

# School Meal Patterns & Components Training

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Child Nutrition  
Programs  
SY2024



OKLAHOMA  
Education



# MEAL PATTERNS & COMPONENTS

Grains, Meat/Meat Alternate, Fruit, Vegetables, and  
Milk

# Three Grade Groups

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Three grade groups at breakfast and lunch:

- K through 5
- 6 through 8
- 9 through 12
- K-8 at lunch and breakfast (have some overlapping calories)
- **K-12 is available at breakfast only**

# **Specific Nutrition Standards**

- **Calories**
  - Upper and lower limits
- **Saturated fat**
  - Less than 10% of total calories
- **Sodium standards for each of the grade group**
- ***Trans* fats**
  - Zero trans fats

# Overlap of Grade Group

| Grade Group Differences   |   |   |
|---|---|---|
| <b>Grade Level:</b><br><b>K-5</b>   | <b>Grade Level:</b><br><b>6-8</b>   | <b>Grade Level:</b><br><b>9-12</b>  |
| <b>Calorie Ranges</b><br><b>Breakfast: 350-500</b><br><b>Lunch: 550-650</b> | <b>Calorie Ranges</b><br><b>Breakfast: 400-550</b><br><b>Lunch: 600-700</b> | <b>Calorie Ranges</b><br><b>Breakfast: 450-600</b><br><b>Lunch: 750-850</b> |
| <b>Caloric Overlaps</b><br><b>B: 400-500</b><br><b>L: 600-650</b>           |   | <b>Caloric Overlaps</b><br><b>B: 450-550</b><br><b>L: NO OVERLAP</b>        |

# All Foods Served

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- All foods served go towards the nutrient standards, even if the items are an extra
  - *Examples:* condiments, salad bars served as an extra, etc.

# LUNCH MEAL PATTERN

|   | Grades K-5   |        | Grades 6-8 |        | Grades 9-12 |        |
|---|--|--------|------------|--------|-------------|--------|
| Meal Pattern Requirements                           | Daily  | Weekly | Daily      | Weekly | Daily       | Weekly |
| Fruits (cups) <sup>b</sup>                          | 1½   | 2 ½    | 1½         | 2 ½    | 1           | 5      |
| Vegetables (cups) <sup>b,c,e</sup>                  | ¾  | 3 ¾    | ¾          | 3 ¾    | 1           | 5      |
| Dark Green <sup>c</sup>                             |  | ½      |            | ½      |             | ½      |
| Red/Orange <sup>c</sup>                             |  | ¾      |            | ¾      |             | 1 ¼    |
| Beans/Peas (Legumes) <sup>c</sup>                   |  | ½      |            | ½      |             | ½      |
| Starchy <sup>c</sup>                                |  | ½      |            | ½      |             | ½      |
| Other <sup>c,d</sup>                                |  | ½      |            | ½      |             | ¾      |
| Additional Veg to Reach Total                       |  | 1      |            | 1      |             | 1 ½    |
| Grains (oz eq) <sup>f</sup>                         | 1  | 8      | 1          | 8      | 2           | 10     |
| Meat/<br>Meat Alternates (oz eq)                    | 1  | 8      | 1          | 9      | 2           | 10     |
| Fluid Milk (cups) <sup>g</sup>                      | 1  | 5      | 1          | 5      | 1           | 5      |
| Min-Max Calories <sup>h</sup>                       | 550-650  |        | 600-700    |        | 750-850     |        |
| Saturated Fat<br>(% Of total calories) <sup>h</sup> | <10  |        | <10        |        | <10         |        |
| Sodium (mg) <sup>h,i</sup>                          | ≤1110  |        | ≤1225      |        | ≤1280       |        |
| Trans fat <sup>h</sup>                              | Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. |        |            |        |             |        |

# BREAKFAST MEAL PATTERN

|   | Grades K-5   |                | Grades 6-8 |                | Grades 9-12 |                |
|---|--|----------------|------------|----------------|-------------|----------------|
| Meal Pattern Requirements                           | Daily  | Weekly         | Daily      | Weekly         | Daily       | Weekly         |
| Fruits (cups) <sup>b</sup>                          | 1  | 5              | 1          | 5              | 1           | 5              |
| Vegetables (cups) <sup>b,c</sup>                    |  | 0              |            | 0              |             | 0              |
| Dark Green <sup>c</sup>                             |  | 0              |            | 0              |             | 0              |
| Red/Orange <sup>c</sup>                             |  | 0              |            | 0              |             | 0              |
| Beans/Peas (Legumes) <sup>c</sup>                   |  | 0              |            | 0              |             | 0              |
| Starchy <sup>c</sup>                                |  | 0              |            | 0              |             | 0              |
| Other <sup>c,d</sup>                                |  | 0              |            | 0              |             | 0              |
| Additional Veg to Reach Total                       |  | 0              |            | 0              |             | 0              |
| Grains (oz eq) <sup>f</sup>                         | 1  | 7              | 1          | 8              | 1           | 9              |
| Meat/<br>Meat Alternates (oz eq)                    |  | 0 <sup>i</sup> |            | 0 <sup>i</sup> |             | 0 <sup>i</sup> |
| Fluid Milk (cups) <sup>g</sup>                      | 1  | 5              | 1          | 5              | 1           | 5              |
| Min-Max Calories <sup>h</sup>                       | 350-500  |                | 400-550    |                | 450-600     |                |
| Saturated Fat<br>(% Of total calories) <sup>h</sup> | <10  |                | <10        |                | <10         |                |
| Sodium (mg) <sup>h,i</sup>                          | ≤540   |                | ≤600       |                | ≤640        |                |
| Trans fat <sup>h</sup>                              | Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. |                |            |                |             |                |



# Shorter or Longer Weeks

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- Daily requirements **DO NOT** change
- Weekly requirements **DO** change
- Vegetable subgroups are slightly affected
  - Red/Orange
  - Other
  - Additional Vegetables
- Meal Pattern Requirements available for 4-day, 6-day, and 7-day of normal serving days
- If you have planned shorter weeks, you **MUST** adjust your menus
  - **Example:** After spring break, the district goes to a 4-day school week

# Reimbursable Meals

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- Required number components/food items
- Portion sizes planned AND served meet meal pattern requirements
- **Students must take the full, required, serving size for the meal to be reimbursable**
- Monitored to ensure reimbursable meal
- Documentation to support dietary substitutions



# COMPONENTS

Grains, Meat/Meat Alternate, Fruit, Vegetables, and Milk

# Food Components

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- Grains
- Meat/Meat Alternate
- Fruit
- Vegetables
  - Five Subgroups for Lunch
- Milk







# GRAINS COMPONENT

# Grains Component

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- Schools must offer daily and weekly minimum servings of whole grain-rich products
- **80% of all the grains offered for the week must be whole grain-rich**
- Smallest amount creditable is 0.25 oz. eq.

# Grains Requirements

## BREAKFAST MEAL PATTERNS

| Grains      | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
|-------------|-----------------------------------|------------------------------------|
| <b>K-5</b>  | 1 oz equivalent                   | 7 oz equivalent                    |
| <b>6-8</b>  | 1 oz equivalent                   | 8 oz equivalent                    |
| <b>K-12</b> | 1 oz equivalent                   | 9 oz equivalent                    |
| <b>9-12</b> | 1 oz equivalent                   | 9 oz equivalent                    |

## LUNCH MEAL PATTERNS

| Grains      | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
|-------------|-----------------------------------|------------------------------------|
| <b>K-5</b>  | 1 oz equivalent                   | 8 oz equivalent                    |
| <b>6-8</b>  | 1 oz equivalent                   | 8 oz equivalent                    |
| <b>K-8</b>  | 1 oz equivalent                   | 8 oz equivalent                    |
| <b>9-12</b> | 2 oz equivalent                   | 10 oz equivalent                   |



# Identifying a Whole-Grain Rich Product

- When the first ingredient on the ingredient list is a whole grain and the remaining grains must be enriched
  - The first ingredient can be water as long as the second ingredient is a whole grain
- When a CN Label indicates ounce equivalent, the product is whole grain-rich



# Whole Grains

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- Whole Wheat
- Entire Wheat
- Rye Berries
- Cracked Wheat
- Crushed Wheat
- Whole Durum
- Barley
- Bulgar
- Wheat Berry

## **Gluten-free:**

- Quinoa
- Brown rice
- Wild rice
- Whole Corn
- Sorghum
- Oats/Oatmeal
- Amaranth
- Buckwheat

# Ounce Equivalent Standards for Whole Grain-Rich

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- Baked goods (breads, biscuits, bagels) must contain 16 grams of creditable grain and provide 1 oz. eq. credit
- Cereal grain (oatmeal, pasta, brown rice) must contain 28 grams (approximately 1.0 oz. by weight) of dry product or ½ cup cooked cereal, pasta, rice and provide 1 oz. eq. credit
- Ready-to-eat (RTE) breakfast cereal must contain 28 grams or 1.0 oz. of product provides 1 oz. eq. credit
  - One oz equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola

# Is This Biscuit Whole Grain-Rich?

## Ingredients

WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, SUGAR, BAKING SODA, CALCIUM ACID PYROPHOSPHATE, BUTTERMILK, SALT, SODIUM ALUMINUM PHOSPHATE, NONFAT MILK, WHEY PROTEIN CONCENTRATE, WHEY, PECTIN.



Yes/No

## Nutrition Facts

|                           |                 |                       |
|---------------------------|-----------------|-----------------------|
| Serving Size:             | 1 Biscuit (56g) |                       |
| Amount Per Serving:       | As Packaged     |                       |
| <b>Calories</b>           | 200             |                       |
| Calories From Fat         | 80              |                       |
|                           |                 |                       |
|                           |                 | <b>% Daily Value*</b> |
| <b>Total Fat</b>          | 9g              | 14%                   |
| Saturated Fat             | 7g              | 33%                   |
| Trans Fat                 | 0g              |                       |
| <b>Cholesterol</b>        | 0mg             | 0%                    |
| <b>Sodium</b>             | 410mg           | 17%                   |
| <b>Total Carbohydrate</b> | 27g             | 9%                    |
| Dietary Fiber             | 2g              | 10%                   |
| Sugars                    | 2g              |                       |
| <b>Protein</b>            | 4g              |                       |
| Vitamin A                 | 0%              |                       |
| Vitamin C                 | 0%              |                       |
| Calcium                   | 15%             |                       |
| Iron                      | 6%              |                       |
| Thiamin                   | 10%             |                       |
| Riboflavin                | 4%              |                       |
| Niacin                    | 6%              |                       |
| Folic Acid                | 4%              |                       |

\* Percent Daily Value (DV) are based on a 2,000 calorie diet

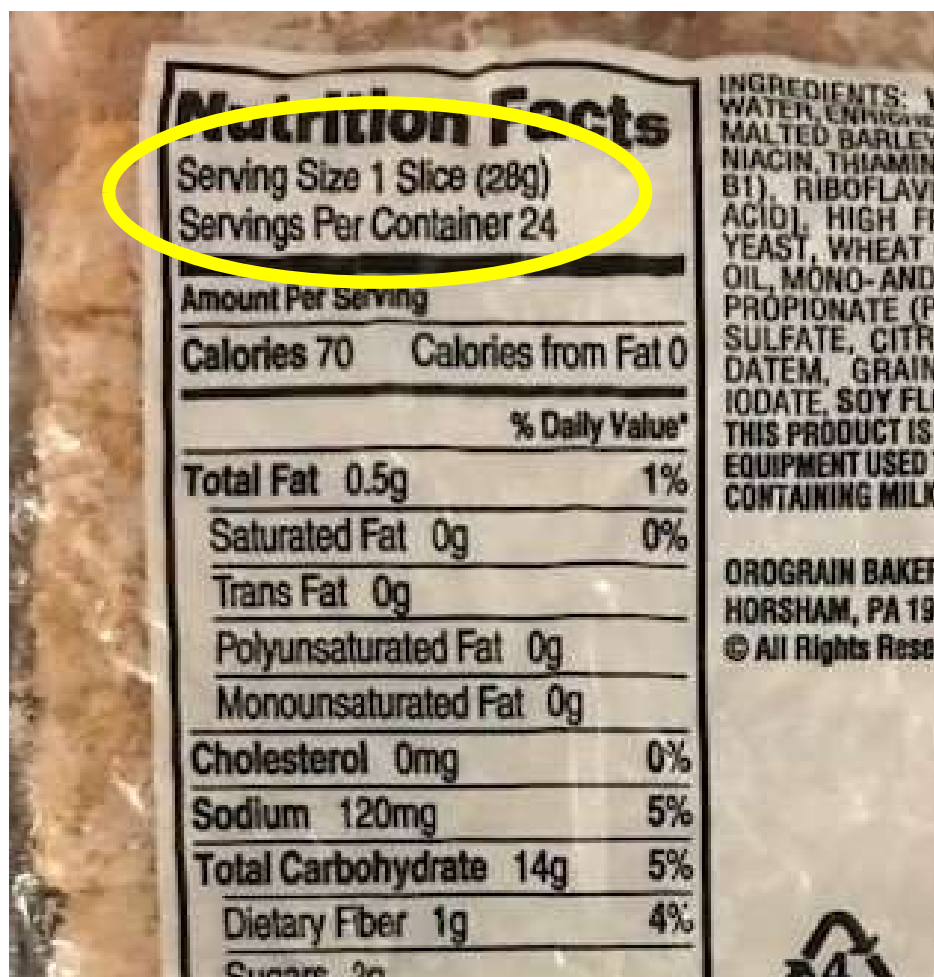
\* - Not a significant nutrient source

\* Nutritional information is subject to change. See product label to verify ingredients and allergens.

\*Do not eat raw dough or batter.

# Not All Sliced Bread Is The Same

1 slice = 28 grams



1 slice = 26 grams



# EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS<sup>1,2</sup>

| GROUP A   | OZ EQ FOR GROUP A  |
|---|--|
| <ul style="list-style-type: none"> <li>Bread-type coating</li> <li>Breadsticks (hard)</li> <li>Chow mein noodles</li> <li>Savory crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry)</li> </ul> <p><i>NOTE: Weights apply to bread in stuffing.</i></p>   | <p>1 oz eq = 22 gm or 0.8 oz</p> <p>3/4 oz eq = 17 gm or 0.6 oz</p> <p>1/2 oz eq = 11 gm or 0.4 oz</p> <p>1/4 oz eq = 6 gm or 0.2 oz</p>   |
| GROUP B   | OZ EQ FOR GROUP B  |
| <ul style="list-style-type: none"> <li>Bagels</li> <li>Batter-type coating</li> <li>Biscuits</li> <li>Breads (sliced whole-wheat, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Sweet crackers (graham crackers—all shapes, animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (whole-wheat or whole grain-rich)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (whole-wheat or whole grain-rich)</li> <li>Tortillas (whole-wheat or whole-corn)</li> <li>Tortilla chips (whole-wheat or whole-corn)</li> <li>Taco shells (whole-wheat or whole-corn)</li> </ul> | <p>1 oz eq = 28 gm or 1.0 oz</p> <p>3/4 oz eq = 21 gm or 0.75 oz</p> <p>1/2 oz eq = 14 gm or 0.5 oz</p> <p>1/4 oz eq = 7 gm or 0.25 oz</p> |
| GROUP C   | OZ EQ FOR GROUP C  |
| <ul style="list-style-type: none"> <li>Cookies (plain—includes vanilla wafers)</li> <li>Combread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies, cobbler, fruit turnovers, and meat/meat alternate pies)</li> <li>Waffles</li> </ul>  | <p>1 oz eq = 34 gm or 1.2 oz</p> <p>3/4 oz eq = 26 gm or 0.9 oz</p> <p>1/2 oz eq = 17 gm or 0.6 oz</p> <p>1/4 oz eq = 9 gm or 0.3 oz</p>   |
| GROUP D   | OZ EQ FOR GROUP D  |
| <ul style="list-style-type: none"> <li>Doughnut (cake and yeast-raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars (plain)</li> <li>Muffins (all except corn)</li> <li>Sweet roll (unfrosted)</li> <li>Toaster pastry (unfrosted)</li> </ul>   | <p>1 oz eq = 55 gm or 2.0 oz</p> <p>3/4 oz eq = 42 gm or 1.5 oz</p> <p>1/2 oz eq = 28 gm or 1.0 oz</p> <p>1/4 oz eq = 14 gm or 0.5 oz</p>  |

<sup>1</sup> The following food quantities from Groups A-G must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.



| GROUP E   | OZ EQ FOR GROUP E   |
|---|---|
| <ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast-raised, frosted or glazed)</li> <li>French toast</li> <li>Sweet rolls<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul> | 1 oz eq = 69 gm or 2.4 oz<br>3/4 oz eq = 52 gm or 1.8 oz<br>1/2 oz eq = 35 gm or 1.2 oz<br>1/4 oz eq = 18 gm or 0.6 oz                  |
| GROUP F   | OZ EQ FOR GROUP F   |
| <ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>  | 1 oz eq = 82 gm or 2.9 oz<br>3/4 oz eq = 62 gm or 2.2 oz<br>1/2 oz eq = 41 gm or 1.5 oz<br>1/4 oz eq = 21 gm or 0.7 oz                  |
| GROUP G   | OZ EQ FOR GROUP G   |
| <ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>   | 1 oz eq = 125 gm or 4.4 oz<br>3/4 oz eq = 94 gm or 3.3 oz<br>1/2 oz eq = 63 gm or 2.2 oz<br>1/4 oz eq = 32 gm or 1.1 oz                 |
| GROUP H   | OZ EQ FOR GROUP H   |
| <ul style="list-style-type: none"> <li>Cereal grains (barley, quinoa, etc.)</li> <li>Breakfast cereals<sup>3,6</sup> (cooked)</li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>  | 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry   |
| GROUP I   | OZ EQ FOR GROUP I   |
| <ul style="list-style-type: none"> <li>Ready-to-eat breakfast cereal<sup>3,6</sup> (cold, dry)</li> </ul>   | 1 oz eq = 1 cup or 1 oz for flakes and rounds<br>1 oz eq = 1.25 cups or 1 oz for puffed cereal<br>1 oz eq = 1/4 cup or 1 oz for granola |

<sup>3</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP and meals served to children aged one through five and adult participants in the Child and Adult Care Food Program (CACFP). Breakfast cereals are traditionally served as a breakfast menu item, but may be served in meals other than breakfast.

<sup>4</sup> Cereals must be whole grain or whole grain and enriched or whole grain and fortified cereal.

# Desserts

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- Schools may count ***no more than two grain-based servings (2 oz equivalents) per week*** toward the grain requirement
- Desserts need to be whole grain-rich, if counting toward whole grain-rich requirement
- Not allowable for Pre-K students if Pre-K is served CACFP meal patterns

# Grains Component: Menu Example

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- Chicken burrito (1.5 oz. eq. per the CN label) and 1 oz. brown rice = (2.5 oz. eq. grains total)
- Whole durum spaghetti noodles w/marinara sauce (1.5 oz. eq. grains) and whole wheat roll (1.25 oz eq. grain) = .3.75 oz eq grains total
- Rice pilaf (1 oz. eq. grain)
- Oatmeal raisin cookie (2.4 oz. eq.) = 1 oz. eq. grain per Exhibit A: Grains Chart (Group D)



# Grains: Breakfast

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- Items bought and served at breakfast must to either meet the Grains chart on the amount served, have a CN label, or a product formulation statement to show enough grain was served
  - Example: The district buys donuts from the local vendor and each donut is 2 ounces. This 2-ounce donut only equals a 1-ounce equivalent of grain due to the sugar content



# MEAT/MEAT ALTERNATE

# Meat/Meat Alternate Component for Reimbursable Lunch

- At least the minimum daily oz. eq.
- Weekly minimum oz eq must be offered
- Grades K-5 and 6-8 must offer more than the minimum daily amount to meet the weekly minimum requirement
- Smallest amount credited 0.25 oz. eq.

# Meat/Meat Alternate Requirements

| LUNCH MEAL PATTERNS |                                   |                                    |
|---------------------|-----------------------------------|------------------------------------|
| Meat/Meat Alternate | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
| K-5                 | 1 oz equivalent                   | 8 oz equivalent                    |
| 6-8                 | 1 oz equivalent                   | 9 oz equivalent                    |
| K-8                 | 1 oz equivalent                   | 9 oz equivalent                    |
| 9-12                | 2 oz equivalent                   | 10 oz equivalent                   |

## Breakfast:

1 oz. eq. of meat/meat alternate may count as an additional 1 oz eq of grains ***AFTER the grain requirement has been met***

# Meat/Meat Alternate M/MA

## **Use a variety of meat/meat alternates:**

- Beef, pork, seafood, or poultry
- Eggs
- Nut butters including sunflower, peanut, etc.
- Tofu
- Yogurt including soy yogurt
- Beans/Legumes
- Cheese





# FRUITS & VEGETABLES



# Fruit Component

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- Offer daily and weekly minimum servings
- May select more than the minimum amount if the calories averaged over the school week are not exceeded
- Pasteurized, 100% full-strength juice may also be offered, however, ***no more than half of the weekly fruit offering may be in the form of juice for each meal service***
- Minimum quantity credited  $\frac{1}{8}$  of a cup

# Fruit Requirements

## BREAKFAST MEAL PATTERNS

| Fruit       | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
|-------------|-----------------------------------|------------------------------------|
| <b>K-5</b>  | 1 cup                             | 5 cups                             |
| <b>6-8</b>  | 1 cup                             | 5 cups                             |
| <b>K-12</b> | 1 cup                             | 5 cups                             |
| <b>9-12</b> | 1 cup                             | 5 cups                             |

## LUNCH MEAL PATTERNS

| Fruit       | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
|-------------|-----------------------------------|------------------------------------|
| <b>K-5</b>  | ½ cup                             | 2.5 cups                           |
| <b>6-8</b>  | ½ cup                             | 2.5 cups                           |
| <b>K-8</b>  | ½ cup                             | 2.5 cups                           |
| <b>9-12</b> | 1 cup                             | 5 cups                             |



# Fruit Serving Requirement

- If only 1 fruit is offered for grade group 9-12, ***1 cup of fruit MUST be served unless the student requests a ½ cup serving***
- 1 cup of fruit **MUST** be offered & listed on the production records

# Vegetable Serving Requirement

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- If only 1 vegetable is offered for lunch, ***1 cup of vegetable MUST be served to 9-12 and  $\frac{3}{4}$  cup to K-8, unless the student requests a  $\frac{1}{2}$  cup serving***
- 1 cup or  $\frac{3}{4}$  cup vegetable, depending on the age group, ***MUST*** be offered & listed on the production records

# Vegetables & Subgroup Requirements

## LUNCH MEAL PATTERNS

| Vegetables  | <u>Daily</u> Minimum Requirements | <u>Weekly</u> Minimum Requirements |
|-------------|-----------------------------------|------------------------------------|
| <b>K-5</b>  | $\frac{3}{4}$ cup                 | 3 $\frac{3}{4}$ cup                |
| <b>6-8</b>  | $\frac{3}{4}$ cup                 | 3 $\frac{3}{4}$ cup                |
| <b>K-8</b>  | $\frac{3}{4}$ cup                 | 3 $\frac{3}{4}$ cup                |
| <b>9-12</b> | 1 cup                             | 5 cups                             |

|             |  |  |  |  |  | Additional vegetables to meet weekly requirements |
|-------------|--|---|--|--|--|---|
|             | Dark Green   | Red/Orange  | Legumes  | Starchy  | Other  |   |
| Grades K-5  | 1/2 Cup  | 3/4 Cups  | 1/2 Cup  | 1/2 Cup  | 1/2 Cup  | 1 Cup   |
| Grades 6-8  | 1/2 Cup  | 3/4 Cups  | 1/2 Cup  | 1/2 Cup  | 1/2 Cup  | 1 Cup   |
| Grades 9-12 | 1/2 Cup  | 1 1/4 Cups  | 1/2 Cup  | 1/2 Cup  | 3/4 Cups   | 1 1/2 Cup   |

| <b>Dark Green Vegetables</b><br>Grades K-5: 1/2 Cup/Week<br>Grades 6-8: 1/2 Cup/Week<br>Grades 9-12: 1/2 Cup/Week   | <b>Red/Orange Vegetables</b><br>Grades K-5: 3/4 Cup/Week<br>Grades 6-8: 3/4 Cup/Week<br>Grades 9-12: 1 1/4 Cups/Week  | <b>Beans/Peas (Legumes)</b><br>Grades K-5: 1/2 Cup/Week<br>Grades 6-8: 1/2 Cup/Week<br>Grades 9-12: 1/2 Cup/Week  | <b>Starchy Vegetables</b><br>Grades K-5: 1/2 Cup/Week<br>Grades 6-8: 1/2 Cup/Week<br>Grades 9-12: 1/2 Cup/Week  | <b>Other Vegetables</b><br>Grades K-5: 1/2 Cup/Week<br>Grades 6-8: 1/2 Cup/Week<br>Grades 9-12: 3/4 Cup/Week   |
|---|---|---|---|--|
| Bok choy (Chinese cabbage)<br>Broccoli<br>Collard greens<br>Dark green leafy lettuce<br>Kale<br>Mesclun<br>Mustard greens<br>Romaine lettuce<br>Spinach<br>Turnip greens<br>Watercress<br>Beet greens<br>Chicory<br>Escarole endive<br>Grape leaves<br>Parsley<br>Swiss chard | Acorn squash<br>Butternut squash<br>Carrots<br>Pumpkin<br>Tomatoes<br>Tomato products<br>Sweet potatoes<br>Cherry peppers<br>Hubbard squash<br>Pimientos<br>Red/orange peppers<br>Salsa | Black beans<br>Kidney beans<br>Lentils<br>Navy beans<br>Pinto beans<br>Soy beans (dry, mature)<br>Split peas<br>White beans<br>Black-eyed peas<br>(mature, dry, canned)<br>Garbanzo beans<br>(chickpeas)<br>Refried beans<br>Bean products<br>Edamame<br>Great Northern beans<br>Green peas, dry<br>Lima beans (dry, mature)<br>Mung beans<br>Pink beans<br>Small red beans | <b>Corn</b><br>Cassava<br>Green bananas<br><b>Green peas</b><br>Green lima beans<br>Plantains<br>Taro<br>Water chestnuts<br>White potato products<br>Black-eyed peas<br>(not dry, fresh, frozen)<br>Mixed vegetables<br>Breadfruit<br>Lima beans (canned, fresh, or frozen)<br>Jicama (yam bean)<br>Parsnips<br>Piqueou peas<br>Poi<br>Yautia (tannier) | All other fresh, frozen, and canned; cooked or raw vegetables, including:<br>Artichokes<br>Asparagus<br>Avocado<br>Bamboo shoots<br>Bean sprouts<br>Beets<br>Bell or chili peppers<br>Brussels sprouts<br>Cabbage, green or red<br>Cactus (napales)<br>Cauliflower<br>Celery<br>Chayote<br>Chinese snow peas<br>Cucumbers<br>Eggplant<br><b>Green beans</b><br>Green peppers<br>Iceberg lettuce<br>Kohlrabi<br>Mushrooms<br>Okra<br>Olives<br>Onions<br>Parsnips<br>Pepperocini<br>Pickles<br>Radishes<br>Rutabagas<br>Sauerkraut<br>Seaweed<br>Sugar snap peas<br>Tomatillos<br>Turnips<br>Wax beans<br>Yellow squash<br>Zucchini |



# LEAFY GREENS



ARUGULA



KALE



DINOSAUR KALE



CHARD



COLLARD GREENS



CURLY ENDIVE



MACHE



MIZUNA



TAT SOI



SPINACH



DANDELION



WATERCRESS



ROMAINE



PURPLE KALE

# Red/Orange

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- Acorn Squash
- Buttermilk Squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potatoes
- Tomatoes
- Salsa



# Beans As A Vegetable

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## Legumes (Beans/Peas)



**Kidney Beans**



**Navy Beans**



**Edamame**



**Pink Beans**



**Black Beans**



**Garbanzo Beans  
(chickpeas)**



**Lentils**



**Black-eyed Peas, Dry,  
Mature**



**Split Peas**



**Pinto Beans**



# Starchy Vegetables

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Split Peas



White Potatoes



Corn on the Cob



Baby Lima Beans



# The “Other” Vegetables



Green Beans



Vidalia Onion



Beets



Brussel Sprouts

# Not A Vegetable!

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***This is not creditable. This is an EXTRA***

# FLUID MILK COMPONENT



# Fluid Milk Component

- One cup (8oz) offered daily for each meal service for each grade group
- **Unflavored milk must be offered at each meal service**
- Milk may be used as a beverage, on cereal, or used in part for each purpose
- Milk used in smoothies can credit towards the fluid milk component
  - Milk used in preparation of menu items other than smoothies does not credit towards the fluid milk requirement



# Fluid Milk Component (Cont.)

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Two types of milk must be offered at each meal service. It can be:

- Unflavored or Flavored low-fat (1%) milk
- Unflavored or Flavored Fat Free (skim) milk
- Lactose free milk is considered milk. It is not a milk substitute
- *Unflavored milk must be offered at breakfast & lunch*

Pre-K students cannot be offered flavored milk if they are being served the CACFP Meal Patterns or are not co-mingled



# Water Does NOT Substitute For Milk

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- Water must be available to students during the meal service.

## **EXAMPLE:**

- Water Fountain
  - Pitcher & Cups
- Water is ***NOT*** a component and can ***NOT*** be a substitute for milk
  - Water is ***NOT*** considered a part of the reimbursable meal

# Milk Substitution Rule Does NOT Apply

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For students considered disabled under  
7CFR Part 15(b):

- Have a Section 504 Plan

***OR***

- Has an IEP (Individual Educational Plan)
  - Follow the plan, IEP, or doctor's statement

# Is a Milk Substitution Required?

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## If parent request milk substitution

- At the discretion of the SFA
- Documentation
- In the application and agreement, the district will mark if they will offer the substitute
  - Mark yes or no, by each site, in question #12 of the Permanent Policy Statement

# Nutrient Requirements: Nondairy Beverage

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## Nutrients Per Cup:

- Calcium 276 mg
- Protein 8 g
- Vitamin A 500 IU
- Vitamin D 100 IU
- Magnesium 24 mg
- Potassium 349 mg
- Phosphorus 222 mg
- Riboflavin .44 mg
- Vitamin B-12 1.1 mcg

# Other Documents in CARS

<https://cnp.sde.ok.gov/oknslp/PrintDocuments.aspx>

← → ↻ 🏠 [cnp.sde.ok.gov/oknslp/PrintDocuments.aspx](https://cnp.sde.ok.gov/oknslp/PrintDocuments.aspx) 🔍 ☆ 🧩 🖨️ ⌛ K Paused

Apps Google Single sign-on (Cim1) School (CARS) - Ok1 CACFP eClaims (Ok1) Workday Work Training Work Misc Music Travel SharePoint

Department of Education

Welcome to Oklahoma CNP On-Line. 7/10/2023, 12:30:37

Child Nutrition Programs - Application System

Fiscal Year 2024

[Claims Program](#)

[Apply for Participation](#)

[CACFP Centers](#)

[Existing User Log-On](#)

[Family Day Care Homes](#)

[Food Buying Guide](#)

[Calculator](#)

[Home](#)

[NSLP](#)

[Privacy Statement](#)

[Rates/Eligibility Scales](#)

[Other Documents](#)

[School Nutrition Assoc.](#)

[State Department of Education](#)

[Summer Food](#)

[USDA CACFP Site](#)

**Memos and Other Documents**

**2023-2024 DOCUMENTS**

- 📄 [2024 Disclosure of Free and Reduced Information Agreement INTERACTIVE](#)
- 📄 [2024 Eligibility Scale](#)
- 📄 [2024 Free & Reduced Application INTERACTIVE \(USDA\)](#)
- 📄 [2024 Free & Reduced Household Application](#)
- 📄 [2024 Free and Reduced Application INTERACTIVE](#)
- 📄 [2024 Free and Reduced Application INTERACTIVE.](#)
- 📄 [2024 Free and Reduced Application packet.](#)
- 📄 [2024 Household Application Spanish INTERACTIVE](#)
- 📄 [2024 Letter to Household INTERACTIVE](#)
- 📄 [2024 Letter to Household- Spanish INTERACTIVE](#)



# Who Do You Call?

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## **Your Program Specialist:**

**Page C-3 in the Compliance Section Includes email, cell phone, and counties in their territory**

- Conduct your Administrative Review (AR)
- Technical assistance
- Questions regarding the Child Nutrition (CN) Manual, USDA guidance, and day-to-day CN activities

**Call State Office with questions 405-521-3327**

- Claims
- Application & Agreement (IUE/Duns)

# QUESTIONS OR COMMENTS?

## THANK YOU!