

Alternate Daily Meals

1 Hour Professional Standards Training



New York State
EDUCATION DEPARTMENT

CHILD NUTRITION KNOWLEDGE CENTER

Advantages of Alternate Daily Meals

- Multiple menu selections adds variety
- Multiple menu selections increase student participation
- Increased participation increases revenue



What to consider when planning alternate meals

- Customer preferences and requirements
- Staffing and equipment
- Ease of preparation



Common Daily Meal Examples

- **Lunch**

- Peanut Butter and Jelly Sandwich
 - Assorted Deli Sandwiches
 - Yogurt Meal
 - Assorted Salad Meals
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- **Breakfast**

- Assorted Cereal
- Assorted Muffins
- Yogurt Meal



Lunch Requirements

Lunch Meal Components

1. Fruits
 2. Vegetables
 - Dark green
 - Red/orange
 - Beans/Peas (legumes)
 - Starchy
 - Other
 3. Grains
 - Whole grain rich
 4. Meats/Meat Alternates
 5. Fluid Milk
- Sodium targets
- K-5 ≤ 1230 mg
 - 6-8 ≤ 1360 mg
 - 9-12 ≤ 1420 mg
 - K-8 ≤ 1230 mg
- Dietary Specifications
- Min-max calorie range
 - Saturated fat maximum
 - Trans fat daily requirement restriction
 - Sodium

Breakfast Requirements

Breakfast Meal Components (3)

1. Fruits / Vegetables
2. Grains
 - Whole grain rich
 - M/MA (optional)-Must offer 1 oz. grain before offering M/MA

3. Fluid Milk

Sodium targets per meal on average

- K-5 ≤ 540 mg
- 6-8 ≤ 600 mg
- 9-12 ≤ 640 mg
- K-8 ≤ 540 mg

Dietary Specifications (4)

- Min-max calorie range
- Saturated fat maximum
- Trans fat restriction
- Sodium

Meal Pattern Chart

| | Breakfast Meal Pattern | | | | | Lunch Meal Pattern | | | |
|---|---|----------------|----------------|----------------|----------------|--------------------|------------|-------------|------------|
| | Grades K-5 | Grades 6-8 | Grades 9-12 | Grades K-8 | Grades K-12 | Grades K-5 | Grades 6-8 | Grades 9-12 | Grades K-8 |
| Meal Pattern | Amount of Food Per Week ^a (Minimum Per Day) | | | | | | | | |
| Fruits (cups) ^{b,c} | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 2½ (½) | 2½ (½) | 5 (1) | 2 ½ (½) |
| Vegetables (cups) ^{b,c} | 0 | 0 | 0 | 0 | 0 | 3¼ (¾) | 3¼ (¾) | 5 (1) | 3 ¼ (¾) |
| Dark green ^d | 0 | 0 | 0 | 0 | 0 | ½ | ½ | ½ | ½ |
| Red/Orange ^d | 0 | 0 | 0 | 0 | 0 | ¼ | ¼ | 1¼ | ¼ |
| Beans/Peas (Legumes) ^d | 0 | 0 | 0 | 0 | 0 | ½ | ½ | ½ | ½ |
| Starchy ^d | 0 | 0 | 0 | 0 | 0 | ½ | ½ | ½ | ½ |
| Other ^{d,e} | 0 | 0 | 0 | 0 | 0 | ½ | ½ | ¾ | ½ |
| Additional Veg to Reach Total ^f | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1½ | 1 |
| Grains (oz eq) ^g Minimums | 7 (1) | 8 (1) | 9 (1) | 8 (1) | 9 (1) | 8 (1) | 8 (1) | 10 (2) | 8 (1) |
| Meats/Meat Alternates (oz eq) Minimums | 0 ^h | 0 ^h | 0 ^h | 0 ^h | 0 ^h | 8 (1) | 9 (1) | 10 (2) | 9 (1) |
| Fluid milk (cups) ⁱ | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | | | | |
| Min-max calories (kcal) ^{j,k} | 350-500 | 400-550 | 450-600 | 400-500 | 450-500 | 550-650 | 600-700 | 750-850 | 600-650 |
| Saturated fat ^k (% of total calories) | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) ^k | ≤ 540 | ≤ 600 | ≤ 640 | ≤ 540 | ≤ 540 | ≤ 1230 | ≤ 1360 | ≤ 1420 | ≤ 1230 |
| Trans fat ^k | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. | | | | | | | | |

^aFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^bOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^cFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

^dLarger amounts of these vegetables may be served.

^eThis category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^fAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^gAll grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

^hThere is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

ⁱFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^jThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^kDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods

Compliance with Weekly Requirements

- All vegetable subgroups must be offered in the minimum required amounts for the week.
- All students must have access to all vegetable subgroups for the week. This includes students who choose the daily alternate meal .

| SY 2016-2017 Lunch Meal Pattern | | | | |
|----------------------------------|-------------------------|---------------|---------------|----------------|
| Meal Pattern | Grades K-5 | Grades 6-8 | Grades K-8 | Grades 9-12 |
| | Amount of Food Per Week | | | |
| Dark green | 1/2 | 1/2 | 1/2 | 1/2 |
| Red/Orange | 3/4 | 3/4 | 3/4 | 1 1/4 |
| Beans/Peas (Legumes) | 1/2 | 1/2 | 1/2 | 1/2 |
| Starchy | 1/2 | 1/2 | 1/2 | 1/2 |
| Other | 1/2 | 1/2 | 1/2 | 3/4 |
| Additional Veg to Reach Total | 1 | 1 | 1 | 1 1/2 |

**Providing alternate daily vegetable choices is a great way to ensure that all vegetable subgroups are being offered in minimum amounts per week.*

Menu Example 1

Daily Alternate:

Chef Salad includes:

1 oz. eq. Turkey breast

1 oz. eq. American Cheese

Total: 2 ounce equivalent (oz. eq.) Meat/Meat Alternate(M/MA)

2 cups Romaine Lettuce

1.75 oz. Whole Wheat Kaiser Roll



Main Entree

Chicken Burrito includes:

2 oz. eq. Chicken

½ cup Black Beans

2 oz. eq. Brown Rice

¼ cup Salsa

2 oz. eq. WG Tortilla Shell

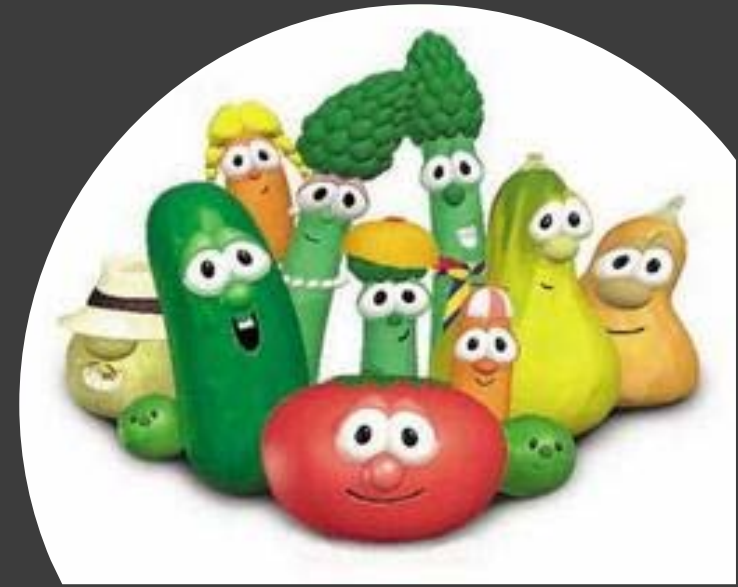
Let's Look at this Example

- The black beans in the Chicken Burrito cannot count towards the beans/peas (legumes) vegetable subgroup because not all students have access to those black beans.
- The romaine lettuce contained in the Chef Salad cannot count towards the dark green vegetable subgroup because not all students have access to the romaine lettuce.
- The salsa cannot be counted towards the red/orange vegetable subgroup because not all students have access to the Salsa.



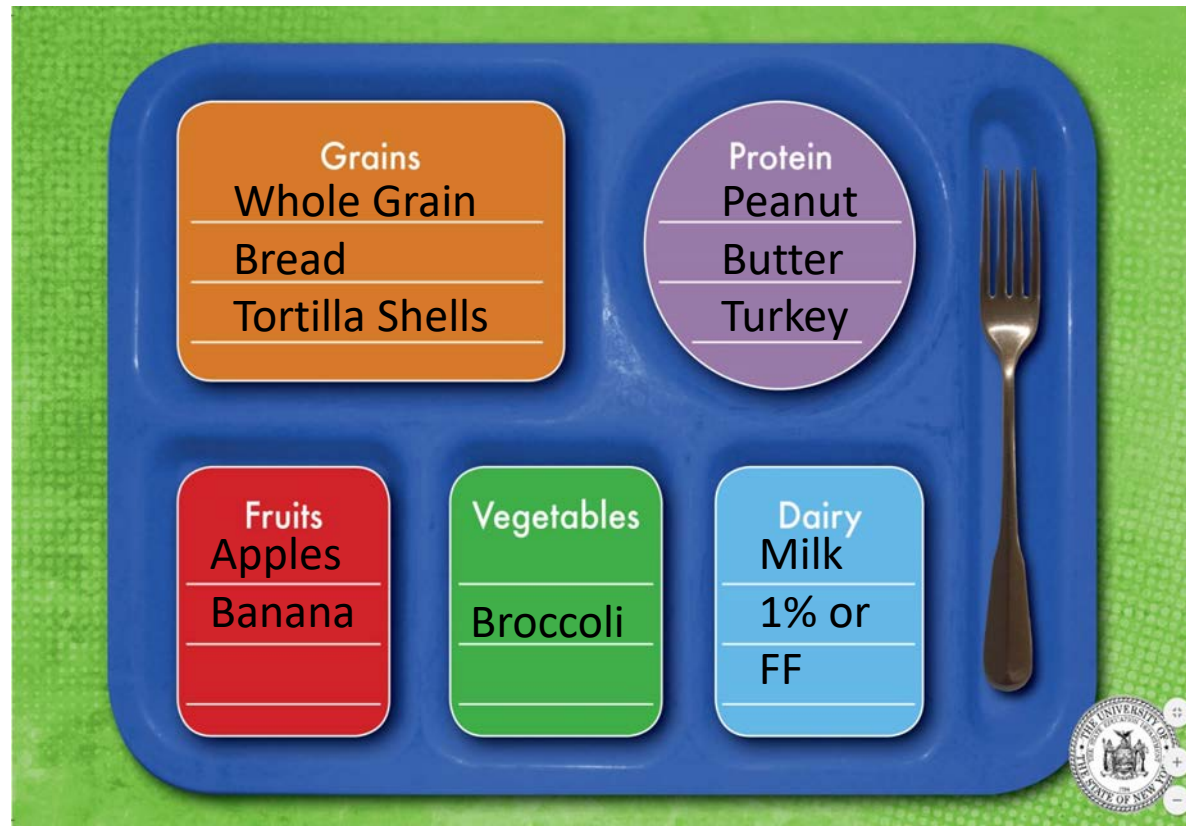
Ways to correct this:

- Menu all vegetable subgroups so all students have access to each one every week.
- There are 5 Vegetable Subgroups: Menu one vegetable subgroup per day for the week
 - Monday: Broccoli (dark green)
 - Tuesday: Sweet Potatoes (red/orange)
 - Wednesday: Green Beans (other)
 - Thursday: Black Beans (beans/legumes)
 - Friday: Peas (starchy)
- If you are offering the Chicken Burrito, offer additional black beans and salsa for all other students that will be selecting other meal options.



Signage

Signage must display all daily alternate meals





Compliance with Weekly Requirements

Steps for determining minimum amount of each food component offered weekly:

Calculate the amount (ounce equivalent or cups) of meat/meat alternate, grain, fruit, and vegetable subgroups for **every** reimbursable meal offered.

- This includes any alternate meals such as a salads, assorted sandwiches, and yogurt meals.

Menu Example 2

Daily Alternate:

Turkey and Cheese Deli Sandwich

1 oz. eq. Turkey breast

1 oz. eq. American Cheese

Total: 2 ounce equivalent (oz. eq.) Meat/Meat Alternate(M/MA)

1.75 oz. Whole Wheat Kaiser Roll

Main Entree

Chicken Patty on WG Bun

2.5 oz. eq. M/MA 1 oz. eq. Grain Chicken Patty

2 oz. eq. WG Bun

All meals are offered 1 cup of carrot sticks, 1 cup fruit and 8 fl. oz. milk



STEPS

- Determine the lowest creditable amount offered for every food component for each day. The lowest amount for each food component is not necessarily from the same reimbursable meal.
- Add the lowest creditable amount from each day to determine the weekly amount offered.



Example K-5 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Hamburger = 2 oz. eq. grain, 2 oz. eq. m/ma | Chicken patty on bun = 2 oz. eq. grain, 2 oz. eq. m/ma | French toast sticks with sausage = 2 oz. eq. grain, 2 oz. eq. m/ma | Chicken nuggets = 1 oz. eq. grain, 2 oz. eq. m/ma | Pizza supreme = 2 oz. eq. grain, 2 oz. eq. m/ma |
| Bagel with Yogurt = 2 oz. eq. grain, 2 oz. eq. m/ma | Ham and cheese sandwich = 2 oz. eq. grain, 2 oz. eq. m/ma | Nachos = 2 oz. eq. grain, 1 oz. eq. m/ma | Turkey and cheese wrap = 2 oz. eq. grain, 2 oz. eq. m/ma | Grilled cheese = 2 oz eq grain, 2 oz m/ma |
| Pizza = 1.5 oz. eq. grain, 2 oz. eq. m/ma | Pizza = 1.5 oz eq grain, 2 oz m/ma | Pizza = 1.5 oz. eq. grain, 2 oz. eq. m/ma | Pizza = 1.5 oz. eq. grain, 2 oz. eq. m/ma | Pizza = 1.5 oz. eq. grain, 2 oz. eq. m/ma |

Menu Example 3

Daily Alternate

Peanut Butter and Jelly Sandwich

2 Tablespoons (1 oz. eq.) Peanut Butter

1 oz. eq. Cheese Stick

Total: 2 ounce equivalent (oz. eq.) Meat/Meat Alternate(M/MA)

1 Tablespoon Strawberry Jelly

2 Slices (2 oz. eq.) Whole Wheat Bread



Main Entree

Whole Wheat Cheese Sausage Pizza

3 oz. eq. M/MA Mozzarella Cheese + Sausage

2.5 oz. eq. grain Whole Wheat Crust

All meals are offered 1 cup of carrot sticks, 1 cup fruit and 8 fl. oz. milk

STEPS

- Determine the lowest credible amount offered for every food component for each day. The lowest amount for each food component is not necessarily from the same reimbursable meal.
- Add the lowest credible amount from each day to determine the weekly amount offered.



Example 9-12 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Hamburger = 2 oz. eq. grain, 2 oz. eq. m/ma | Chicken patty on bun = 2 oz. eq. grain, 2 oz. eq. m/ma | French toast sticks with sausage = 2 oz. eq. grain, 2 oz. eq. m/ma | Chicken nuggets = 1 oz. eq. grain, 2 oz. eq. m/ma | Pizza supreme = 2 oz. eq. grain, 2 oz. eq. m/ma |
| Bagel with Yogurt = 2 oz. eq. grain, 2 oz. eq. m/ma | Ham and cheese sandwich = 2 oz. eq. grain, 2 oz. eq. m/ma | Nachos = 2 oz. eq. grain, 1 oz. eq. m/ma | Turkey and cheese wrap = 2 oz. eq. grain, 2 oz. eq. m/ma | Grilled cheese = 2 oz. eq. grain, 2 oz. eq. m/ma |
| Chef Salad = 1 oz. eq. grain, 2 oz. eq. m/ma | Chef Salad = 1 oz. eq. grain, 2 oz. eq. m/ma | Chef Salad = 1 oz. eq. grain, 2 oz. eq. m/ma | PB&J = 2 oz. eq. grain, 2 oz. eq. m/ma | Chef Salad = 1 oz. eq. grain, 2 oz. eq. m/ma |

Common Errors

- PBJ sandwich served daily at 1 oz. eq. grain and 1 oz. eq. m/ma. This would make the weekly minimum offered only 5 oz. eq. grain and 5 oz. eq. m/ma which does not meet any grade group requirement.
- Salads served daily with only a 1 oz. eq. grain.
- Yogurt parfaits served daily with only a 1 oz. grain.
- 1 oz. eq. grain equivalent cereals or muffins served at breakfast daily.





Reminders

- Graham crackers are considered a grain based dessert at lunch. There is a maximum of 2 oz. eq. of grain based desserts for lunch per week.
- All grains must be whole grain rich
- Must provide documentation on how you credit food items (CN label, Product Formulation Statements, or use Exhibit A)
- Breakfast: must offer 1 oz. eq. grain before you can offer a meat/meat alternate
- Processed M/MA products are not always ounce for ounce due to fillers and added ingredients

Suggestions to Improve Compliance

- Pair PB&J with a 1 oz. eq. cheese stick or 4 oz. yogurt(1 oz. eq. m/ma) to increase the amount of meat/meat alternate offered
- Pair Chef Salad with a 2 oz. eq. grain equivalent dinner roll or 2 (1 oz. eq. grain equivalent) rolls
- Serve 2 oz. eq. grain equivalent granola ($\frac{1}{2}$ cup) with yogurt meal or 1 oz. eq. grain equivalent granola ($\frac{1}{4}$ cup) and a 1 oz. eq. grain equivalent dinner roll
- Allow students to take 2 (1 oz. eq.) cereal bowls or 2 muffins or pair with another grain/m/ma item.





This concludes Alternate Daily
Meals

New York State Education Department

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