



Summer Food Service Program Menu Planning & Production Records



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Meal Pattern Requirements

- **For a breakfast to be a reimbursable meal, it must contain:**
 - ▲ one serving of milk;
 - ▲ one serving of a vegetable or fruit or full-strength juice; and
 - ▲ one serving of grain or bread.

- **For a lunch or supper to be a reimbursable meal, it must contain:**
 - ▲ one serving of milk;
 - ▲ two or more servings of vegetables and/or fruits;
 - ▲ one serving of grain or bread; and
 - ▲ one serving of meat or meat alternate.

- **For a snack to be a reimbursable meal, it must contain:**
 - ▲ two food items. Each item must be from a different food component. However, juice cannot be served when milk is served as the only other component.

Meal Components

- There are 4 meal components:
 - ▲ Meat/Meat Alternate
 - ▲ Bread/Grain
 - ▲ Fruit/Vegetable
 - ▲ Milk





Meat/Meat Alternates

- Nuts and seeds may only fulfill $\frac{1}{2}$ of the meat requirement
- Watch out for peanut butter sandwiches, you may not have enough to be creditable
- Alternate protein products are becoming increasingly creditable
- Lunchmeats may not have by-products, cereal, or extenders



Meat/Meat Alternates

- Cheese sauce is creditable if it is real cheese, not imitation
- Cottage or Ricotta Cheese must be doubled (2 ounces = 1 ounce)
- 4 oz yogurt equals 1 oz. of meat
- Traditional subsistence foods may be creditable

Grain/Bread

- Use the following criteria as a basis for crediting items to meet the grains/breads requirement
 - ▲ The label must indicate that the grain/bread must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal it must indicate that it is whole-grain, enriched, or fortified.
 - ▲ Bran and germ are credited the same as enriched or whole-grain meal or flour.



An illustration on the left side of the slide shows three children playing in a grassy field. One child is carrying a red picnic basket, another is running, and a third is jumping. Various food items like a banana, apple, cheese, bread, and a carton of milk are floating in the air around them.

Grain/Bread

Grain/Bread Chart & Crediting

- Found on Reference Section of the Nutrition Guidance Manual and on page 3-15 of the Food Buying Guide
- Helps you to determine the size of a grain product to serve to meet minimum portion size requirements without analyzing a recipe
- required for purchased items that do not or are not eligible to have a CN label.



Fruits & Vegetables

- Juice must be 100% fruit juice and may only be creditable at breakfast or snack
- 2 forms of the same fruit or vegetable may not be served at a meal (i.e. apple juice and apple sauce or tomatoes and tomato sauce)
- Beans can be a vegetable or meat but not at the same meal



Fruits & Vegetables

Fruits/Vegetables served as a combination item are creditable as only one serving

For Example:

- Peas and carrots
- Fruit cocktail
- Pizza
- Stew



Fruits & Vegetables

- Fruit in yogurt is creditable if provider puts it in, not manufacturer
- Minimum serving is 1/8 cup to count toward creditable meal

About Milk

- Milk should be lower fat milk
- Yogurt or cheese may not be served for milk
- Milk and juice should not be served as a beverage at the same meal
- Powdered milk may be served if fresh milk is unavailable
- Shelf stable is also acceptable if fresh milk is unavailable





About Milk

- Soy milk and rice milk are not creditable unless a medical statement is on file
- Lactose reduced milk is creditable
- Milkshakes and smoothies may be creditable
- Milk is not creditable in items like cooked cereals, custards, puddings, etc.



Traditional Foods

What can be used:

- Fresh or Frozen Fish
- Fresh or Frozen game such as reindeer, caribou, beaver, whale, moose, ducks and birds
- The cook or other authorized person must decide if food is safe to prepare
- Must be labeled with name of food, date received, and source of food



Traditional Foods

What cannot be used:

- Wild mushrooms
- Bivalve shellfish such as clams or mussels
- Fox meat & organs
- Bear or walrus meat
- Polar bear liver
- Fermented meat & seafood (stink eggs, fermented beaver tail, fermented flipper, etc)
- Non-commercial smoked fish products

Soups

Where does soup fit in?

- Homemade soup may be creditable for meat and/or vegetables if the components are documented





Soups - Commercial

- Commercial soups contain insufficient meat/meat alternate content per serving to receive credit for meat component
- Condensed or ready-to-serve (canned or frozen) vegetable or vegetable w/meat or poultry takes 1 cup reconstituted to yield $\frac{1}{4}$ cup of vegetables



Menu Planning

Plan meals children want to eat

- This will increase participation
- It will also stabilize attendance



Menu Planning

Serve foods high in Vitamin A, C, and Iron

- Vitamin A foods twice a week
- Vitamin C at least daily
- Iron as often as possible



Menu Planning

Vitamin A foods include:

- Apricots
- Cantaloupe
- Cherries
- Plums
- Egg Yolk
- Asparagus
- Broccoli
- Carrots
- Kale
- Peas
- Sweet Potatoes

Serve Vitamin A foods twice a week 18



Menu Planning

Vitamin C foods include:

- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Peppers
- Cantaloupe
- Grapefruit
- Oranges
- Raspberries
- Spinach
- Strawberries

Serve Vitamin C foods daily



Menu Planning

Iron food items include:

- Asparagus
- Lima Beans
- Sweet Potatoes
- Squash
- Vegetable Juice
- Turkey
- Tuna
- Apricots
- Cherries
- Dried Fruits
- Dried Peas
- Eggs
- Meat
- Green Beans
- Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens

Serve iron foods as often as possible



Creditable Foods

- The goal of the SFSP is to improve the health and nutrition of children while promoting the development of good eating habits and the furtherance of nutrition education
- Not all foods count as creditable components
- Creditable foods are counted toward meeting the components for a reimbursable meal



Creditable Foods

Creditable foods are based on the following factors:

- Nutrient content
- Customary function in a meal
- Ability to meet SFSP regulations
- Ability to FDA's Standards of Identity and USDA's standards for meats and meat products
- Agreement with USDA's policy decisions on crediting particular foods



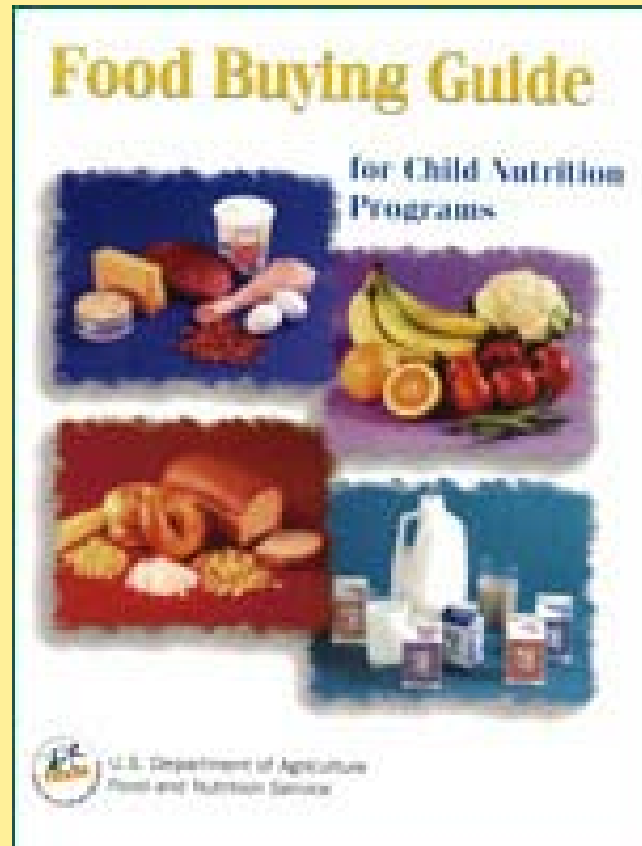
Non-creditable foods

Examples:

- Popcorn
- Cupcakes
- Preserves
- Jell-O
- Kool-Aid
- Cream cheese
- Cheese as milk
- Potatoes as Bread
- Commercial pot pies
- Fruit in bread as a fruit

Food Buying Guide

for Child Nutrition Programs



<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>



Cycle Menu Versus Production Records



Cycle Menu Option

- All programs must maintain Production records or Cycle Menus
- Cycle may be 3-6 weeks
- Menus will be reviewed during administrative review & technical assistance provided on-site



Cycle Menu Option

- Use standardized recipes
- Each food item with more than one ingredient should have a standardized recipe or a CN label
- A substitute list must be maintained
- Substitutions should be entered on menu to reflect foods served



Standardized Recipes

- A standardized recipe is one that has been tried, adapted, and retried several times for use by a given food service operation and has been found to: produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.



Standardized Recipes

- Good source of standardized recipes:

http://www.fns.usda.gov/TN/Resources/childcare_recipes.html



Substitute List

Food items already on the menu do not need to be on the Substitution list

For Example: if last Monday's menu contained oranges and this Tuesday's menu called for pears and you ran out, oranges are permissible



Substitute List

If a food item is not on the menu already but may be used for substitutions, it should be listed on the substitution list

For example: program tries to serve only fresh fruit or veggies but keeps several #10 cans of peaches in reserve. The canned peaches should be on the Substitution list



Substitution List

- Combination Foods
- Substitution list should indicate what component(s) a food item is creditable.

For example:

Stew (meat, vegetable)

Meatloaf (meat, grain, vegetable)

Taco (meat, grain, vegetable)



Combination Foods

- Commercial combination foods must have CN label or manufacturer's analysis documenting creditable portion
- This label identifies how the food meets the meal pattern



CN Label

A CN Label Example:

	CN		
		This 3.00 oz serving of raw beef patty provides when Cooked 2.00 oz equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement Authorized by the Food and Nutrition Service, USDA 05-84.)	000000
CN			CN
			CN

How do you identify a CN label?

A CN label will always contain the following:

- The CN logo, which is a distinct border
- A 6-digit product identification number
- USDA/FNS authorization
- The month and year of approval



Combination Foods

- Homemade combination foods can count toward meeting the meal pattern requirements as long as there is a standardized recipe that can be checked for total ingredients



Combination Foods

- Combination foods at lunch and supper may not make up greater than 3 components
- For lunch/supper only 1 fruit/vegetable component can be represented in a combination food
- Additional food items in the combination food will count as “extras”



Mark the Menu

- Child Nutrition (CN) food items could be indicated with “CN” on your menus
 - have the child nutrition label on file
- Homemade items could be indicated with “HM” on your menus
 - have the standardized recipe on file



Production Records Option



Menu Documentation

- For programs choosing the production records option:
- Production records must be kept for all meals claimed for reimbursement

Why?

- They document that all components were served and the right quantities were prepared to meet the meal pattern



Production Records

What 5 items are **required** to be on every production record?

1. Date: Month, Day and Year
2. Menu: Include all items served
3. Items that meet the requirement for meal pattern/reimbursement
4. Meals: The number of child and adult meals served
5. Quantity: Total amount of food that was used in preparing the item



Production Record Calculations

For each food:

1. Determine the serving size needed to meet the requirement
2. Determine the total number of servings you need
3. Look up the purchase unit in the food-buying guide
4. Look up the number of servings you get out of the purchase Unit



Production Record Calculations

For each food:

5. Determine how many purchase units you need by:

Dividing the number of servings needed by the number of serving you will get from one purchase unit

$$\frac{\text{Number of Units}}{\text{Serving Per Purchase Unit}}$$



Production Record Calculations

For Example

Green beans are on the menu

35 children and 5 adults are to be served

Use Food Buying Guide

Production Record Calculations



Section 2—Vegetables/Fruits

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, GREEN (continued)					
Beans, Green, canned Cut <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	45.3	1/4 cup heated, drained vegetable	2.3	
	No. 10 can (101 oz)	51.1	1/4 cup drained vegetable	2.0	1 No. 10 can – about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.5	1/4 cup heated, drained vegetable	8.0	
	No. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	1 No. 2-1/2 can – about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	1 No. 300 can – about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can – about 7.7 oz (1-3/8) cups drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned French style <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	36.5	1/4 cup heated, drained vegetable	2.8	1 No. 10 can – about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	10.1	1/4 cup heated, drained	10.0	1 No. 2-1/2 can – about



Production Records In Use

Menu

Hamburgers on Bun

Green Beans

Apples

Milk



Production Records In Use

Menu Planning:

35 children

5 adults

Daily Menu Production Worksheet

Date (1): _____ Sponsor: _____ Site: _____

Meal Pattern	Menu (2)	Food Item Used (3)	Quantity Used (4)	Serving Size (5)	C P (6)	P A (7)	Left-overs (8)	
Breakfast	Milk, Fluid Juice or Fruit or Vegetable Grain/Bread							
AM Snack	(Select 2) Milk, Fluid Juice or Fruit or Vegetable Grain/Bread Meat/Meat Alternate							
Lunch	Milk, Fluid Vegetable and/or Fruit (2 or more) Grain/Bread Meat/Meat Alternate	Hamburger on a Bun Green Beans Apples Milk	Beef Patty 2oz Whole Wheat Buns #10 Can Green Beans Red Delicious Apples Gallon Milk	40 Beef Patties 5pks of 8ct 1-#10 6lbs 20 gallons	1 patty 1 bun ¼ cup ½ cup 8oz	35	5	0
PM Snack	(Select 2) Milk, Fluid Juice or Fruit or Vegetable Grain/Bread Meat/Meat Alternate							
Supper	Milk, Fluid Vegetable and/or Fruit (2 or more) Grain/Bread Meat/Meat Alternate							

Additional Comments:

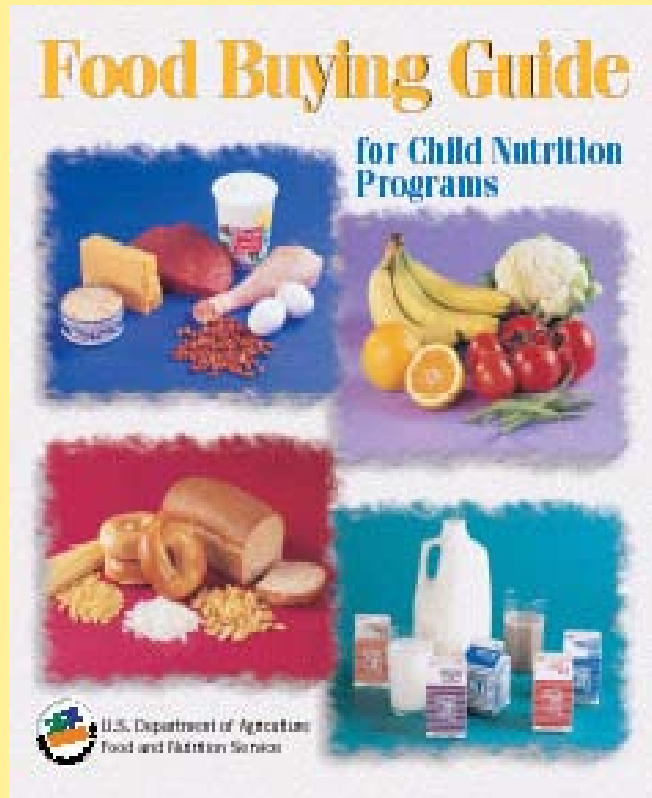
Resources

Standardized recipes



<http://www.nfsmi.org/>

Resources



<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>



Do you have any questions?

