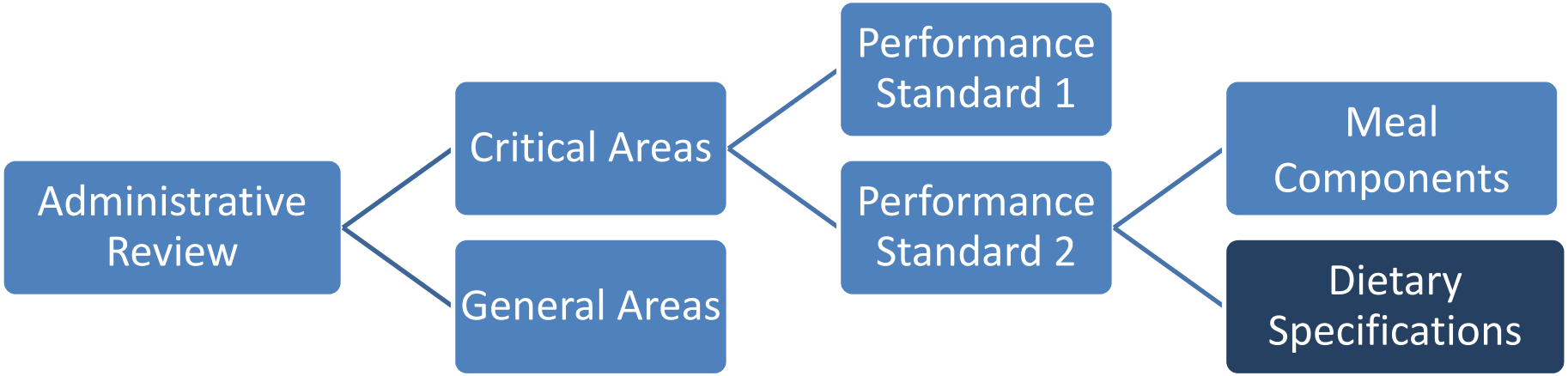
MEAL PATTERN & NUTRITIONAL QUALITY

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

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

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

GRADES	LUNCH (mg)	BREAKFAST (mg)
Grades K-5	**< 1,230**	**< 540**
Grades 6-8	**< 1,360**	**< 600**
Grades 9-12	**< 1,420**	**< 640**

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

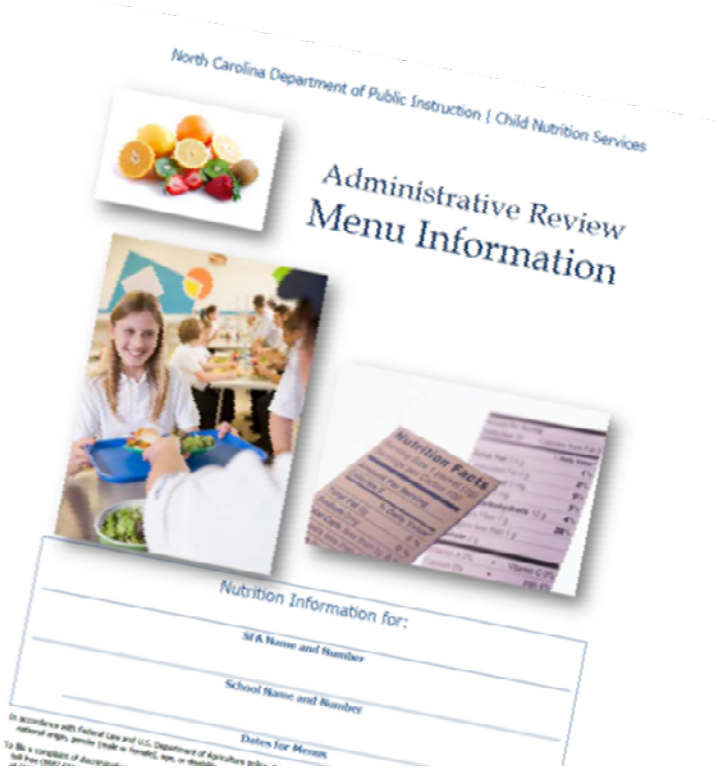
- Reviewer will notify SFA of site selection, review week, and other details
- At least 3 consecutive days for review week
- Complete Data Collection Notebook for designated week for the site selected for Nutritional Assessment

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?