

What's in a Meal
Grades K-12

National School Lunch Program
and School Breakfast Program
Meal Patterns for Grades K-12

School Year 2023-24

Module 11: Grains Component

Connecticut State Department of Education
Bureau of Child Nutrition Programs

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1

What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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2

What's in a Meal
Grades K-12

Module Topics and Key Messages

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3

Module 11 Topics

- Required daily and weekly servings
- Allowable grains
- Creditable grain ingredients
- Crediting requirements
- Resources

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4

Key Messages About Grains Component

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5

Key Messages About Grains Component

- Minimum daily and weekly ounce equivalents (oz eq)
- Weekly limit for grain-based desserts at lunch
- All grains must be whole rich (WGR) or enriched
- ≥ 80% must be WGR
- Limit for noncreditable grains

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6



Required Daily and Weekly Servings for Lunch

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7

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

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8

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

Maximums provide menu planning target to meet weekly dietary specifications

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9

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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10

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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11

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

5 days: 2 oz eq daily = 10 oz eq

7 days: 2 oz eq daily = 14 oz eq

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12

Lunch Meal Pattern

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-9	1	11-12½
6-8	1	8-10	1	11-14
9-12	2	10-12	2	14-17

May serve larger amounts if weekly menu meets dietary specifications

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13

Lunch Meal Pattern: Grades K-8 Option

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-8	1	8-9	1	11-12½

Narrower weekly calorie range and stricter sodium limits

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14

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Lunch Meal Patterns for Grades K-12 in School Nutrition Programs

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents/LunchMealPatterns>

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15

Required Daily and Weekly Servings for Breakfast

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16

Breakfast Meal Patterns

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12½-14

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17

Breakfast Meal Patterns

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12½-14

Maximums provide menu planning target to meet weekly dietary specifications

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18

Breakfast Meal Patterns

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12½-14

Must offer > 1 oz eq on some days

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19

Breakfast Meal Patterns

Grades	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	7-10	1	10-14
6-8	1	8-10	1	11-14
9-12	1	9-10	1	12½-14

May serve larger amounts if weekly menu meets dietary specifications

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20

Breakfast Meal Pattern Optional Grade Groups

Grade	Grains Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-8	1	8-10	1	11-14
K-12	1	9-10	1	12½-14
6-12	1	9-10	1	12½-14

Narrower weekly calorie range and stricter sodium limits

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21

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Breakfast Meal Patterns for Grades K-12 in School Nutrition Programs

Standard Grade Groups (K-5, 6-8, and 9-12)	Options for Multiple Grade Groups
<p>The breakfast meal patterns below include the three required grade groups (K-5, 6-8, and 9-12).</p> <p>4-day Meal Patterns</p> <ul style="list-style-type: none"> • 4-day Breakfast All Grades • 4-day Breakfast Grades K-5 • 4-day Breakfast Grades 6-8 • 4-day Breakfast Grades 9-12 <p>5-day Meal Patterns</p> <ul style="list-style-type: none"> • 5-day Breakfast All Grades • 5-day Breakfast Grades K-5 • 5-day Breakfast Grades 6-8 • 5-day Breakfast Grades 9-12 <p>7-day Meal Patterns</p> <ul style="list-style-type: none"> • 7-day Breakfast All Grades • 7-day Breakfast Grades K-5 • 7-day Breakfast Grades 6-8 • 7-day Breakfast Grades 9-12 	<p>The breakfast meal pattern options below are for schools with grade configurations that prevent students from being separated into the three required grade groups (K-5, 6-8, and 9-12). These meal patterns require a separate calorie range and more restrictive sodium limit.</p> <p>4-day Meal Pattern Options</p> <ul style="list-style-type: none"> • 4-day Breakfast Grades 6-8 Option • 4-day Breakfast Grades 9-12 Option • 4-day Breakfast Grades 6-12 Option <p>5-day Meal Pattern Options</p> <ul style="list-style-type: none"> • 5-day Breakfast Grades 6-8 Option • 5-day Breakfast Grades 9-12 Option • 5-day Breakfast Grades 6-12 Option <p>7-day Meal Pattern Options</p> <ul style="list-style-type: none"> • 7-day Breakfast Grades 6-8 Option • 7-day Breakfast Grades 9-12 Option • 7-day Breakfast Grades 6-12 Option

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents#BreakfastMealPatterns>

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22



Allowable Grains and Grain Products

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23



Allowable Grain Products

- Breads and bread products
- Snack products, e.g., crackers, hard pretzels, tortilla chips, popcorn
- Cereal grains, e.g., brown rice, quinoa
- Ready-to-eat (RTE) breakfast cereals
- Cooked breakfast cereals
- Bread products used as ingredient in another menu item
- Pasta products
- Grain-based desserts

Different crediting requirements and considerations

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24



Creditable Grain Foods

Commercial products and foods made from scratch that contain sufficient creditable grains and do not exceed the limit for noncreditable grains

Terms to Know

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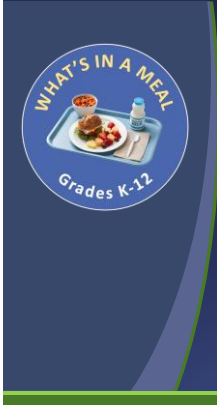
25

Two Types of Creditable Grain Foods

1 Whole grain-rich (WGR) <ul style="list-style-type: none">100% whole grainBlend of whole ($\geq 50\%$) and enriched grains <p>$\geq 80\%$</p>	2 Enriched <ul style="list-style-type: none">Includes bran and germ <p>$< 20\%$</p>
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26



Creditable Grain Ingredients

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27




Creditable Grains

The ingredients in a commercial product or standardized recipe that count toward the grains component of the school meal patterns

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28



Creditable Grains

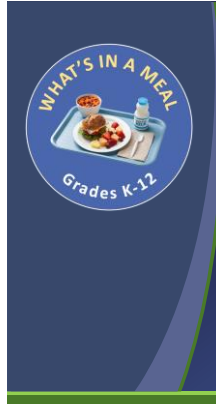
The ingredients in a commercial product or standardized recipe that count toward the grains component of the school meal patterns

- Whole grains
- Enriched grains
- Bran
- Germ

Terms to Know

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29



Whole Grains

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30



Whole Grains

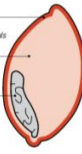
- Consist of entire grain kernel

Whole Grain Kernel

Scab
"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm
Provides energy
Carbohydrate, protein

Germ
Nourishment for the seed
Antioxidants, vitamin E,
B vitamins




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31

How to Identify Whole Grains

- Contains "whole" before grain name
- Other names for whole grains
- Food and Drug Administration (FDA) standard of identity
- Corn ingredients are nixtamalized




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32

How to Identify Whole Grains

- Contains "whole" before grain name

- Whole grain [name of grain, e.g., wheat, rye, oats]
- Whole wheat
- Whole [name of grain]
- Stoneground whole [name of grain]




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33

How to Identify Whole Grains

- Contains "whole" before grain name

"Stoneground"



Ingredients: *Unbleached enriched wheat flour (wheat flour, niacin, iron, thiamine, riboflavin, folic acid), canola oil, salt, yeast, malted barley flour, baking soda*

Ingredient	Whole grain?
Stone-ground whole wheat	Yes
Stone-ground wheat	No




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34

How to Identify Whole Grains

- Other Names for Whole Grains

- Berries
- Groats
- Oats and oatmeal
- Graham flour
- Brown rice
- Other grains, e.g., quinoa, millet, amaranth, sorghum buckwheat, bulgur (cracked wheat), and sprouted wheat



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How to Identify Whole Grains

- Whole-wheat Products with FDA Standard of Identity

Breads, Rolls, Buns

- Whole-wheat bread, rolls, buns
- Entire wheat bread, rolls, buns
- Graham bread, rolls, buns

Does not include graham crackers




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36

How to Identify Whole Grains

3 Whole-wheat Products with FDA Standard of Identity

Breads, Rolls, Buns	Pastas
<ul style="list-style-type: none"> Whole-wheat bread, rolls, buns Entire wheat bread, rolls, buns Graham bread, rolls, buns 	<ul style="list-style-type: none"> Whole-wheat spaghetti Whole-wheat vermicelli Whole-wheat macaroni Whole-wheat macaroni products




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37

How to Identify Whole Grains

4 Nixtamalized Corn

= Dried corn soaked and cooked in an alkaline (slaked lime) solution




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38

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Crediting Whole Grains in the National School Lunch Program and School Breakfast Program

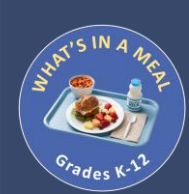


https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Whole_Grains_SNP.pdf

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39

Enriched Grains




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40

Enriched Grains

Refined grains and grain products with 5 vitamins and minerals added to replace some nutrients lost during processing

- Thiamin
- Riboflavin
- Niacin
- Folic acid
- Iron




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41

Examples of Enriched Grains

- Enriched corn flour
- Enriched durum flour
- Enriched farina
- Enriched rice
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Any grains stating "enriched"



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42


Two Ways to Identify Enriched Grains

1

Labeled as enriched, e.g., enriched long grain rice

2

Enriched grain is first ingredient excluding water




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43

Examples of Enriched Grains

Ingredients: **Enriched flour** (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola oil, palm oil, sea salt, salt, baking soda, yeast

Ingredients: Water, **enriched flour** (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, canola oil




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44

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Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf

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45

WHAT'S IN A MEAL Grades K-12

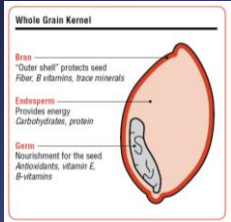
Bran and Germ

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Bran and Germ

- Bran = seed husk or outer coating of cereal grains
- Germ = vitamin-rich sprouting section of whole-grain kernel



Credit the same as enriched grains

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47

WHAT'S IN A MEAL Grades K-12

Crediting Requirements for Grain Products

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48

How to Credit

- Commercial grain products
- Breakfast cereals
- Corn ingredients
- Popcorn
- Grain foods made from scratch
- Grain-based desserts




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49

Two Ways to Credit Grains

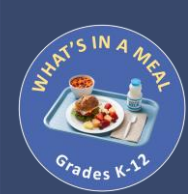
Different Requirements

- Credit as enriched grain OR
- Credit as WGR grain



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50




Crediting Commercial Grain Products

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51

Two Types of Commercial Grain Products

<h4>Grain Only</h4> <ul style="list-style-type: none"> Breads Muffins Crackers Breakfast cereals Pancakes Rice Pasta 	<h4>Combination foods</h4> <ul style="list-style-type: none"> Pizza Lasagna Breaded chicken nuggets Egg rolls
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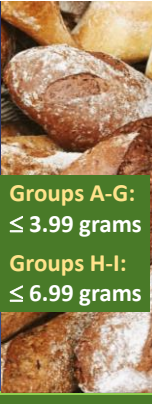
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52

Crediting Criteria for Commercial Grain Products

1 Must be WGR or enriched	2 Cannot exceed noncreditable grains limit
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- Groups A-G: ≤ 3.99 grams
- Groups H-I: ≤ 6.99 grams




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53

Reminder About Groups A-I

- USDA's Exhibit A: Grain Requirements for Child Nutrition Programs
- Quantities are not the same for all Child Nutrition Programs



<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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54

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CSDE's Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program

Grain Ounce Equivalent for Grades K-12 in the NSLP and SBP	Grain Ounce Equivalent for Grades K-12 in the NSLP and SBP
Whole Grain	Enriched Flour
Whole wheat flour	Flour, 10 grams (1/2 cup)
Whole wheat bran	Flour, 10 grams (1/2 cup)
Whole wheat germ	Flour, 10 grams (1/2 cup)
Whole wheat meal	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched)	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain)	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain) (not enriched)	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain) (not enriched) (not whole grain)	Flour, 10 grams (1/2 cup)
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Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain) (not enriched) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain)	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain) (not enriched) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain)	Flour, 10 grams (1/2 cup)
Whole wheat flour with added nutrients and fiber (not enriched) (not whole grain) (not enriched) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain) (not whole grain)	Flour, 10 grams (1/2 cup)

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Oz_Eq_SNP_grades_K-12.pdf

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55

Examples of Noncreditable Grain Ingredients

Limit for noncreditable grains applies to all grains (WGR and enriched)



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56

Examples of Noncreditable Grain Ingredients

- Corn (not whole grain, enriched, or nixtamalized), e.g., cornmeal, corn flour, degermed corn, stone-ground corn, yellow corn flour
- Fiber, e.g., corn fiber, soluble corn fiber, oat fiber, oat hull fiber, soy fiber
- Flour (not whole grain or enriched), e.g., durum flour, malted barley flour, fermented wheat flour, rice flour, semolina flour, stone-ground corn flour, white flour, wheat flour
- Grits (not whole grain, enriched, or nixtamalized), e.g., corn grits, durum grits, barley grits
- Modified food starch, e.g., modified cornstarch, modified rice starch, modified tapioca starch, modified wheat starch
- Rice, white (not enriched)
- Soy products, e.g., soy flakes, soy fiber, soy grits
- Starch, e.g., cornstarch, cultured wheat starch, hydrolyzed starch, potato starch, rice starch, tapioca starch
- Vegetable and legume flours, e.g., chickpea flour, fava bean flour, pea flour, potato flour

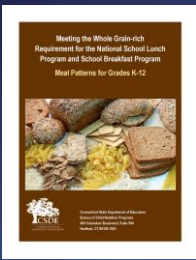
This list is not all-inclusive

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57

CSDE Resource


Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf

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58



Crediting Breakfast Cereals

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59


Breakfast Cereals Include

- Ready-to-eat (RTE) cold breakfast cereals
- Cooked instant and regular hot cereals

WGR

Enriched

Fortified




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60

WGR Breakfast Cereals

- Different WGR criteria for RTE and cooked cereals




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61

WGR Criteria for RTE Breakfast Cereals

- Whole grain is first ingredient and cereal is fortified
OR
Cereal is 100% whole grain

Fortification **not** required if 100% whole grain




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62

WGR Criteria for RTE Breakfast Cereals

- Whole grain is first ingredient and cereal is fortified
OR
Cereal is 100% whole grain
- Noncreditable grains cannot exceed 6.99 grams per portion

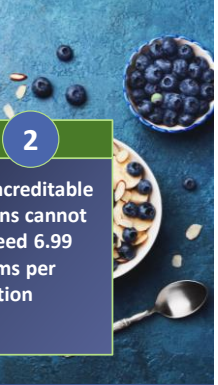


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63

WGR Criteria for Cooked Breakfast Cereals

- 100% whole grain
OR
contain blend of whole and enriched grains with $\geq 50\%$ whole grain
- Noncreditable grains cannot exceed 6.99 grams per portion



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64


Identifying Enriched Breakfast Cereals

- Contain 5 nutrients
 - Food is labeled "enriched"
 - OR
 - First ingredient is enriched grain

Enriched puffed rice cereal

Enriched farina

Count toward 20% weekly limit




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65

Fortified Breakfast Cereals

- Contain added nutrients
- Different cereal brands may list different nutrients

- Thiamin
- Riboflavin
- Niacin
- Folic acid
- Iron
- Additional vitamins and minerals



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66

Identifying Fortified Breakfast Cereals

- "Fortified" listed on the product label

Fortified wheat flakes

OR

- Ingredients statement includes added vitamins and minerals

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67

Example of Fortified Breakfast Cereals

Ingredients: Whole-grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor.

Vitamins and Minerals: Potassium chloride, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), zinc oxide, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12

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68

CSDE Resource

Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_grades_K-12.pdf

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69

WHAT'S IN A MEAL
Grades K-12

Crediting Corn Masa, Masa Harina, Corn Flour, Cornmeal, and Hominy

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70

Creditable Corn Ingredients

- Whole grain
- Enriched
- Nixtamalized

Hominy
Masa harina
Corn masa
Certain types of cornmeal

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71

How to Identify Nixtamalized Corn

1
Ingredients statement indicates corn is treated with lime

Ground corn with trace of lime

Ground corn treated with lime

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72


How to Identify Nixtamalized Corn

1

Ingredients statement indicates corn is treated with lime

2

Package includes FDA whole grain health claim




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73

FDA Whole-grain Health Claims

Low-fat claim: Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers.

Moderate-fat claim: Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.



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74

Crediting Hominy

- Crediting depends on form
 - Dried milled hominy, e.g., grits: credits as WGR food
 - Cooked dried or canned hominy: credits as starchy vegetable subgroup




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75

USDA Resource


USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs



<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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76




Crediting Popcorn

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77

Crediting Popcorn

- WGR food
- 3 cups popped (1 ounce) = 1 oz eq
- Minimum creditable amount = ¼ oz eq (¾ cup popped)
- Consider serving size
- Maintain crediting documentation for foods containing popcorn
- Consider dietary specifications



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78

USDA Resource

USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 9-2019: Crediting Popcorn in the Child Nutrition Programs

<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>

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79

Crediting Grain Foods Made from Scratch

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80

Crediting Criteria for Grain Foods Made from Scratch

1

Must be WGR or enriched

2

Cannot exceed limit for noncreditable grains

- Groups A-G: ≤ 3.99 grams
- Groups H-I: ≤ 6.99 grams

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81

Crediting Criteria for Grain Foods Made from Scratch

- Must maintain standardized recipes
 - Crediting (WGR or enriched)
 - Oz eq contribution per serving

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82

Crediting Grain-based Desserts

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83

Examples of Grain-based Desserts

Animal crackers and graham crackers	Brownies, plain	Cakes, e.g., coffee cake, cupcakes, gingerbread	Cereal bars, breakfast bars, and granola bars	Cookies, e.g., plain and with chocolate, nuts, fruits
Doughnuts, plain, frosted, filled	Fruit-filled rolls, bars, cookies, e.g., fig bars	Dessert pies, fruit cobblers, fruit crisps, fruit turnovers	Sweet bread puddings, e.g., cinnamon, fruits, chocolate, icing	Sweet biscotti, e.g., with fruits, chocolate, icing
Sweet croissants, e.g., chocolate or almond filled	Sweet pita chips, e.g., cinnamon-sugar	Sweet rice puddings, e.g., cinnamon, vanilla	Sweet scones, e.g., with fruits, chocolate, icing	Pastries, e.g., sweet rolls, cinnamon rolls, danish, toaster pastries

This list is not all-inclusive

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84

Restrictions for Grain-based Desserts

- **Lunch:**
≤ 2 oz eq per week
 - Applies to WGR and enriched menu items
 - Cannot serve graham/animal crackers as daily grain choice



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85

Example of Alternate Lunch Menu with Grain-based Dessert

Grades 9-12

- Yogurt, 1 cup
- Fresh fruit, 1 cup
- Fresh vegetables, 1 cup
- Graham crackers, 2 oz eq**
- Low-fat or fat-free milk, 1 cup

Not allowed as **daily lunch choice**



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86

Restrictions for Grain-based Desserts

- **Breakfast:**
No limit but restricts types allowed




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87

Crediting Grain-based Desserts at Breakfast


Allowed	Not Allowed
▪ Plain animal/ graham crackers	▪ Brownies
▪ Cereal bars	▪ Cakes (except coffee cake)
▪ Granola bars	▪ Cookies
▪ Doughnuts	▪ Fruit crisps and cobblers
▪ Fruit turnovers	▪ Fruit dessert pies
▪ Pastries	
▪ Sweet rolls	



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88

Methods to Identify Grain-based Desserts



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89

Two Methods to Identify Grain-based Desserts

1. CSDE's Grain Ounce Equivalents Chart: Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP
2. Common perceptions of the food and how its typically served

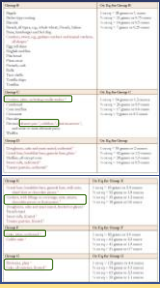
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90

Two Methods to Identify Grain-based Desserts

1 CSDE's Grain Ounce Equivalents Chart

- Indicated in red
- 1 = lunch or breakfast
- 2 = lunch only



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Oz_Eq_SNP_grades_K-12.pdf

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91

Two Methods to Identify Grain-based Desserts

2 Common perceptions of food and how its typically served

- Thought of or served as a dessert?
- Frosted, iced, or dessert-flavored?
- Contains custard filling or candy?
- In the shape of a cookie or packaged like a dessert?

Yes = grain-based dessert






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92

Two Methods to Identify Grain-based Desserts

2 Common Perceptions of Food and How Typically Served

- Name does not indicate if product is grain-based dessert
- No FDA standard of identity
- Manufacturers may use any terms

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93

Consider Weekly Dietary Specifications

- Grain-based desserts often contain more fat and added sugars
- Replace with whole-grain foods




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94

CSDE Resource

Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Grain_Based_Desserts_grades_K-12_SNP.pdf

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95

Noncreditable Grain Foods



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96

Examples of Noncreditable Grain Foods

- Commercial grain products that are not WGR or enriched
- Standardized recipes that are not WGR or enriched
- Breakfast cereals that are not WGR, enriched, or fortified
- Grain foods that exceed limit for noncreditable grains

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97

CSDE Resource

Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf

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98

Resources for Grains Component

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99

USDA Resource

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program

<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

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100

USDA Resource

USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022

<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

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101

CSDE Resource

Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program


https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Calculation_SNP_grades_K-12.pdf

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102

CSDE Resource

How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/How_to_Use_Grain_Ounce_Equivalents_Chart_NSLP_SBP.pdf


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103

USDA Resource

Food Buying Guide for Child Nutrition Programs

Recipe Analysis Workbook (RAW): Standardized Recipes




<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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104

CSDE Webpage

Crediting Foods in School Nutrition Programs



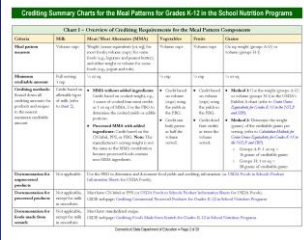
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Grains>

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105

CSDE Resource

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf

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106

CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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107

Questions?

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countygassign.pdf>

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108

Module 11: Grains Component

Thank you for participating in module 11!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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109

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110

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111