

Food Distribution Program Foundations: Menu Planning Part I

*Texas Department of
Agriculture*

USDA Division



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org



Food and Nutrition Division
Food Distribution Program

Acknowledgement Statement

You understand and acknowledge that:

- The training you are about to take does not cover the entire scope of the program; and that
- You are responsible for knowing and understanding all handbooks, manuals, alerts, notices, and guidance, as well as any other forms of communication that provide further guidance, clarification, or instruction on operating the program.

Course Introduction

Course Outline
and Objectives



Foundations: Menu Planning Part I Course Outline

01

Introduction

Course Objectives

02

Menu Overview

Understanding menu planning purpose and benefits

03

Menu Planning Standards

Nutrition Requirements, Meal Components, and incorporating USDA Foods

04

Menu Planning Resources

Recipe Resources

Part I: Nutritional Standards

Objectives

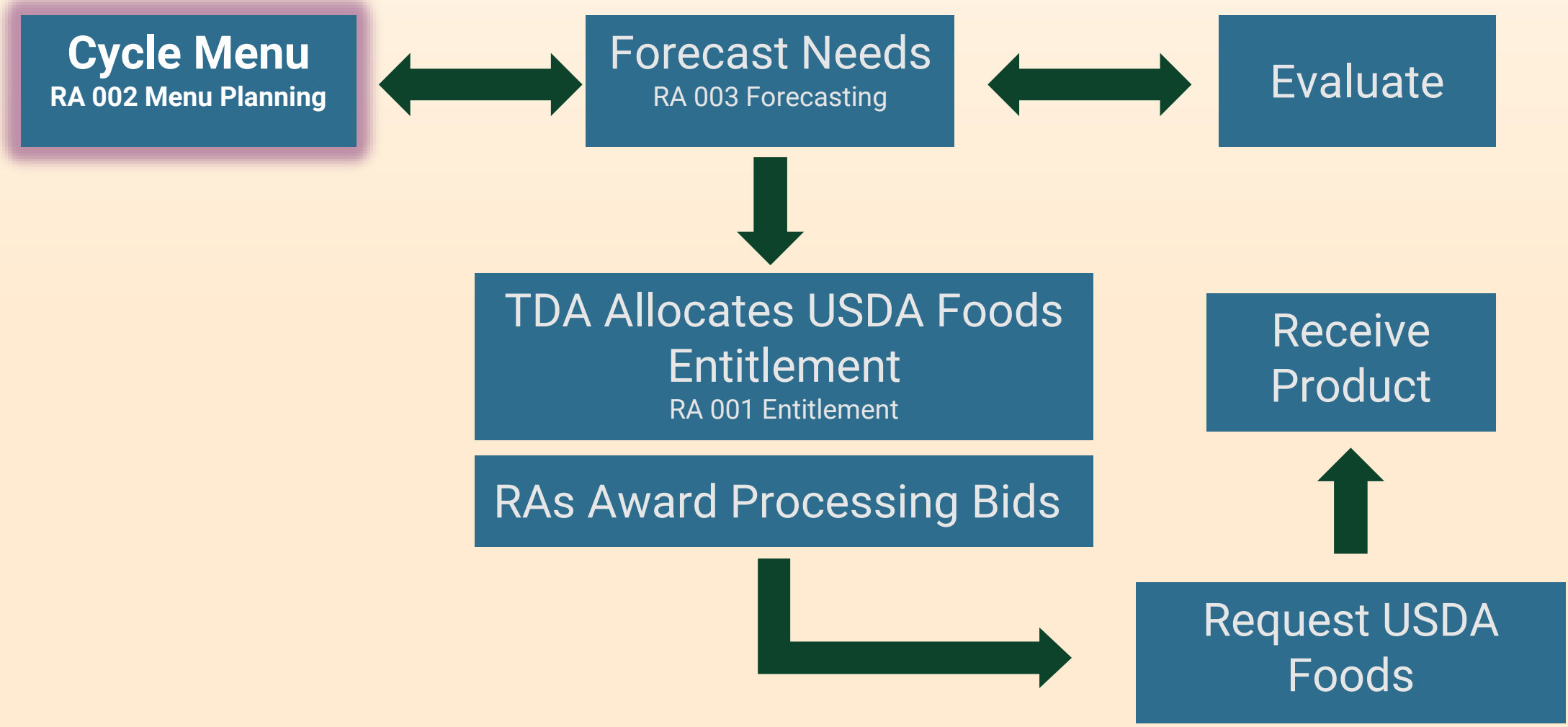
By the end of this course, participants will be able to:

- ❑ Understand meal planning purpose and benefits
- ❑ Identify and implement Meal Component Requirements
- ❑ Identify and implement USDA nutrition requirements including:
 - Calorie
 - Saturated Fat
 - Sodium



Menu Planning Overview

Steps of Procurement



Menu Planning Purpose and Benefits

- Vital for forecasting
- Controls costs
- Boosts participation
- Saves time
- Allows more flexibility
- Reduces waste
- Assists in meeting regulations





Menu Planning: Nutrition Standards

Nutrition Standards: Meal Components



Required Meal Components



- Proteins
- Vegetable
- Fruit



- Fluid Milk
- Grains



Nutrition Standards: Calorie Requirements



Determining Calorie Content



Nutrition Facts
2 Servings Per Container
Serving Size 8 squares (56g)

Amount Per Serving
Calories 150

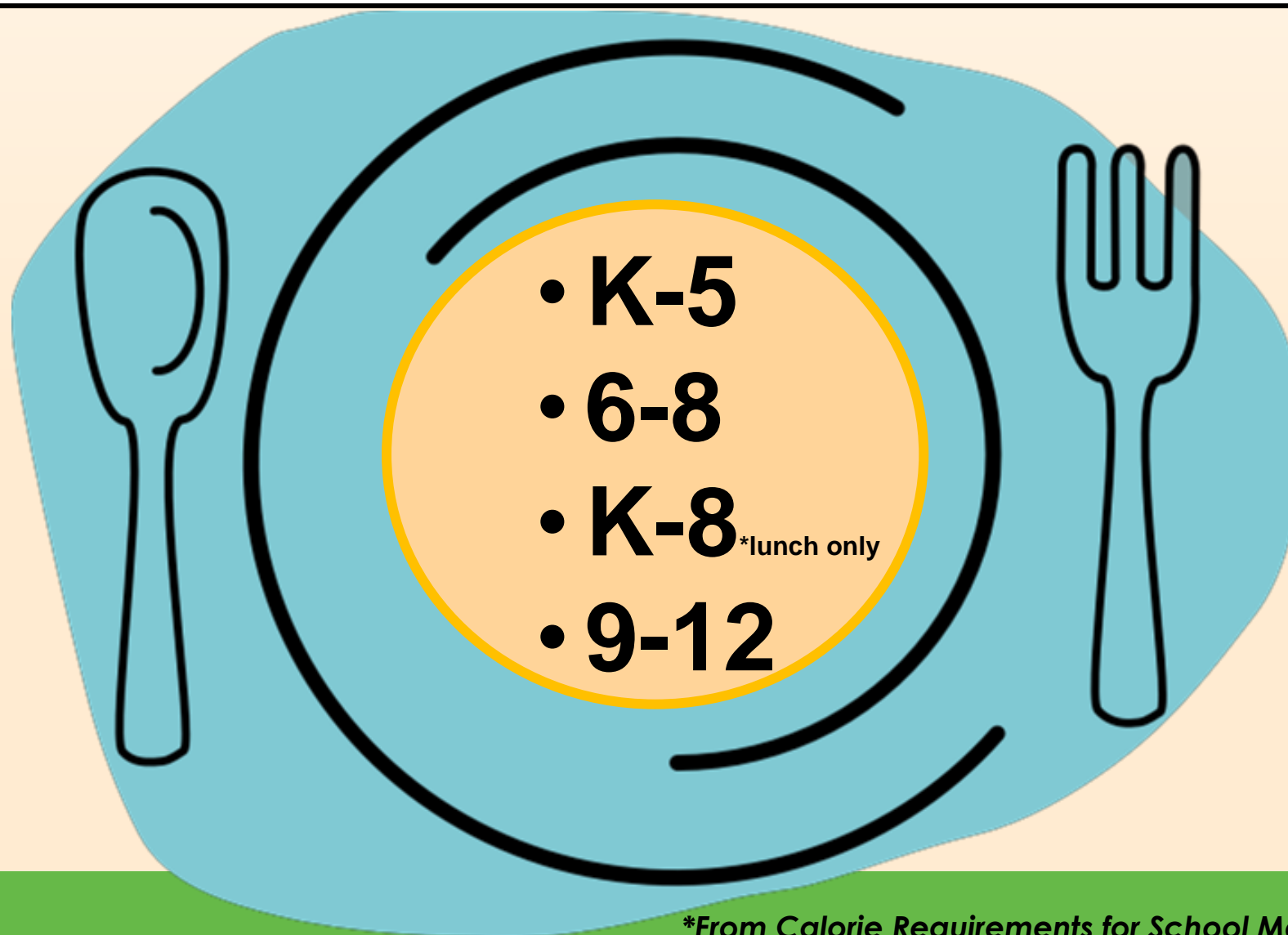
	% Daily Value*
Total Fat 3.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 5g	9%
Vitamin D 0.5mcg	2%
Calcium 40mg	4%
Iron 1.4mg	8%
Potassium 90mg	2%
Thiamin	15%
Riboflavin	8%
Folate	8%

* The % Daily Value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Where To Find Documented Calorie Content:

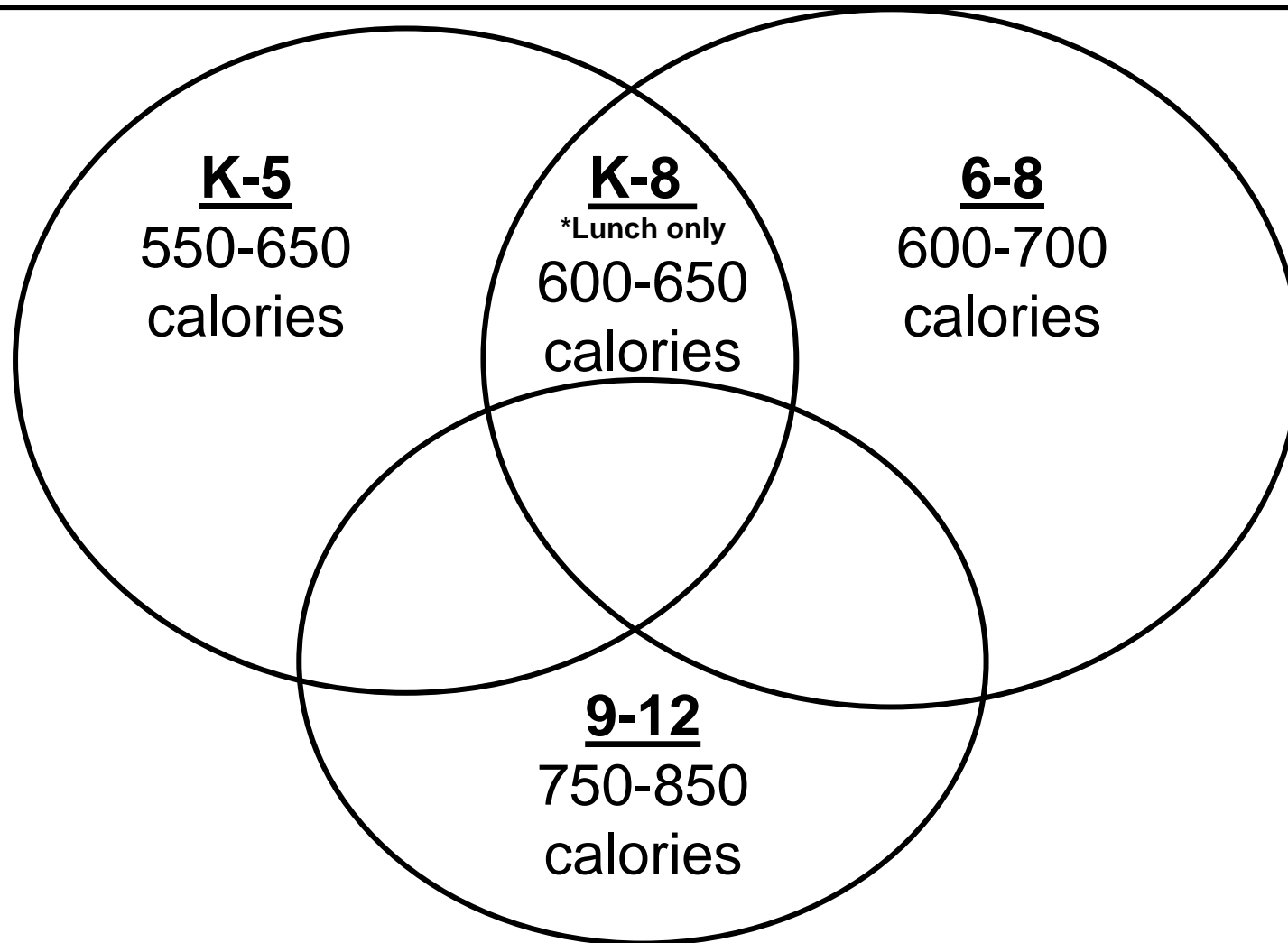
- Product Spec Sheets
- Nutrition Facts Label

Grade Groups for Lunch



**From Calorie Requirements for School Meals and Competitive Food Sales*

Lunch



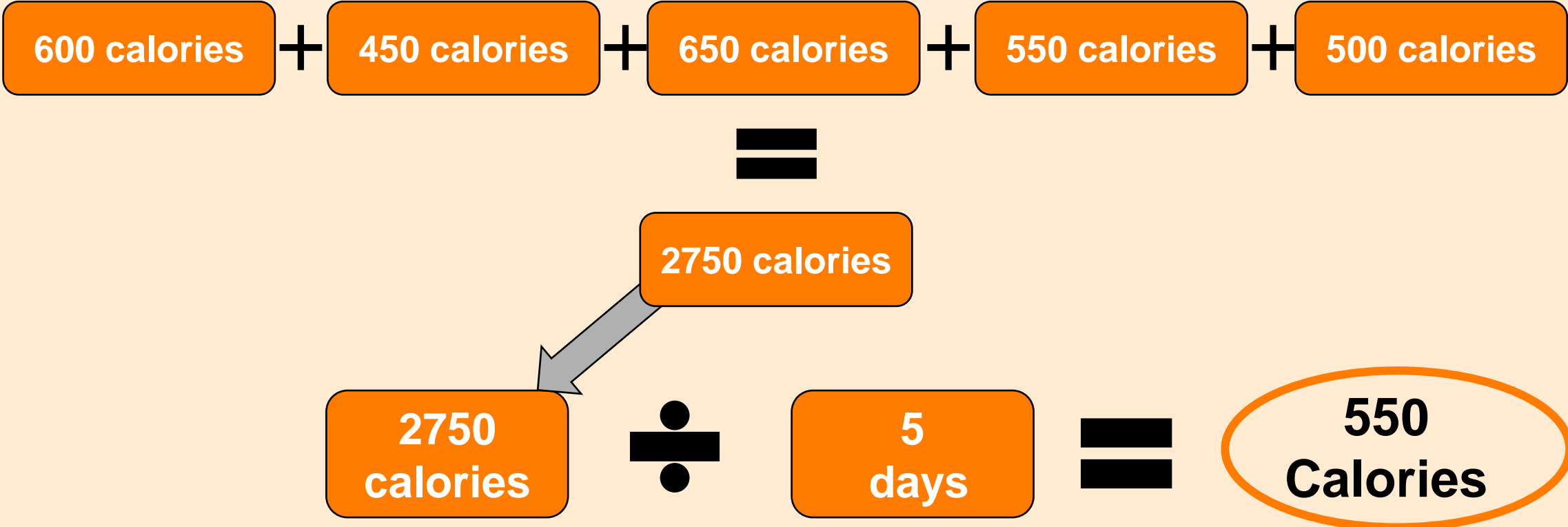
**From Calorie Requirements for School Meals and Competitive Food Sales*

Calculating Average Calories When Serving One Entrée a Day (Grades K-5 Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Hamburger• Mixed Vegetables• Fruit Cup• Milk	<ul style="list-style-type: none">• Baked Chicken• Broccoli• Fresh Apple• Milk	<ul style="list-style-type: none">• Cheese Enchilada• Fiesta Salad• Peach Slices• Milk	<ul style="list-style-type: none">• Chicken Chalupa• Mexicali Corn• Tropical Fruit• Milk	<ul style="list-style-type: none">• Fish Taco• Cauliflower Tots• Fresh Orange• Milk
600 calories	450 calories	650 calories	550 calories	500 calories

**From Calorie Requirements for School Meals and Competitive Food Sales*

Calculating Average Calories When Serving One Entrée a Day (Grades K-5 Lunch)



**From Calorie Requirements for School Meals and Competitive Food Sales*

Multiple Entrée Average

When multiple entrees and sides are offered:

- ❑ Calculate the total number of calories for foods prepared
- ❑ Divide total calories by total servings to calculate average



Entree	Calories	Total Servings	
Burrito	480	175	84,000 cal.
Spaghetti	520	450	234,000 cal
Total		625 servings	318,000 cal

$$318,000 \div 625 = 508.8 \text{ average calories}$$

Balancing Calorie Requirement Standards

- ❑ Pair lower and higher calorie items to balance nutrition standards
- ❑ Pair higher calorie entrees with lower calorie sides to meet calorie goals

Menu Example:

- ❑ Serve higher calorie pizza with roasted vegetables
- ❑ Serve higher calorie tater tots with lower calorie entree



Nutrition Standards: Sodium Requirements



Where to Find Documented Sodium Content:

- Product Spec Sheets
- Nutrition Facts Label



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sodium Targets for NSLP: Tips for Meeting Reduced Sodium Regulations

- Use USDA foods to increase access to lower sodium food items
- Balance higher sodium recipes with lower sodium items
- Increase scratch cooking to control added salt

Target 1: Lunch Effective July 1, 2022

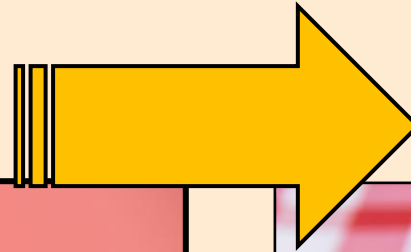
Grade Group	Target
K-5	1230 mg
6-8	1360 mg
9-12	1420 mg
K-8	1230 mg

Interim Target 1A: Lunch Effective July 1, 2023

Grade Group	Target
K-5	1110 mg
6-8	1225 mg
9-12	1280 mg
K-8	1110 mg

K-5 and K-8*

Target 1:
Effective July 1, 2022
1230 mg

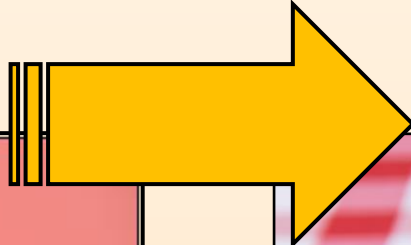


Target 1A:
Effective July 1, 2023
1110 mg



Grades 6-8

Target 1:
Effective July 1, 2022
1360 mg

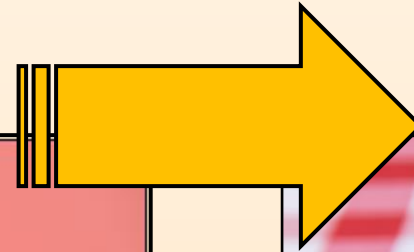


Target 1A:
Effective July 1, 2023
1225 mg



Grades 9-12

Target 1:
Effective July 1, 2022
1420 mg



Target 1A:
Effective July 1, 2023
1280 mg



Calculating Daily Average Grades 9-12 Lunch

<u>Monday Lunch</u>	<u>Tuesday Lunch</u>	<u>Wednesday Lunch</u>	<u>Thursday Lunch</u>	<u>Friday Lunch</u>
Spicy Chicken	Crispy Beef	Chef Salad	Cheese Pizza	Cheeseburger
Stir Fry	Tacos	Steamed Carrots	French Fries	Cauliflower Tots
Steamed Rice	Refried Beans	Breadstick	Steamed Sesame Kale	Side Salad
Roasted Broccoli	Side Salad	Fruit Cup	Fresh Orange	Tropical Fruit
Fresh Apple	Peach Slices	Milk	Milk	Salad
Milk	Milk			Milk

Sodium 940 mg

Sodium 1140 mg

Sodium 890 mg

Sodium 1190 mg

Sodium 990 mg

=

5150

5150 (total for all 5 days) \div 5 (days) = 1030 mg per day

Tips for Reducing Sodium

- ❑ Serve higher sodium item on one day then balance it out with lower sodium item later in the week.
- ❑ Use more fresh fruits and vegetables
- ❑ Use herbs and spices instead of salt
- ❑ Increase scratch cooking
- ❑ Look for low-sodium versions of current menu items
- ❑ The Institute for Child Nutrition has many recipes to help create delicious, compliant menus



**How have you
addressed meeting
sodium targets?**

Nutrition Standards:

Saturated and Trans Fat Requirements



Percentage of Saturated Fat Total Calories By Age/Grade Group

K-5



<10%

6-8



<10%

9-12



<10%

Must fall below 10% of total calories

**From Trans Fat and Saturated Fat Limits*

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0.2 g
0%	Cholesterol 0mg
7%	Sodium 160mg

Saturated Fat

- Food component limits for each age/grade group.
- Total Calories From Saturated Fat:
 - Must be met on average over the school week
 - One day may fall above allowed percentage so long as weekly average meets guidelines.

**From Trans Fat and Saturated Fat Limits*

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0.2 g
0%	Cholesterol 0mg
7%	Sodium 160mg

Trans Fat Information

- Not allowed in any age groups for breakfast or lunch
- Exceptions for naturally occurring trans fats in meat or dairy made with whole milk
- Less than 0.5 g of trans fat per serving are considered as 0 and are acceptable.

**From Trans Fat and Saturated Fat Limits*

A person wearing a red and white plaid shirt is holding a large, semi-transparent green number '04' in a field of green plants. The background is a bright, sunny day with a blue sky and white clouds. The number '04' is the largest element on the page, serving as a background for the main title.

Menu Planning Resources

Recipe Resources

The Institute of Child Nutrition Recipe Box: <https://theicn.org/cnrb/>



Child Nutrition Sharing Site:

<https://theicn.org/cnss/recipes-for-school-food-service/>



Texas: TDA's USDA Foods Recipe Suggestion Book:

<https://squaremeals.org/Programs/NationalSchoolLunchProgram/MealAppeal.aspx>



Nutrition.gov:

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/recipe-collection>



**What recipe
resources have you
used?**

Questions?

WBSCM Transition Page QR Code:

Scan QR Code to visit the
Food Distribution Program
WBSCM Transition website



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2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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<https://squaremeals.org/Programs/FDP-WBSCM-Transition-Project>



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