

# 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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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

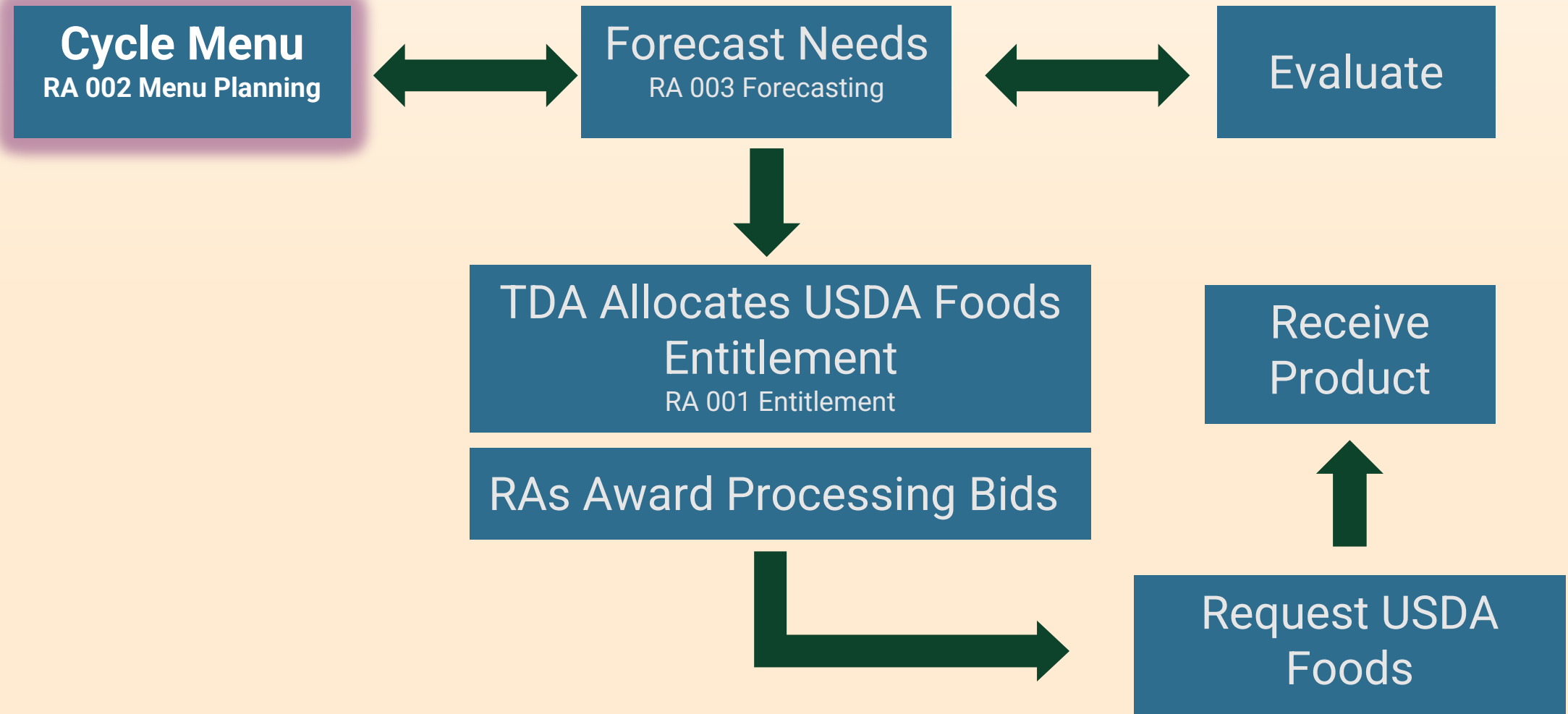
By the end of this course, participants will be able to:

- ❑ 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



*\*Adapted From Functional Forecasting In Menu Planning*

# 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



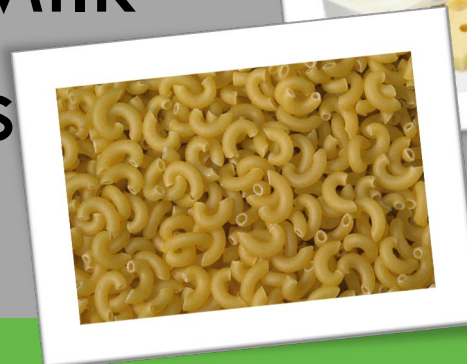
# Required Meal Components



- 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

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%

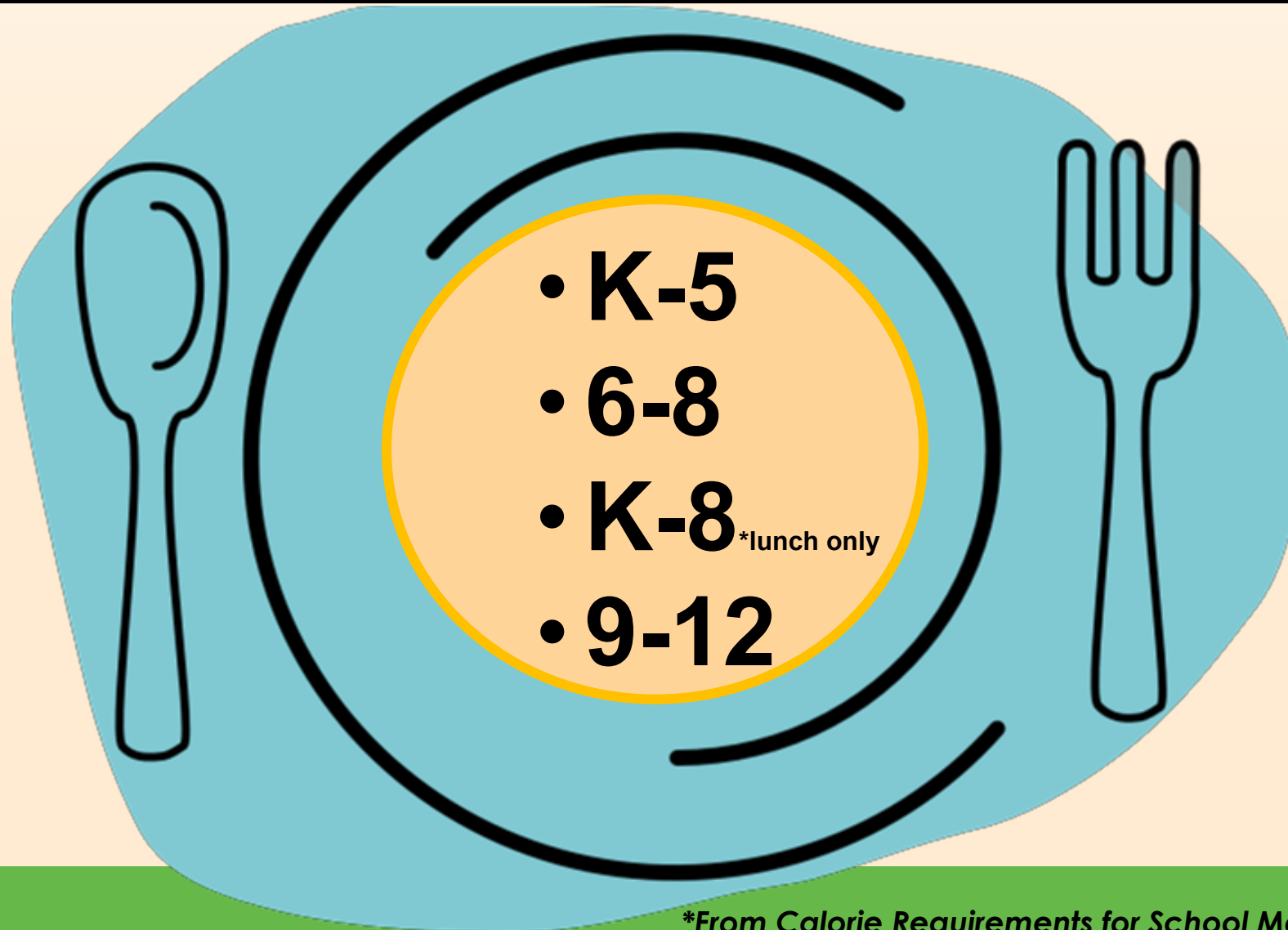
\* The % Daily Value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Where To Find Documented Calorie Content:

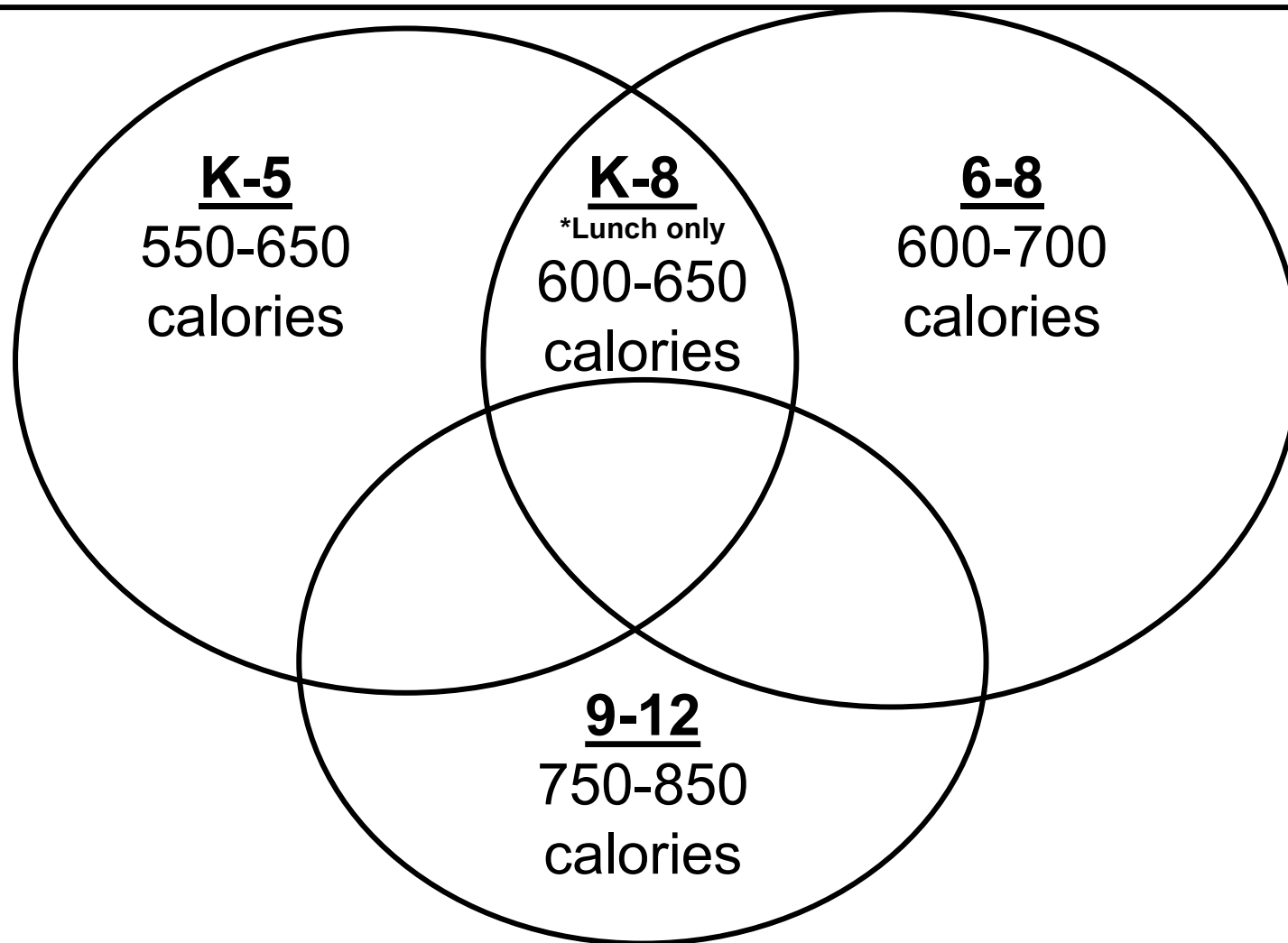
- Product Spec Sheets
- Nutrition Facts Label

# 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*

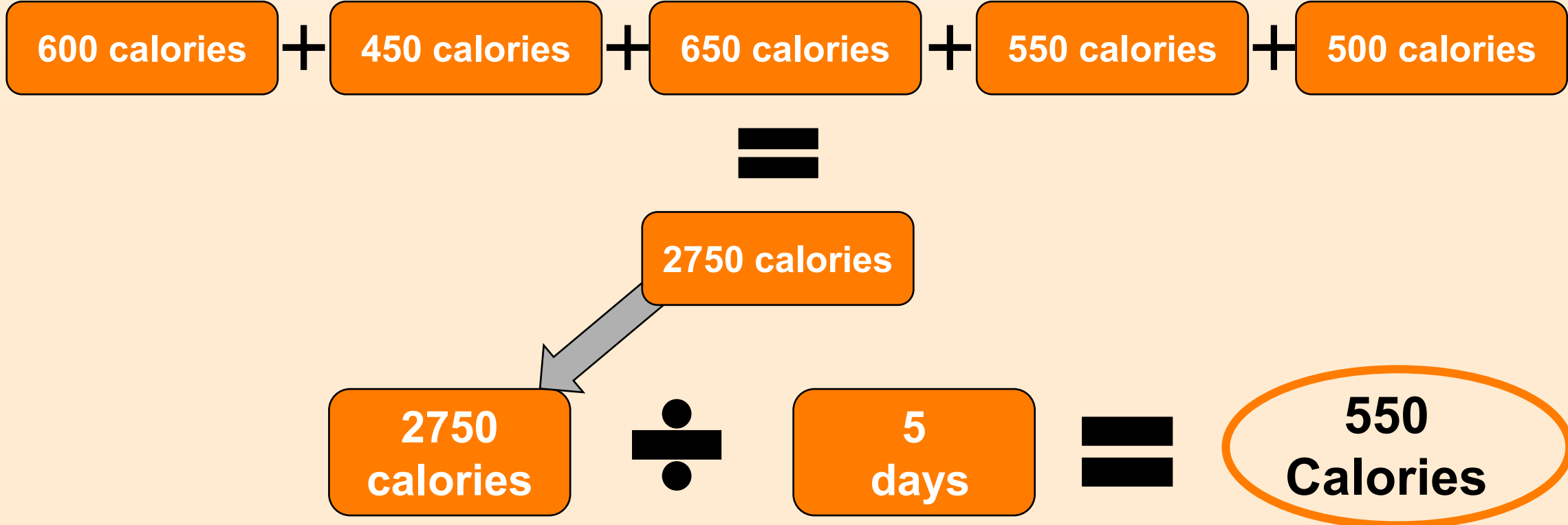
# Calculating Average Calories When Serving One Entrée a Day (Grades K-5 Lunch)

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

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



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

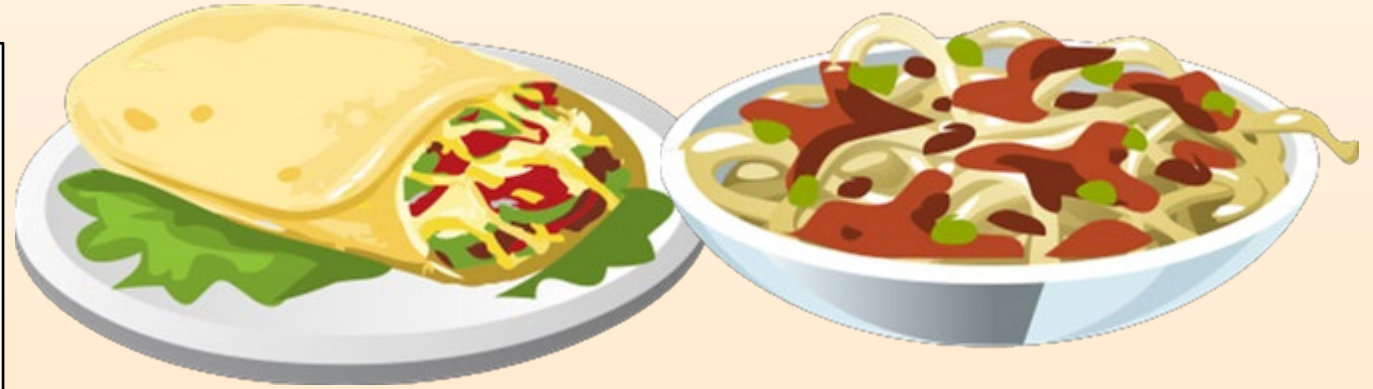


*\*From Calorie Requirements for School Meals and Competitive Food Sales*

# 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
<b>Total</b>		<b>625 servings</b>	<b>318,000 cal</b>

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

# 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



# 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

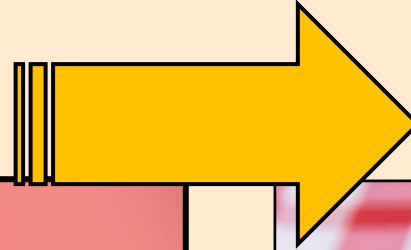
Grade Group	Target
K-5	1230 mg
6-8	1360 mg
9-12	1420 mg
K-8	1230 mg

## 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

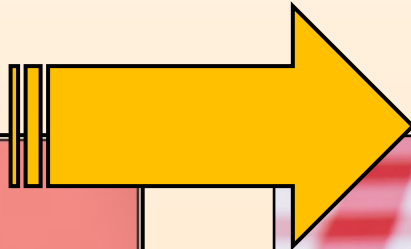


**Target 1A:**  
Effective July 1, 2023  
1110 mg



# Grades 6-8

**Target 1:**  
Effective July 1, 2022  
1360 mg



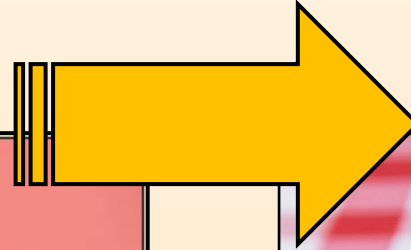
**Target 1A:**  
Effective July 1, 2023  
1225 mg





# 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
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$$5150 \text{ (total for all 5 days)} \div 5 \text{ (days)} = 1030 \text{ mg per day}$$

# 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*

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

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





# 04 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  
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