

Wednesday's Wisdom

May 2012 – 2nd edition

May 30, 2012

This Wednesday's Wisdom contains a mini tutorial regarding whole grains in the new meal pattern. If you have any questions, please contact us at 271-3646.

Thank you from the BNPS staff

NSLP HHFKA MINI TUTORIAL

Whole Grains in the National School Lunch and Breakfast Programs

Phased In Approach

The new regulations use a phased in approach for whole grains:

1. At least half of the grains offered must be whole grain-rich in the School **Lunch** Program beginning July 1, 2012 (SY 2012-2013)
2. At least half of the grains offered must be whole grain-rich in the School **Breakfast** Program beginning July 1, 2013 (SY 2013-2014) and
3. All grains must be whole grain-rich in both the Lunch Program and the Breakfast Program beginning July 1, 2014 (SY 2014-2015).

Please note: We will be discussing **only** Lunch from this point forward.

Grade Ranges for Lunch only beginning July 1, 2012

(To make it less confusing, Breakfast will be discussed in a future Wednesday's Wisdom)

Grades K-5:

A minimum of 1 ounce equivalent served daily AND make sure that 8-9 ounces are served weekly, but not more than 9 ounces per week.

Grades 6-8:

A minimum of 1 ounce equivalent served daily AND make sure that 8-10 ounces are served weekly, but not more than 10 ounces per week.

Grades 9-12:

A minimum of 2 ounce equivalents served daily AND make sure that 10-12 ounces are served weekly, but not more than 12 ounces per week.

Whole Grain Rich Criteria

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100% whole grain or contain a blend of whole-grain meal and/or flour and enriched meals and/or flour of which at least 50% is whole grain. Whole grain-rich products must contain at least 50% whole-grains and the remaining grain, if any, must be enriched. Remember, it is important to develop a system for tracking and validating the whole grain foods offered on the menu, as this information will be requested as part of the NSLP Coordinated Review Effort (CRE) by the State agency.

Read the label. The following words per FDA regulation, describe whole grains that are used as ingredients.

- Bromated whole-wheat flour
- Whole-wheat flour
- Whole durum wheat flour
- Graham flour
- Crushed wheat
- Entire-wheat flour
- Cracked wheat

List of Whole Grains

(This is not an all- inclusive list, but does give you some ideas for menu planning purposes.)

White Whole Wheat Flour	Whole Grain Semolina	Instant Oatmeal
Rolled Oats	Brown Rice	Whole Wheat Couscous
Whole Grain Barley	Bulgur	Buckwheat Grouts
Rye Berries	Whole Grain Amaranth	

Menu Planning for Meat/Meat Alternate in Lunch

For menu planning purposes, a suggestion is to start by creating a menu for the elementary school and the middle school (since these schools have overlapping requirements), then add what is needed for the whole grain requirements to the high school menu. The daily servings for high school students are twice the amount of the elementary/middle school requirement to meet the regulation. The weekly number of ounces served is also more.

One final thing to remember, the upper limit of weekly grain servings is a cap for you to stay under. This is important because keeping the weekly number of servings at or below the capped amounts will help you stay within the nutrient standards for calories, sodium etc. Keeping at or below the capped amounts will not ensure that you will meet the nutrient standards, but it will definitely help you to meet them.

Whole Grains in Breakfast

Any changes to the breakfast meal pattern for whole grains do not occur until school year 2013/2014; therefore the breakfast meal pattern will be addressed at a later time.

NSLP Meal Pattern Resources

For further information about the meal pattern, please see pages 4102 and 4103 of the “Final Rule Nutrition Standards in the National School Lunch and Breakfast Programs”:

<http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

USDA also created a sample one week menu that shows an example of a current menu that has been changed to include the new meal pattern requirements. This can be found at:

http://www.fns.usda.gov/cnd/governance/legislation/cnr_chart.jpg

Please also see the memo on our website that is entitled “Grain Requirements for the National School Lunch Program and School Breakfast Program”;

http://education.nh.gov/program/nutrition/school_lunch.htm

The memo code is SP 30-2012 and is dated April 26, 2012

NSLP NEWS

Save the date: The School Food Service Professional Development Conference will be held on August 8, 2012 at Merrimack Valley High School in Penacook, NH. Details will be forthcoming.