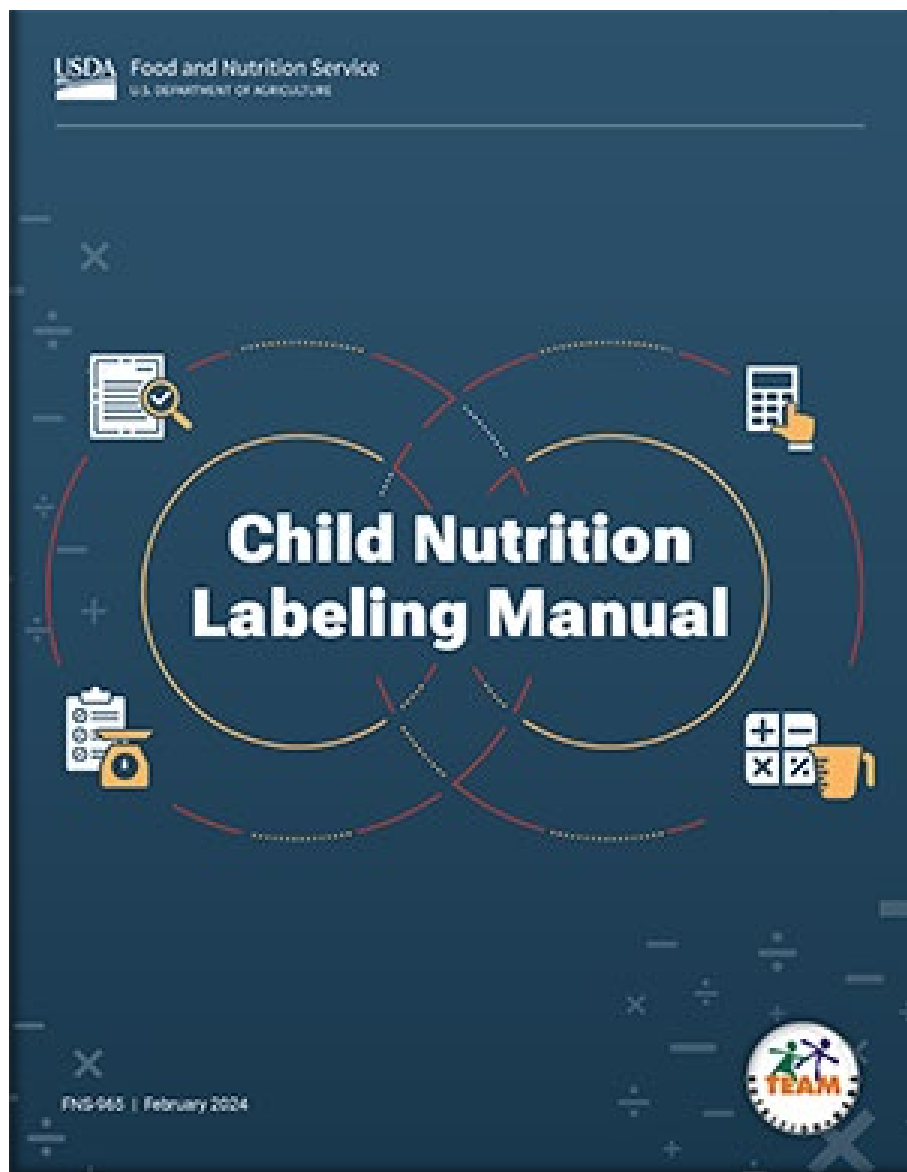


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- 06 What Is the Child Nutrition (CN) Labeling Program?
- 06 Who Runs the Program?
- 07 How Does the Program Work?
- 08 What Products Can be Child Nutrition (CN) Labeled?
- 08 What Must Be Declared on the Child Nutrition (CN) Label?
- 09 What Information Is on a Child Nutrition (CN) Label?
- 09 Are Products Served in Child Nutrition Programs (CNP) Required To Be Child Nutrition (CN) Labeled?
- 10 What Are the Advantages of Using Child Nutrition (CN) Labeled Products?
- 10 The Child Nutrition (CN) Label Verification and Reporting System
- 11 Buy American Provision

12 Section 2: Child Nutrition (CN) Label Application Process

- 12 General Guidance
- 13 Application Process for Meats/Meat Alternates (M/MA)
- 15 Application Process for Seafood
- 16 Types of Approvals (Applies to All Child Nutrition (CN) Labels)

How to Apply

18 Section 3: Child Nutrition (CN) Contribution Statements and Calculations

- 18 Child Nutrition (CN) Contribution Statement
- 18 Meats/Meat Alternates (M/MA) Contribution
- 19 Vegetables and/or Fruits Contribution
- 20 Grains Contribution
- 21 Procedures for Determining the Meats/Meat Alternates (M/MA) Contribution
- 34 Procedures for Determining the Grains Contribution
- 43 Procedures for Determining the Vegetables Contribution
- 46 Procedures for Determining the Fruits Contribution

Calculations

Offer Versus Serve Materials in Spanish

Posters



USDA Food and Nutrition Service
El Departamento de Agricultura

OFRECER VERSUS SERVIR (OVS)

Consejos para padres del servicio de comidas escolares

Programa de Desayuno Escolar

¿Qué es OVS?
El objetivo de Ofrecer versus Servir (OVS) por sus siglas en inglés es reducir el desperdicio de alimentos y al mismo tiempo permitir que los estudiantes elijan los alimentos que quieren comer. Todos desayunamos en un lugar. Cuando los estudiantes y el personal de la cafetería entienden OVS, la línea para el desayuno se mueve con más rapidez, lo cual permite a los estudiantes aprovechar al máximo la hora de la comida y disfrutar los alimentos nutritivos y apetitosos que se les sirven. También ayuda a reducir los costos de la comida en general.

Según el OVS, las escuelas tienen que ofrecer para el desayuno al menos cuatro alimentos de los tres componentes alimenticios requeridos (fruta, granos, y leche líquida).

- Un componente alimenticio es uno de los tres grupos de alimentos requeridos en un desayuno reembolsable. Estos son: frutas, granos y leche líquida.
- Un alimento es un producto específico que se ofrece como parte de los tres componentes alimenticios, por ejemplo, 2 rebanadas de pan rico en grano integral, 1 taza de leche y 1 taza de leche. Este comida cumple con los requisitos del desayuno según el OVS porque se ofrecen tres componentes alimenticios y cuatro alimentos.

En el desayuno, según el OVS, los estudiantes tienen que elegir por lo menos uno de los cuatro alimentos ofrecidos, incluyendo el menos 1/2 taza de fruta y/o vegetal. Tenga en cuenta que el OVS es opcional en el desayuno para todos los grados escolares.

Ejemplo de menú de desayuno según el OVS
Variedad de leche* - un grano o trigo en grano (1 taza de leche)
Rebanada de pan tostado rico en grano integral (1 taz de grano)
Cereal rico en grano integral (1 taz de grano)
Rodajas de naranja (1/2 taza de fruta)

Componentes requeridos en el desayuno

- Fruta: 1 taza
- Granos: 1 taza equivalente, tal vez
- Leche líquida*: 1 taza

Componentes opcionales en el desayuno

Vegetales

- Se pueden ofrecer vegetales como sustitutos para las frutas.

Carnes/sustitutos de carne

- Se pueden servir carnes/sustitutos de carne para cumplir con el requisito semanal de granos, siempre y cuando se ofrezca abundantemente un mínimo de granos de 1 oz eq.

Las carnes/sustitutos de carne también se pueden ofrecer como un alimento "leche" (no se pueden acreditar para los requisitos del grado de comida) o se sustituyen una comida reembolsable.

*El agua fría cuenta como uno de los tres componentes alimenticios requeridos y no se puede servir como un sustituto de la leche.

USDA Food and Nutrition Service
El Departamento de Agricultura

OFRECER VERSUS SERVIR (OVS)

Consejos para padres del servicio de comidas escolares

Programa Nacional de Almuerzo Escolar

¿Qué es OVS?
El objetivo de Ofrecer versus Servir (OVS) por sus siglas en inglés es reducir el desperdicio de alimentos y al mismo tiempo permitir que los estudiantes elijan los alimentos que quieren comer. Todos desayunamos en un lugar. Cuando los estudiantes y el personal de la cafetería entienden OVS, los líneas de almuerzo se mueven con más rapidez, lo cual permite a los estudiantes aprovechar al máximo la hora del almuerzo y disfrutar de los alimentos nutritivos y apetitosos que se les sirven. También ayuda a reducir los costos de la comida en general.

Las escuelas tienen que ofrecer por lo menos las cantidades mínimas requeridas de los cinco componentes alimenticios.

- Un componente alimenticio es uno de los cinco grupos de alimentos requeridos en los almuerzos reembolsables. Estos son: carnes/sustitutos de carne, granos, frutas, vegetales y leche líquida.
- Un alimento es un producto específico que se ofrece como parte de los cinco componentes alimenticios. Por ejemplo, un estuqueño pequeño es un grano integral con salsa de tomate en un alimento que contiene un componente de granos y otro de vegetales.

Según el OVS, los estudiantes tienen que elegir dos componentes alimenticios en el almuerzo que se ofrecen en los almuerzos para asegurar que obtengan los beneficios nutricionales de una comida. El OVS es un requisito en los almuerzos que se sirven en las escuelas secundarias para los estudiantes en las escuelas intermedias y primarias. El OVS no es un requisito para los estudiantes que se ofrecen en los días de almuerzo en campus para los estudiantes que se ofrecen fuera del campus de la escuela.

Los cinco componentes alimenticios requeridos se detallan a continuación en el almuerzo escolar. Para que el almuerzo sea reembolsable, los estudiantes tienen que elegir al menos uno de los cinco componentes alimenticios requeridos, incluyendo al menos 1/2 taza de fruta y/o vegetal. Consulte la tabla de Componentes Alimenticios Requeridos para obtener una lista de los componentes alimenticios requeridos y las cantidades mínimas que se deben ser ofrecidos. Las carnes/sustitutos de carne y los granos se pueden servir en un equivalente de 1 oz eq de granos si el almuerzo que representa una porción de 1 taz.

Componentes Alimenticios Requeridos

| Componente alimenticio requerido | MIN | MAX | MIN | MAX |
|----------------------------------|----------|----------|----------|---------|
| Vegetales | 1/2 taza | 1/2 taza | 1/2 taza | 1 taza |
| Frutas | 1/2 taza | 1/2 taza | 1/2 taza | 1 taza |
| Granos | 1 oz eq | 1 oz eq | 1 oz eq | 2 oz eq |
| Carnes/sustitutos de carne | 1 oz eq | 1 oz eq | 1 oz eq | 2 oz eq |
| Leche líquida* | 1 taza | 1 taza | 1 taza | 1 taza |

¿Es reembolsable?

- Utilice esta lista sencilla para confirmar si los almuerzos de los estudiantes son reembolsables según el OVS.
- ✓ ¿Ofrecer las comidas que se listan en esta lista? (Solo para las escuelas intermedias y primarias)
- ✓ ¿Ofrecer los granos, carnes/sustitutos de carne y leche líquida?
- ✓ ¿Ofrecer la comida que es un sustituto adecuado por lo menos 2 componentes de los cuales al menos uno es 1/2 taza de fruta y/o vegetal?

Si la respuesta a cada una de estas preguntas es sí, entonces el almuerzo escolar es reembolsable según el OVS. Si alguna de estas preguntas es no, entonces el almuerzo no es reembolsable y no se puede servir como sustituto de la leche.

Tip Sheets

Other Updated School Resources

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of milk and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

| | Breakfast | | Lunch | |
|-----------------------|---|---------------|---------------|---------------|
| | 1-2 years | 3-5 years | 1-2 years | 3-5 years |
| Milk | ½ cup (4 oz.) | ¾ cup (6 oz.) | ½ cup (4 oz.) | ¾ cup (6 oz.) |
| Fruits | ¼ cup | ½ cup | ¼ cup | ½ cup |
| Vegetables | | | ¼ cup | ½ cup |
| Grains | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. |
| Meats/Meat Alternates | Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq. | | 1 oz. eq. | 1½ oz. eq. |

Serving sizes are minimums. Operators may offer larger portions. Oz. = Ounce; Oz. eq. = Ounce equivalent.

FNS-663
More training, menu planning, and nutrition education materials for Child Nutrition Programs can be found at Team.Nutrition.USDA.gov.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)

Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories and more!

FNS-697 July 2021 Slightly Revised November 2023

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-896 August 2021

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12

Label:
Serving Size 1 cup (30g)
Total Carbohydrate 29g
Dietary Fiber 1g
Total Sugars 5g
Includes 4g Added Sugars
Protein 6g
Vitamin D 0%
Calcium 0%
Iron 16.2mg
Potassium 94mg

% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of other people's secrets.

FNS-929 March 2022

Other Updated School Resources

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of milk and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

Preschool Meal Pattern

| | Breakfast | | Lunch | |
|-----------------------|--|---------------|---------------|---------------|
| | 1-2 years | 3-5 years | 1-2 years | 3-5 years |
| Milk | ½ cup (4 oz.) | ¾ cup (6 oz.) | ½ cup (4 oz.) | ¾ cup (6 oz.) |
| Fruits | ¼ cup | ½ cup | ½ cup | ¾ cup |
| Vegetables | | | ¾ cup | ¾ cup |
| Grains | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. |
| Meats/Meat Alternates | Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq. | | 1 oz. eq. | 1½ oz. eq. |

Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.



Four-page worksheet that assists program operators in planning menus that meet the preschool meal pattern.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)

Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories and more!

FNS-897 July 2021 Slightly Revised November 2023

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-896 August 2021

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12

Labeling:
Cereals 25g
Dietary Fiber 1g
Total Sugars 5g
Includes 4g Added Sugars
Protein 4g
Vitamin D
Calcium
Iron 16.2mg
Cocoa with 84mg

Remember, when it comes to added sugars, less is more!

FNS-929 March 2022



Other Updated School Resources

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)



Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories and more!

FNS-897 July 2021 Slightly Revised November 2023

Guide providing menu planning ideas, crediting tips, sample menus, and more!

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSL and SBS) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student at the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of meals and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

| | Breakfast | | Lunch | |
|----------------------|---------------|---------------|---------------|---------------|
| | 1-2 years | 3-5 years | 1-2 years | 3-5 years |
| Milk | ½ cup (4 oz.) | ¾ cup (6 oz.) | ½ cup (4 oz.) | ¾ cup (6 oz.) |
| Fruits | ¼ cup | ½ cup | ¼ cup | ½ cup |
| Vegetables | | | ¼ cup | ½ cup |
| Grains | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. | ½ oz. eq. |
| Meat/Meat Alternates | | | 1 oz. eq. | 1½ oz. eq. |

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving sizes for both age groups is ½ oz. eq.

Serving sizes are minimums. Operators may offer larger portions. OZ. = Ounce. Oz. eq. = Ounce equivalent.

FNS-883
Menu training, menu planning, and nutrition education materials for Child Nutrition Programs can be found at TeamNutrition.USDA.gov

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

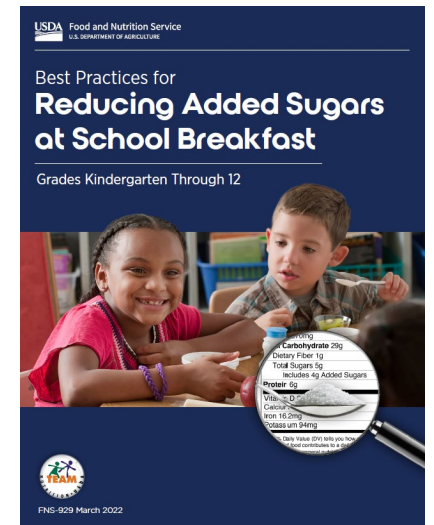


FNS-896 August 2021

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12



Nutrition Label:
 Carbohydrate 29g
 Dietary Fiber 1g
 Total Sugars 5g
 Includes 4g Added Sugars
 Protein 6g
 Vitamin D
 Calcium
 Iron 16.2mg
 Sodium 44mg

FNS-929 March 2022

Other Updated School Resources

Guide providing menu planning ideas, crediting tips, sample menus, and more!

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to support the nutritional needs of young children. Children receive meals that follow the preschool meal pattern. They are a critical part of the preschooler's diet. To learn more about the preschool meal pattern, children 3 through 5 years old (3-5 years), and children 6 through 11 years old (6-11 years), 12 types of foods and minimum serving sizes for each food component are different for two age groups. The following are the preschool meal patterns. Your school can help young children eat the types and amounts of foods that best support their growth and development.

| | Breakfast | | Lunch | |
|------------------|-----------------|-----------------|-----------------|-----------------|
| | 3-5 years | 6-11 years | 3-5 years | 6-11 years |
| Bread and grains | 1/2 cup (4 oz.) | 1/2 cup (4 oz.) | 1/2 cup (4 oz.) | 1/2 cup (4 oz.) |
| Fruit | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Vegetables | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Dairy | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. |
| Protein | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. |

Optional: A second different vegetable may be served in place of half of lunch.

Optional: Additional alternatives may be served in place of the entire grain component. It is recommended that all alternative alternative servings size for both age groups is 1/2 oz. eq.

Serving sizes are minimums. Quantities may vary by age group. Or, children may eat a larger equivalent.

FNS-644
More training, menu planning, and nutrition education materials for Child Nutrition Programs can be found at www.fns.gov.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals
Grades Kindergarten Through 12 (K-12)

Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories and more!

FNS-697 July 2021 (lightly revised November 2023)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

TEAM MILIONAIRES

FNS-896 August 2021

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12

Learn More About:

- Limiting Added Sugars
- Daily Fiber 1g
- Total Sugars 1g
- Includes 4g Added Sugars
- Includes 1g Total Sugars
- Includes 1g Total Sugars
- Includes 1g Total Sugars
- Includes 1g Total Sugars

FNS-529 March 2022

Other Updated School Resources

Training guide that outlines optional best practices to reduce added sugars at school breakfast.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBSP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a resident in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of meals and minimum serving sizes for the meal food components are different for the two age groups. By following the preschool meal pattern, your school can help young children on the types and amounts of foods that best support their growth and development.

| | Breakfast | | Lunch | |
|----------------------|-----------------|-----------------|---|-----------------|
| | 1-2 years | 3-5 years | 1-2 years | 3-5 years |
| Milk | 1/2 cup (4 oz.) | 1/2 cup (6 oz.) | 1/2 cup (4 oz.) | 1/2 cup (6 oz.) |
| Fruits | 1/2 cup | 1/2 cup | 1/2 cup | 1/2 cup |
| Vegetables | | | 1/2 cup | 1/2 cup |
| Grains | | | Optional: A second, different vegetable may be served in place of fruit at lunch. | |
| Meat/Meat Alternates | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. | 1/2 oz. eq. |

Optional: Meat/meat alternates may be served in place of the entire grain component. If it is served in place of the entire grain component, minimum serving size for both age groups is 1/2 oz. eq.

Serving sizes and alternatives. Overlays may offer larger portions. See chart on p. 10 for more information.

FNS-603
Menu planning, menu planning, and nutrition education materials for Child Nutrition Programs can be found at TeamNutrition.USDA.gov.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)

Look Inside For:

- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories
- and more!

FNS-897 July 2021. Slightly Revised November 2023.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-896 August 2021

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12

| | |
|--------------------------|--------|
| Total Carbohydrate | 29g |
| Dietary Fiber | 1g |
| Total Sugars | 5g |
| Includes 4g Added Sugars | |
| Protein | 6g |
| Vitamin D | 0% |
| Calcium | 0% |
| Iron | 16.2mg |
| Potassium | 94mg |

Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. A diet of other people's secrets.

TEAM NUTRITION

FNS-929 March 2022

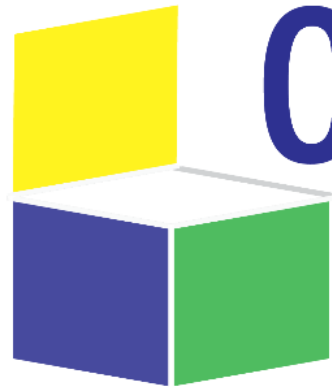
What New Resources Would You Most Like To See?



Write your thoughts on your index card and leave it with us!

1. Job aide/“how-to” (Example: Serving Smoothies in the Child Nutrition Programs)
2. Training worksheets (Example: Serving Meat/Meat Alternates at breakfast)
3. Posters or Promotional Materials (Example: School breakfast posters or OVS Posters)
4. New recipes
5. Other: _____

Child Nutrition Recipe Box



Child Nutrition Recipe Box

Healthy Recipes for Child Nutrition Professionals

theicn.org/cnrb



CACFP Cooking Videos



 fns.usda.gov/tn/instructional-cooking-videos-cacfp

Quick and Easy Snack Recipes



 fns.usda.gov/tn/team-nutrition-recipes


Quick-and-Easy Breakfast Recipes



 fns.usda.gov/tn/team-nutrition-recipes

State Child Nutrition Agency Developed Recipes

USDA United States Department of Agriculture **State-Developed Recipe**



Purple Pirate Potatoes (Roasted Beets and Sweet Potatoes)

This recipe showcases locally grown fresh beets and fresh sweet potatoes with a sweet oven roasted flavor.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction


Preparation Time: 40 minutes
Cook Time: 1 hour

NSLP/ISBP crediting information:
1/2 cup (4 fl oz spoodle or #8 scoop) provides 1/2 cup red/orange vegetable and 1/4 cup other vegetable.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---|-------------|------------------|--------------|-------------------|--|
| | Weight | Measure | Weight | Measure | |
| *Beets, fresh, peeled and chopped (about 1" size cubes). Can use red or golden beets. Red beets create a more purple color. | 6 lb | 1 gal 1 3/4 cups | 12 lb | 2 gal 2 3/4 cups | <ol style="list-style-type: none"> Preheat convection oven to 375 °F Scrub beets and sweet potatoes well under running water. Peeling may not be necessary for either vegetable, especially if the beets are smaller in size and recently harvested. Chop the beets and sweet potatoes; dice the onion. |
| *Sweet potatoes, fresh, peeled and chopped (about 1" size cubes) | 8 lb | 1 gal 3 3/4 cups | 16 lb | 2 gal 1 qt 3 cups | |
| *Onion, sweet, fresh, diced small | 1 lb | 3 cups | 2 lb | 6 cups | |

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USDA United States Department of Agriculture **State-Developed Recipe**



Chickpea Masala

Chickpeas and vegetables in a spiced coconut milk base.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington Office of Superintendent of Public Instruction on behalf of Bellingham Public Schools

Preparation Time: 1 hour 15 minutes
Cook Time: 1 hour


NSLP/ISBP crediting information:
1 cup (8 oz spoodle or ladle) provides:

Legumes as Meat Alternate: 2 1/2 oz equivalent meats/meat alternates, 1/2 cup additional vegetable, 1/4 cup red/orange vegetable, 1/4 cup fruit.
OR
Legumes as Vegetable: 1/2 cup additional vegetable, 1/4 cup beans and peas (legumes), 1/4 cup red/orange vegetable, 1/4 cup fruit.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|--|-------------|--------------|--------------|-----------------|--|
| | Weight | Measure | Weight | Measure | |
| Olive oil or oil blend (25/75 olive/canola) | | 1/2 cup | | 1/2 cup | <ol style="list-style-type: none"> Preheat conventional oven to 375 °F or convection oven to 350 °F. In a large bowl, mix oil, onions, carrots, and garlic. Place the vegetables in a single layer on a sheet tray and roast in oven for 15 minutes or until the onion is translucent. After vegetables are roasted, set aside for use in step 6. |
| *Onions, red, mature, fresh, diced | 1 lb 2 oz | 3 1/2 cups | 2 lb 4 oz | 1 qt 2 3/4 cups | |
| *Carrots, fresh, without tops, peeled, diced | 1 lb 2 oz | 1 qt 1/2 cup | 2 lb 4 oz | 2 qt 2 3/4 cups | |

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USDA United States Department of Agriculture **State-Developed Recipe**



Turkey Chili

Hearty chili packed with colorful vegetables.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Minnesota Department of Education

Preparation Time: 1 hour
Cook Time: 45 minutes

NSLP/ISBP crediting information:
1/2 cup (6 fl oz spoodle) provides
Crediting Beans as Vegetables: 2 oz equivalent meat, 3/4 cup additional vegetable, 1/4 cup vegetable (legumes), 1/4 cup red/orange vegetable
OR
Crediting Beans as Meat Alternate: 3 1/2 oz equivalent meats/meats alternate, 1/2 cup additional vegetable, 1/4 cup red/orange vegetable

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|------------------------------|-------------|---------|--------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| *Onion, yellow, whole, diced | 1 lb | | 2 lb | | <ol style="list-style-type: none"> Dice turkey into 1-inch cubes (can use raw or precooked breast or thigh meat = 2 oz/serving). Heat oil in large stock pot. Add diced turkey. Cook until meat is tender, no longer pink and has reached 165 °F. |
| *Green bell pepper, diced | 1 lb | | 2 lb | | |
| *Red bell pepper, diced | 1 lb | | 2 lb | | |
| Raw netted turkey roast | 12 lb | | 24 lb | | |
| Oil, canola | | 2 Tbsp | | 1/4 cup | |

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theicn.org/cnr/b/state-agency-developed-recipes/

Find More Information Here



TeamNutrition@USDA.gov



[@TeamNutrition](https://twitter.com/TeamNutrition)



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