



Setting the Record Straight

School Meal Patterns and Smart Snacks
Myths, Facts & Flexibilities



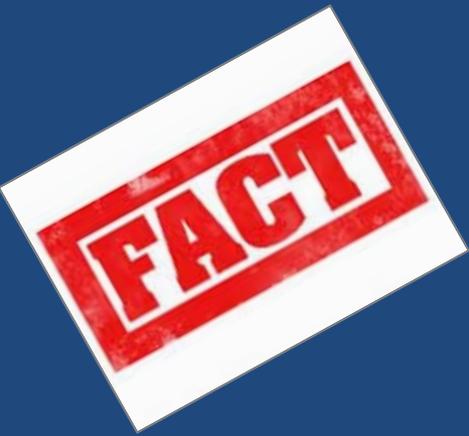


School Meal Requirements

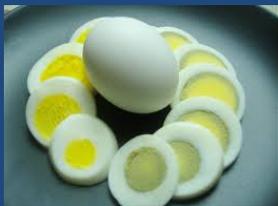
Half of a sandwich?



MYTH: Weekly maximums for grains and meats/meat alternates are too restrictive.

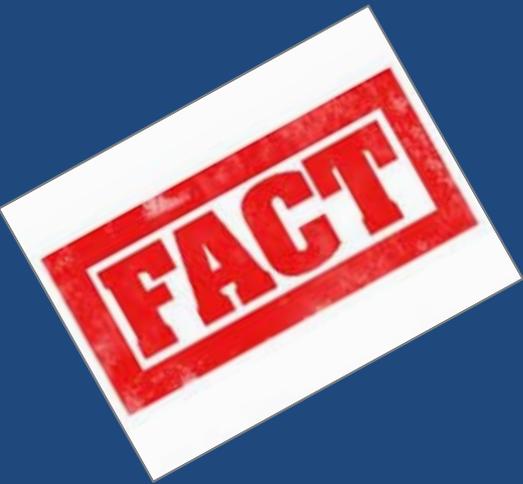


- Grains and meats/meat alternates can be offered in different serving sizes
- Exceeding maximums = compliant
- Weekly ranges: guide for planning age-appropriate meals





MYTH: School meals do not offer what kids want.



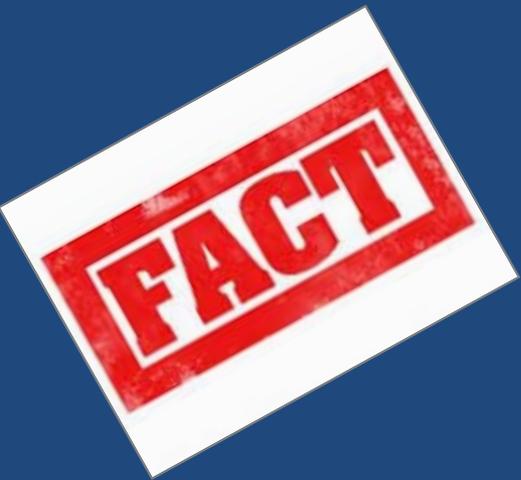
- Menu planners can offer items popular with students

- Smoothies and vegan/vegetarian options are encouraged
- Grain-based desserts allowed (up to 2 oz. eq./week)





MYTH: It's difficult to incorporate required vegetable subgroups into menus.



- Small servings of each vegetable subgroup can be offered over the week
- Vegetable combinations may be offered





MYTH: All grains offered must be 100% whole grain.

FACT



WHOLE GRAIN RICH IS DEFINED AS:

- Whole grain as the first ingredient
- 8 grams of whole grain per serving
- FDA-approved whole grain health claim on package



Whole Grain-Rich Flexibility

- Flexibility for pasta
 - SP47-2014: Flexibility to offer whole grain-rich pasta in school years 14/15 and 15/16
 - <http://www.fns.usda.gov/flexibility-whole-grain-rich-pasta-school-years-2014-15-and-2015-16>
- Flexibility for corn products treated with lime
 - SP 02-2013



MYTH: Students must select milk with every reimbursable meal.

FACT

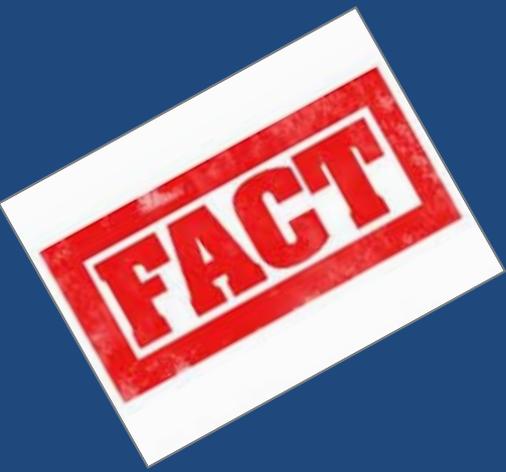
- Students may decline milk under OVS.





PROTEIN

MYTH: There is no protein at breakfast.

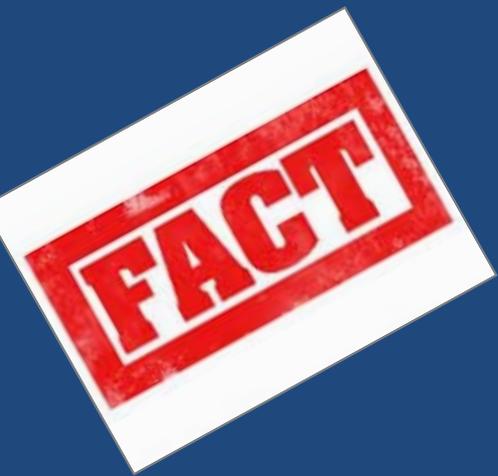


- Meats/meat alternates can be incorporated
 - if 1 oz. eq. of grain is also offered
 - As an extra food





MYTH: Calorie limits apply to every meal offered daily.

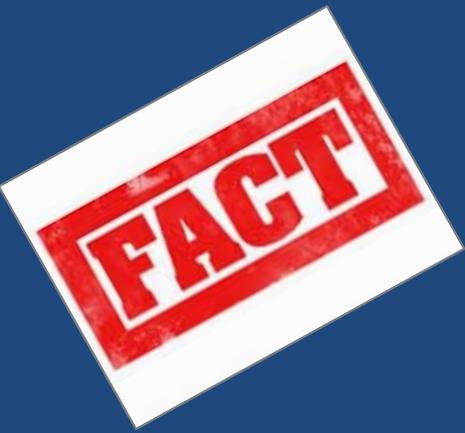


- Calorie limits apply to the average meal offered over the entire week
- No calorie limits per meal or per student





MYTH: The new meal patterns require fresh fruit.

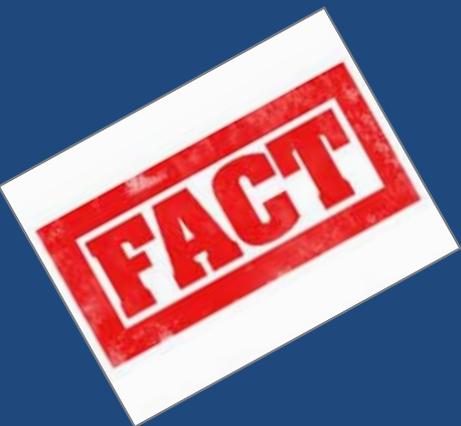


- Many types of fruit are allowed:
 - Fresh
 - Frozen
 - Dried
 - Canned in water, fruit juice, or light syrup





MYTH: RCCIs must offer different meals to each age/grade group.

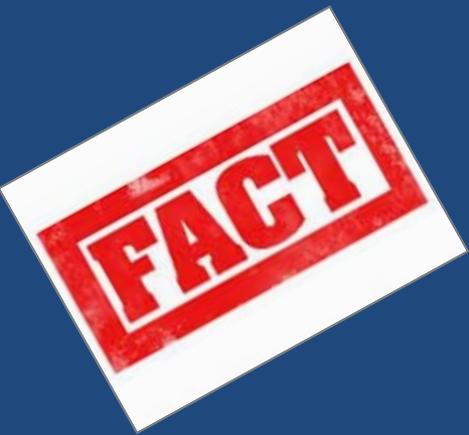


- Juvenile detention facilities and alternative schools with security concerns may offer one meal pattern (for oldest age group) to all students
- Memoranda: SP 38-2012 and SP 48-2013





MYTH: Schools can no longer serve seconds and leftovers.

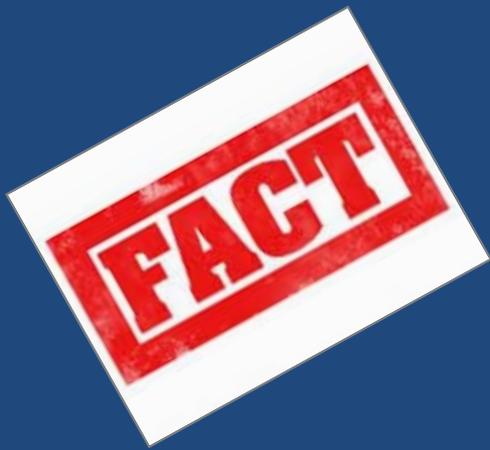


- Leftovers may be offered on the same day (as seconds)
 - Counts toward weekly dietary specs limits
- Leftovers may be stored and offered another day





MYTH: There is a daily fruit juice limit.



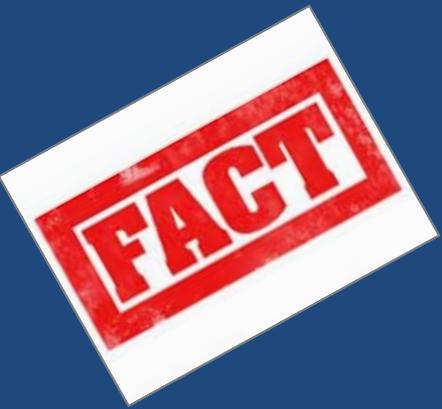
- Juice limit applies weekly
- May credit for up to half of fruit
- Must be 100% full-strength





Pre-plating & Bundling

MYTH: Pre-plating and bundling food is no longer allowed.

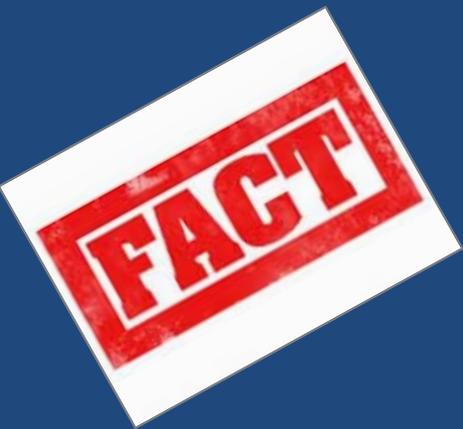


- Menu planners may pre-plate meals or bundle foods, even under OVS





MYTH: Schools are required to conduct a nutrient analysis.



- Only the State agency is required to conduct a nutrient analysis when a school is at high risk of violating the dietary specifications requirements





MYTH: One cup of fruit at breakfast must be offered as one serving.

FACT

- Menu planners decide how to offer 1 cup of fruit at breakfast:
 - Single 1 cup serving (1 item)
 - Two ½ cup servings (2 items)

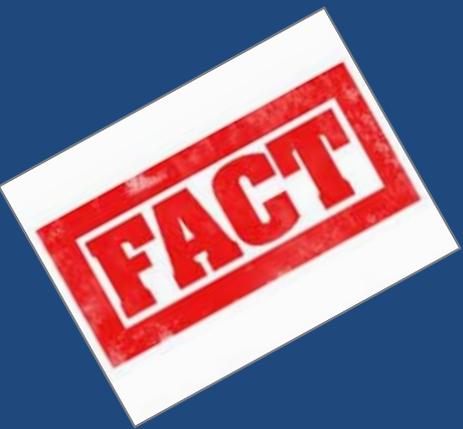




Smart Snacks Requirements



MYTH: Schools are no longer allowed to have fundraisers. Important funding for clubs, sports teams and other activities will no longer be available.

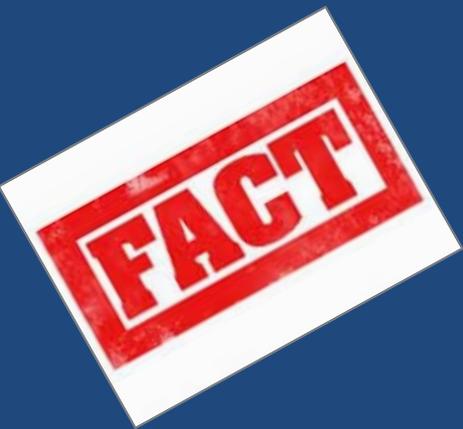


- No limits on fundraisers that meet Smart Snacks standards
- Infrequent “exempt” fundraisers allowed
- Standards do not apply during non-school hours, on weekends, and at off-campus fundraising events





MYTH: Food items sold throughout the school must meet Smart Snacks standards.

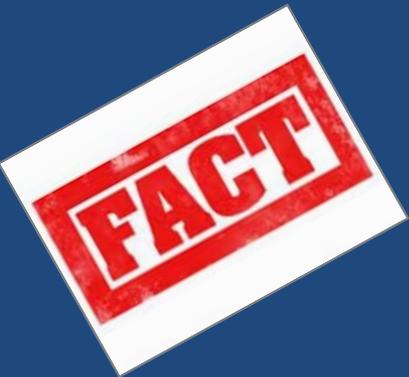


- Foods and beverages for sale to students on the school campus during school day must comply
- Foods and beverages that students can't access (e.g., teacher lounge, office) do not have to comply





MYTH: Students may no longer have treats for birthdays and other special events.

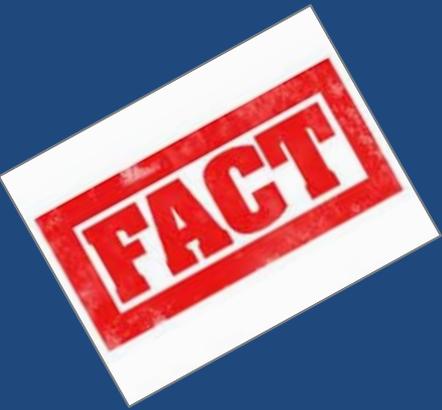


- Foods given to students to celebrate special occasions do not have to comply
- Only foods and beverages sold to students are required to meet standards





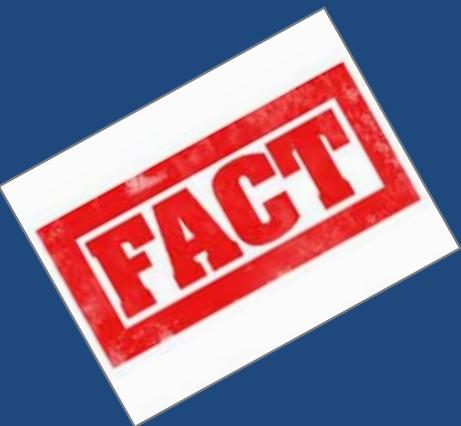
MYTH: Students are prohibited from bringing non-compliant foods to school.



- Foods and beverages brought from home are not required to meet Smart Snacks standards



MYTH: States and school districts with strict standards will be required to loosen their standards because of the Smart Snacks regulation.



- Federal Smart Snacks standards are minimum standards
- States and/or schools that have more strict standards may continue to require those standards



The Road to Success

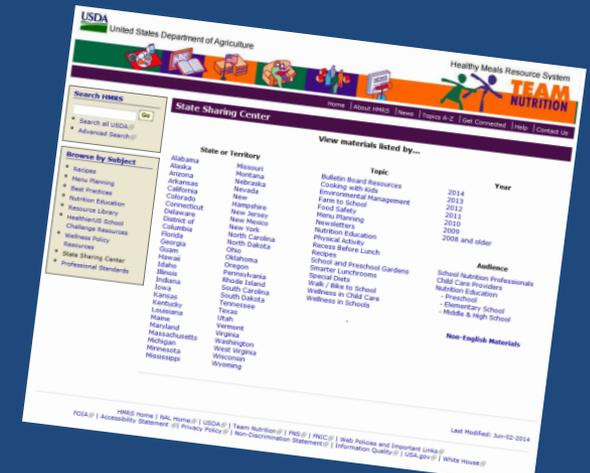
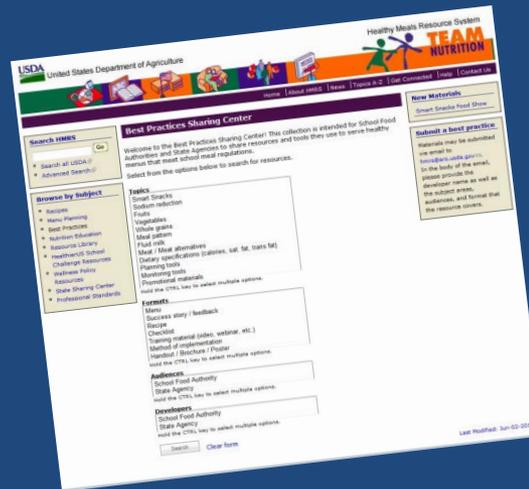
Identify Role Models in Your State

- Showcase schools recognized by the HealthierUS School Challenge:
 - 4,484 Bronze schools
 - 1,224 Silver schools
 - 591 Gold schools
 - 431 Gold Award of Distinction schools
- List of schools at <http://www.fns.usda.gov/hussc/award-winning-schools>



Share Good Ideas

- Best Practices Sharing Center
 - <http://healthymeals.nal.usda.gov/best-practices>
- State Sharing Center
 - <http://healthymeals.nal.usda.gov/state-sharing-center-0>



Utilize Key Resources

- School meals webpage
<http://www.fns.usda.gov/nslp/national-school-lunch-program>
 - School meal requirements and resources
 - QAs, policy memoranda, Whole Grain Resource, etc.
 - Smart Snacks guidance and resources
 - Smart Snacks calculator and infographic
 - Letter from Secretary Vilsack and Secretary Duncan
- Team Nutrition
- National Food Service Management Institute
- SAE funds

More to Come!

- Webinar for State agencies to showcase exemplary school foodservice operations and best practices
- More information will be provided by your FNS Regional Office in the upcoming days
- We look forward to your suggestions and participation

Questions, Comments?

