

North Carolina

School Nutrition Weekly Update



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Q& A - Enriched Breaded Products

****NOTE: This article originally appeared in School Nutrition Weekly Update - July 7-11, 2014 ****

QUESTION

Some breaded combination products containing meats/meat alternates (M/MA) and grain are made using enriched flour. May these enriched breaded products (i.e. chicken chunks or patties) be served if the grain is not counted for component crediting?

ANSWER

Yes, you may count only the M/MA portion of breaded combination items made with enriched flour. It is important to note that grain items made with enriched or refined grains that do not meet the whole grain-rich criteria are not creditable toward the grains component. The breading would be considered an “extra” and contributions to the dietary specifications (calories, sodium, saturated fat and trans-fat) must be included in the nutrient analysis of the menu. Of course any grain used to count toward the grain component must be whole grain-rich (other than enriched pasta served according to an approved waiver).

It is not recommended to edit or add items to an existing bid as this information is subject to change; USDA has indicated that Memorandum SP10-2012 is being revised to address this question. In addition, menu planners should refrain from offering these extra grains on breaded products often, if at all, as they may exceed the established weekly calorie and sodium limits. Remember, the meal pattern and the weekly grain ranges serve as a guide for offering age-appropriate meals. In addition, adding enriched breaded products may prove confusing to students and cashiers when the menu is planned by including creditable grains for some products and not being able to credit grains at other times; consistency in menu planning is highly recommended to avoid meal identification errors at the point of service.

If you have additional questions please contact your Nutrition Services Consultant.

Q&A – Potatoes at Breakfast

QUESTION

Breakfast participation has decreased and the menu planner would like to add 1/2cup of potato, in addition to the ½ cup daily fruit offered to enhance the enjoyment of breakfast. How may this be accomplished and still meet the meal pattern?

ANSWER

Remember that the breakfast meal pattern requires at least 1 cup of fruit per day and vegetables are allowed to be served as a substitute for fruit as long as the menu offers students the opportunity to select 2 cups of vegetables from the red/orange, dark green, legumes or other vegetables sub-groups over the course of the week.

Potatoes could be offered daily as long as the menu planner includes additional vegetables such as 1/2cup of sliced tomatoes or grape tomatoes four times per week (making a total of 2 cups). Then offer 1/2cup potatoes (i.e. tater tots, hash browns) daily in addition to the daily fruit and red/orange vegetable offerings. The menu planner would allow the student to take two (1/2cup) servings of any fruit or vegetable daily.

Alternately, starchy vegetables may be offered as an extra food and not credited towards any component as long the nutrient specifications are met. (Consistency in menu planning is recommended to avoid confusion for students and School Nutrition employees.)

Q&A – 100% Enriched Biscuits at Breakfast

QUESTION

There have been many complaints about the whole grain-rich (WGR) biscuits at breakfast. Could a biscuit made with 100% enriched or refined flour be served as long as it is not counted as a meal component?

ANSWER

Yes. USDA requires that all grains served are WGR; however, there is some flexibility as expressed in [SP 43-2014 - Questions and Answers on the School Breakfast Program Meal Pattern in School Year 2014-2015](#) that would allow the menu planner to serve an enriched biscuit, but not count it as a meal component or creditable grain.

What grains may be offered?

*Beginning SY 2014-2015, all grains offered as the grains component of the NSLP and SBP must be whole grain-rich. (Note: Products with whole grains comprising at least half of the total grain weight are classified as WGR.) Allowable grains are identified in The Whole Grains Resource at <http://www.fns.usda.gov/tn/whole-grain-resource>. **Grain items made with refined grains that do not meet the whole grain-rich criteria are not creditable toward the grains component; all grains offered count toward the dietary specifications (calories,***

sodium, saturated fat, trans fat), even if they are not credited toward the grains component (i.e., extra foods).

Remember to always follow the breakfast meal pattern (i.e. One oz eq of grains must be offered daily and the weekly requirements for each grade group must be met.) It would be wise for the menu planner taking this approach to allow all meat/meat alternate items to contribute as an allowable substitute for grains after meeting the 1 oz eq daily grain requirement, so that the weekly grain requirements are satisfied. Provide clear menu signage indicating what students are allowed to take as part of a reimbursable meal and teach staff to help students understand that they must select the appropriate meal components to make a reimbursable meal in addition to the “extra” enriched biscuit.

****REMINDER** Verification Important Dates**

Please be reminded that the deadline for completing the process of verifying schools meals application for eligibility is **Monday, November 17, 2014**. The Verification reporting period begins on November 18 with an online survey and the Verification report section of the School Nutrition Technology will open for SFAs to begin entering Verification data.

Verification instructions, helpful hints and important dates are available on the School Nutrition website at: <http://childnutrition.ncpublicschools.gov/front-page/information-resources/verification>.

Should you have questions please contact your regional consultants.

Revised Breakfast Meal Pattern Chart

The Breakfast Meal Pattern chart has been revised to correct a typographical error. The revised chart is available at: <http://childnutrition.ncpublicschools.gov/front-page/information-resources/menu-planning-production>

What's New on the Web?

- 2014 USDA Policy Memos SP 50-2014 thru SP 64-2014 have been added to the 2014 Policy Memo page at: <http://childnutrition.ncpublicschools.gov/regulations-policies/usda-policy-memos/usda-policy-memos/2014>

2014 Subway School Health Champion of the Year Award

January – December 2014

The NC Department of Public Instruction and the NC State Board of Education in partnership with NC Subway Franchisees and Tar Heel Sports Properties, proudly announce the Subway School Health Champion of the Year Award. One Champion each month, 12 annually, will be selected from nominations submitted by LEA School Health Advisory Councils and other school and community groups/individuals. Each of the monthly award winners will receive \$500 for use in his/her school to advance a variety of health-related efforts. In addition, the monthly Champion will receive a plaque awarded during seasonal UNC-CH sporting events such as basketball, baseball, and/or football games. In December, all 12 monthly Champions will attend a dinner in Chapel Hill prior to a UNC-CH basketball game. From the 12 monthly Champions, the 2013 Subway School Health Champion of the Year will be selected. The School Health Champion of the Year will be announced at the close of the dinner and will be recognized with a plaque at midcourt during halftime of the UNC-CH basketball game. The Champion will also receive a check for \$5,000.00 for use at his/her school to advance school health efforts.

In addition, each of the Champions' schools will receive Subway coupons to be distributed by the Child Nutrition Manager to students and staff that purchase lunch in the school cafeteria. The Subway coupons urge healthy eating and may be redeemed only after school hours.

The following North Carolina counties are eligible to submit nominations based on Subway Market participation:

Chatham	Harnett	Person
Cumberland	Hoke	Sampson
Durham	Johnston	Vance
Edgecombe	Lee	Wake
Franklin	Moore	Warren
Granville	Nash	Wayne
Halifax	Orange	Wilson

Submit nominations on or by the 15th of each month for ongoing selection committee evaluation. All nominations will be reviewed and considered for the entire calendar year. [**NOMINATION FORM**](#)

For more information, please contact:

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Important Dates

November 15 (Saturday) Fresh Fruit & Vegetable Claim for Reimbursement Deadline (for October 2014)
November 17 Quarterly Financial Analysis Worksheet for Traditional Public Schools Due
November 17 Verification Process Ends
November 18 Verification Reporting Period begins for SFAs
November 27-28 Thanksgiving Holidays (State offices closed)
December 10 (Wednesday) Deadline for Submitting Claim for Reimbursement (for November 2014)
December 15 Deadline to Complete Civil Rights Checklist and File at SFA
December 15 (Monday) Fresh Fruit & Vegetable Claim for Reimbursement Deadline (for November 2014)
December 15 Nutrient Analysis for October Menus Due (Exception: SFAs with AR prior to Dec 31st)
December 24, 25 & 26 Christmas Holidays (State offices closed)
January 1, 2014 New Year's Day (State offices closed)

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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