

# MEAL PATTERN & NUTRITIONAL QUALITY

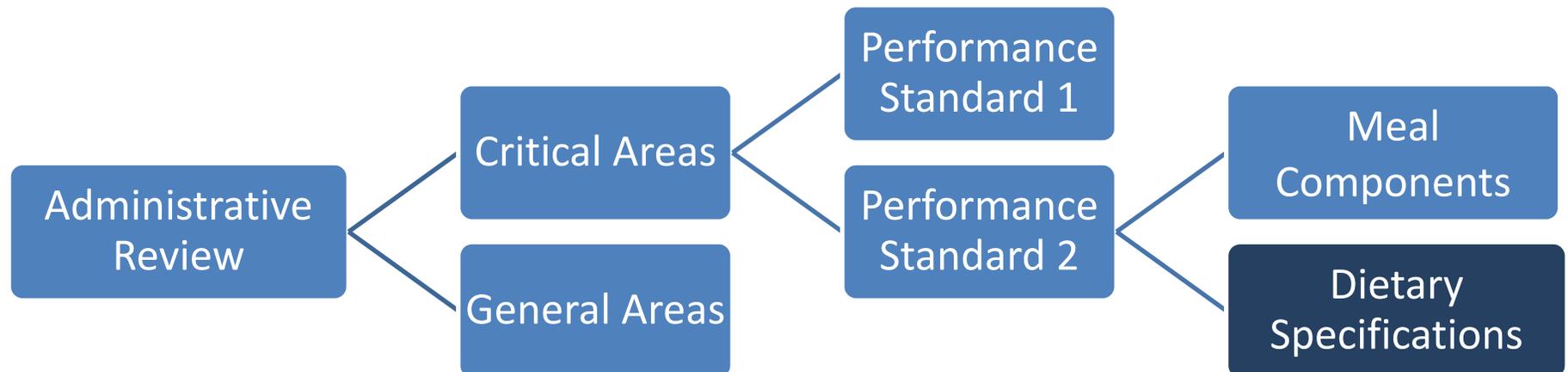
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Meal components and quantities

Offer vs. serve

Dietary specifications and nutrient analysis

# Dietary Specifications & Nutrient Analysis: Performance Standard 2



## Dietary Specifications & Nutrient Analysis

- Reviewer will determine if reimbursable meals meeting Dietary Specifications are offered
  - Calories (weekly average range)
  - Saturated Fat (weekly maximum)
  - Sodium (weekly maximum)
  - *Trans* Fat (daily restriction)

## Calorie Ranges: Minimum and maximum

<b>GRADES</b>	<b>LUNCH (kcal)</b>	<b>BREAKFAST (kcal)</b>
<b><i>Grades K-5</i></b>	<b>550-650</b>	<b>350-500</b>
<b><i>Grades 6-8</i></b>	<b>600-700</b>	<b>400-550</b>
<b><i>Grades 9-12</i></b>	<b>750-850</b>	<b>450-600</b>

# Saturated Fat

- Limited to < 10% of total calories at breakfast and lunch
- Weekly average
- Same as previous regulatory standard
- No total fat standard



## Trans-fats

- Nutrition labels or manufacturer's specs must specify zero grams of *trans* fat per serving (less than 0.5 gram per serving)
- Naturally-occurring *trans* fat excluded e.g., beef, lamb, dairy products



# Sodium: Gradual Reduction

Target 1

Effective SY 2014-2015

<b>GRADES</b>	<b>LUNCH (mg)</b>	<b>BREAKFAST (mg)</b>
<b><i>Grades K-5</i></b>	<b><math>\leq 1,230</math></b>	<b><math>\leq 540</math></b>
<b><i>Grades 6-8</i></b>	<b><math>\leq 1,360</math></b>	<b><math>\leq 600</math></b>
<b><i>Grades 9-12</i></b>	<b><math>\leq 1,420</math></b>	<b><math>\leq 640</math></b>

Daily Amount Based on the Average for a 5-Day Week

## Selecting a Review Site for Nutritional Assessment

- All selected sites – Imported Data: Meal Compliance Risk Assessment
- 9 Questions targeting error-prone areas of the meal pattern
- Highest Score will indicate Nutrition Review School

## Review week for Assessment and Analysis

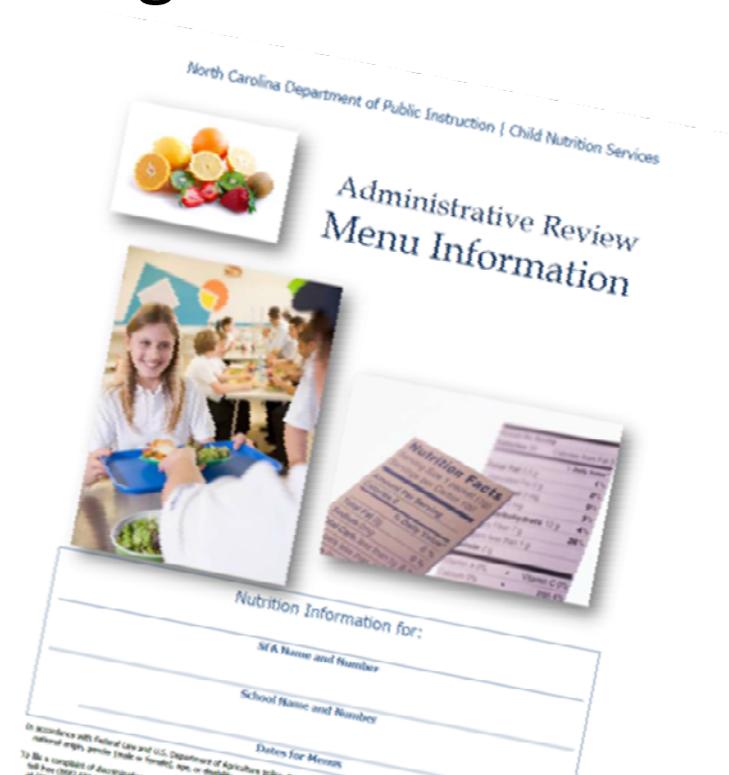
- Reviewer will notify SFA of site selection, review week, and other details
- At least 3 consecutive days for review week
- Complete Data Collection Notebook for designated week for the site selected for Nutritional Assessment

## Dietary Specifications Assessment

- Completed for Breakfast and Lunch for the 1 Nutrition Review School
- Contains 26 questions
- Results will be validated on-site
- This will determine if a full Nutritional Analysis will be performed or validated by the SA.

# Data Collection Notebook

- Complete Data Collection Notebook for Breakfast and Lunch menus at target site
- Due the day the on-site review begins
- PR data for foods as offered



## Preparing for Nutrient Analysis

- Comply with the meal pattern for breakfast and lunch
- Accurate menu information in the Data Collection Notebook to verify on-site:
  - Production Records accurate and complete?
  - Standardized Recipes maintained and used?
  - Nutrition Fact Labels available?

## Weighted Nutrient Analysis

- Distinct menus offered
- Each age/grade group
- Breakfast and lunch

## On-site Review Procedures: validate risk assessment

- Observe meal preparation and service
- Review food storage areas/product inventory
- Review food safety/HACCP plans and practices
- Evaluate menus, productions records, recipes, purchase invoices, and meal service documentation

# PS2 Violations Identified On-site

## Severe Noncompliance

- Missing Meal Components
- Missing Vegetable Subgroups
- Inadequate and/or Excessive Quantities
- Minimum component not met for grains and/or meats/meat alternates

## Validating Existing Nutrient Analysis

- Weighted analysis of distinct breakfast and lunch for each age/grade group
  - Site specific – aggregated analyses not acceptable
  - Minimum 3 consecutive days
- USDA approved Nutrient Analysis Software
- USDA Nutrient Analysis Protocols
- Prepare Data Collection Notebook for review
- Analysis results meets Dietary Specifications

## Fiscal Action: Dietary Specifications

- Limited to the violation at review site
- May expand to the entire review week, review month, or to beginning of school year
- Corrective Action Plan required

# Questions?

