New Meal Pattern for Preschool Children in the School Nutrition Programs

CALIFORNIA DEPARTMENT OF EDUCATION
NUTRITION SERVICES DIVISION
NOVEMBER 2017

CSNA 65TH ANNUAL CONFERENCE
Objectives

- Demonstrate an understanding of the new preschool meal pattern requirements for schools
- Identify requirements for different types of meal service and options for preschoolers
- Identify at least two technical assistance resources available for the new preschool meal patterns
Background
New Meal Patterns (NMP)

- The Final Rule for Child and Adult Care Food Program (CACFP) NMP* revised the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Special Milk Program preschool requirements to align with the CACFP for children ages one through four years old.
- The NMPs were effective **October 1, 2017**.
- Changes based on the Dietary Guidelines for Americans, and science-based recommendations from National Academy of Medicine, and American Academy of Pediatrics.

Background

• The one through four year old age group is considered the preschool grade group in the NSLP and SBP

• NMP for preschoolers requires:
  o More whole grains
  o Greater variety of fruits and vegetables
  o Less sugar and added fat
  o Provides wider variety of protein options

• USDA Policy Memo SP 01-2018 (Updated Infant and Preschool Meal Patterns in the NSLP and SBP; Questions and Answers)
Types of Meal Service

- Meal service impacts what students will eat
- Meal service options for preschoolers:
  - Pre-plated meals
  - Family style meal service (FSMS)
  - Offer vs. Serve (not allowed for preschool meals/snacks)
Co-mingled Preschool Meal Service

- Schools serving preschool children **at the same time and service area** as kindergarten through grade 5 children **may** use the NSLP/SBP kindergarten through grade 5 meal pattern, or the new preschool meal pattern

- Schools serving preschool children **separately** from other age groups, **must** use the new NSLP/SBP preschool meal pattern
New Preschool Meal Pattern
Breakfast

There are three required components:

1. Fluid milk
2. Vegetable, fruit, or both
3. Grains
# PRESCHOOL BREAKFAST

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid milk</td>
<td>4 fluid ounces</td>
<td>6 fluid ounces</td>
</tr>
<tr>
<td>Vegetables, fruits, or portions of both</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread</td>
<td>½ serving</td>
<td>½ serving</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread product, such as biscuit, roll, muffin</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified read-to-eat breakfast cereal (dry, cold)</td>
<td>¾ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Flakes or rounds</td>
<td>⅛ cup</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Puffed cereal</td>
<td>⅛ cup</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Granola</td>
<td>⅛ cup</td>
<td>⅛ cup</td>
</tr>
</tbody>
</table>
Lunch

There are five required components:

1. Fluid milk
2. Meat/meat alternates (M/MA)
3. Vegetables
4. Fruits
5. Grains
### Food Components and Food Items

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Fluid milk</strong></td>
<td>4 fluid ounces</td>
<td>6 fluid ounces</td>
</tr>
<tr>
<td><strong>Meats/meat alternates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edible portions as served:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 ounce</td>
<td>1 ½ ounces</td>
</tr>
<tr>
<td>Tofu, soy products, or alternate protein products</td>
<td>1 ounce</td>
<td>1 ½ ounces</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>1 ½ ounce</td>
</tr>
<tr>
<td>Large egg</td>
<td>½</td>
<td>½</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>¼ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened</td>
<td>4 ounces or ½ cup</td>
<td>6 ounces or ¾ cup</td>
</tr>
<tr>
<td>The following may be used to meet 50% of the requirement:</td>
<td>½ ounce</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds</td>
<td>½ ounce =50%</td>
<td>¾ ounce = 50%</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
<td></td>
</tr>
<tr>
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<td>¼ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal,</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
<tr>
<td>cereal grain, and/or pasta.</td>
<td>½ serving</td>
<td>½ serving</td>
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<td></td>
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</tr>
<tr>
<td>cereal grain, and/or pasta.</td>
<td></td>
<td></td>
</tr>
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</table>
The Components: What’s Changed
Differences Between pre-K and K-5 Meal Patterns
Fluid Milk Component

- For **children age one**: serve unflavored whole milk (4 ounces [oz])
- For **children ages two to five**: serve unflavored low-fat (1 percent) or unflavored fat-free (skim) milk (6 oz)
- Flavored milk is **not** allowed for children ages one to five years old
Meat/Meat Alternate Component

School food authorities may serve M/MA in place of the entire grains component at breakfast a maximum of three times per week.

USDA Policy Memo SP-2016 53, CACFP 21-2016
Tofu

Tofu may credit as a meat alternate if it:

1. Is *easily recognized as a meat substitute*
2. Meets protein requirement: *5 grams (g) protein per 2.2 oz*

USDA Policy Memo SP-2016 53, CACFP 21-2016
Yogurt

• Yogurt cannot contain more than 23 g of sugar per 6 oz serving

• Soy yogurt is a dairy-free option
Activity:
Yogurt Sugar Limit
# Yogurt Sugar Limit Chart—Method 1

<table>
<thead>
<tr>
<th>Serving Size (ounces)</th>
<th>Serving Size (grams)</th>
<th>Sugar Limit*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-30 grams</td>
</tr>
</tbody>
</table>

*Sugar limits are pre-calculated and set forth by the USDA*
Yogurt Sugar Limit Calculation—Method 2

1. Using Nutrition Facts label locate serving size and grams of sugar
2. Divide grams of sugar by serving size and compare to a threshold
3. If serving size in ounces, the threshold is $\leq 3.83$
4. If serving size in grams, the threshold is $\leq 0.135$
Fruit and Vegetables Component

• Separate components at lunch
• Allows two vegetables at lunch
• No vegetable subgroups
• Juice (fruit or vegetable) is limited to once per day
Grains Component

• At least **one serving of grains per day** must be **whole grain-rich** (USDA Policy Memo CACFP 01-2018 Grain Requirements)

• Breakfast cereals must contain **no more than 6 g of sugar per dry oz**

• **Grain-based desserts no longer credit** toward a reimbursable meal

• Beginning October 1, 2019, oz equivalents will be required to credit grains
Breakfast Cereals

- Source of added sugar
- Types: Ready-to-eat, instant, and regular hot cereal
- Sugar Limit: No more than 6 g of sugar per dry oz
Allowable Breakfast Cereals

Several Methods:

1. Use WIC Approved Breakfast Cereal List
2. Use Nutrition Facts label and complete a calculation
3. Use USDA’s Team Nutrition Training Tool “Choose a Breakfast Cereal that is Lower in Added Sugars”
Complete a Calculation

• Breakfast cereal sugar amount must be within the threshold of 0.212 or less
  ◦ Threshold formula: $21.2 / 100 = 0.212$

• Steps:
  ◦ Find the Nutrition Facts Label
    • Find the Serving Size: 28 grams
    • Find the amount for Sugars: 1 grams
Complete a Calculation (continued)

- Calculate the amount of sugar per dry ounce:
  \[
  \frac{1 \text{ gm sugar}}{28 \text{ gm cereal}} = 0.036
  \]

- Cereal Threshold: 0.212 or less

- Cereal is creditable: 0.036 is less than 0.212
Activity:
Breakfast Cereal
Sugar Limit
Grain-based Desserts

- Source of added sugars and saturated fats
- Grain-based desserts not creditable in CACFP or preschool meals in the NSLP/SBP
List of Grain-based Desserts*

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Sweet pie crusts
- Sweet rolls
- Toaster pastries
- Doughnuts
- Granola bars

*Exhibit A—all items with superscripts 3 and 4
Policy Memo CACFP 16-2017: Grain-based Desserts in the CACFP
Clarification on Sweet Crackers

• Policy Memo CACFP 16-2017 (June 30, 2017) clarified that sweet crackers are not considered grain-based desserts and are therefore allowable grains!

• Graham Crackers

• Animal Crackers
Transition Period for NMP


• Technical assistance rather than fiscal action for first year: October 1, 2017–September 30, 2018

• Schools must make good faith effort to comply with updated requirements
Summary of Preschool Meal Pattern

- Flavored milk for preschool age children age one to four—is not allowed
- Tofu must meet protein requirement: 5 g protein per 2.2 oz
- Yogurt must have no more than 23 g of sugar per 6 oz
- One whole grain-rich serving per day is required
- Breakfast cereal must have no more than 6 g sugar in one dry oz
- Grain-based desserts are not allowed
- Fruits and vegetables—two separate components at lunch
Pre-K Meal Pattern & Service Updates

LISA VORCE, R.D., SNS
TRUSD NUTRITION SERVICES
LISA.VORCE@TWINRIVERSUSD.ORG
Preschool Cycle Menu

Cycle Menu Review and Production Records Changes

Checked Spec Sheets for yogurt and cereals

Removed “grain based desserts” from breakfast, lunch and snack menus for pre-k menu cycle

Decisions
  ◦ Production records
  ◦ Portion sizes
  ◦ Training
Staff Training

Co-mingled
List the preschool classrooms that eat with K-8 students...at the same time as regularly scheduled breakfast and lunch periods

*Students will continue following K-8 meals, service and reimbursable meals*
No-mingle
List the preschool classrooms that eat at different times and/or in other areas from other k-8 students.

Follow these new meal guidelines

- No Offer-vs-Serve
- Milk
- Breakfast Cereal
- Juice
- No “Sweet Grains”
- Veg Subgroups
Challenges

Define “co-mingle”

Future changes to production record & decrease portion sizes (align with pre-k meal pattern)

Understanding & support of regulations from staff and teachers
  ◦ Chocolate milk
  ◦ Portion sizes
  ◦ Nutri-grain bars & other “snack grain items” adding variety
  ◦ Encourage Family Style Dining
Questions?
Resources
USDA Food and Nutrition Service Resources

- Policy Guidance
- CACFP Meal Standards
- Team Nutrition CACFP Meal Pattern Training Tools
USDA Web Page Resources


Questions

1. Navigate to the CDE CACFP New Meal Pattern Web page at: www.cde.ca.gov/ls/nu/he/cacfppresource.asp

2. E-mail your questions to: NMP4CACFP@cde.ca.gov or HHFKA@cde.ca.gov
Professional Standards Crediting

Key Area: Nutrition (1000)

Training Topic: Menu Planning (1100)

Learning Objectives: Plan menus that meet USDA nutrition requirements (1110)

Total Instructional Time = 1.25 hours
Thank you for Attending!

This institution is an equal opportunity provider.
Infant and Pre-K Meal Pattern On-Site Validation Checklist

SY 2017-2018

Completion of this checklist is only required when the School reviewed offers meals through a preschool and/or infant meal program. If all three, breakfast, lunch and snack were observed, complete a separate checklist for each meal service.

<table>
<thead>
<tr>
<th>Date:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SFA/School:</td>
<td></td>
</tr>
<tr>
<td>Meal Observed:</td>
<td>BREAKFAST ☐ LUNCH ☐ SNACK ☐</td>
</tr>
</tbody>
</table>

Does the School reviewed offer infant meals?  If YES, proceed to question # 1. If NO, proceed to question #2.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
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</table>

1. Are infants served all components as required in the new infant meal pattern? If NO, explain technical assistance provided.

2. Is the SFA using the meal pattern flexibility and offering one menu when Pre-K students are co-mingled in the meal service area? If YES, please describe grades that are co-mingled and include Pre-K with regular review questions and do not complete checklist further. If NO, this checklist must be completed.

3. During the meal service, did you observe that all required meal components for Pre-K are available throughout the entire meal service? If NO, explain all errors identified and the technical assistance provided.

4. Does all the cereal served to Pre-K meet the Pre-K meal requirements (no more than 6 grams of sugar per dry ounce)? If NO, explain technical assistance provided.

5. Does all the yogurt served to Pre-K meet the Pre-K meal requirements? (no more than 23 grams of sugar per 6 ounces) If NO, explain technical assistance provided.
6. Were there any **grain based desserts** served as part of the reimbursable meal? e.g. cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes and brownies. If **YES**, explain technical assistance provided—refer to exhibit A. (Grain based desserts are not creditable as part of the reimbursable meal but may be served as an extra meal item).

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
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</thead>
<tbody>
<tr>
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</tbody>
</table>

7. Was a whole grain-rich item served at least one time at any of the 3 meals (lunch, breakfast and/or snack)? If **NO**, explain technical assistance provided.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
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<td>☐</td>
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</tbody>
</table>

8. Was a meat/meat alternate used to meet the entire grain requirements at breakfast?
   a. If **YES**, was it used more than three times a week? If **YES**, explain technical assistance provided.

   (A meat/meat alternate cannot be used to substitute the grain requirements at breakfast more than three times a week)

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td></td>
</tr>
</tbody>
</table>

9. Are fried foods prepared on site? If **YES**, explain technical assistance provided.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
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<td></td>
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</tbody>
</table>

10. If a vegetable was served in place of a fruit at lunch, were two different vegetables served? If **NO**, explain technical assistance.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td></td>
</tr>
</tbody>
</table>

11. Was the appropriate milk typeserved?
   - Unflavored whole milk for children age one.
   - Unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2-5 years of age.

If **NO**, explain technical assistance provided.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>12. <strong>Was pasteurized full strength juice served more than once per day?</strong> Pasteurized full strength juice is limited to once per day (including snack). <strong>If juice was served more than once</strong> explain technical assistance provided.</td>
<td></td>
</tr>
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</tr>
<tr>
<td></td>
<td>13. <strong>Was Offer versus Serve (OVS) implemented during meal service?</strong> If <strong>YES</strong>, explain technical assistance provided. (OVS is not an option for preschool age kids).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
|   | 14. **Is family style meal service implemented correctly?**  
  - All components available  
  - Supervising adults actively encouraging students to try components, etc.  
  (According to procedures outlined in FNS Memorandum SP 35-2011, Clarification on the Use of Offer versus Serve (OVS) and Family Style Meal Service and FNS Instruction 783-9, rev 2, Family Style Meal Service in the Child and Adult Care Food Program) |
|   | ☐ | ☐ |

**Resources**