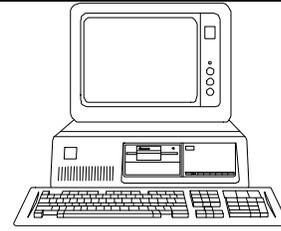


Chapter I

Meeting the Nutrient Standards

A Roadmap For Success



In this unit, a road map to meeting the new Nutrient Standards for the National School Lunch Program (NSLP) will be presented. These are some of the questions that will be answered:

- ⇒ Why must we meet new guidelines?
- ⇒ What do we want to accomplish?
- ⇒ What are Nutrient Standards?
- ⇒ Do I need to use cycle menus and standardized recipes?
- ⇒ What choices among menu planning systems do I have?
- ⇒ Are there advantages or disadvantages to any of the menu planning systems?
- ⇒ How are emergencies and substitutions handled?
- ⇒ Can I use leftovers?
- ⇒ What if I cannot obtain the nutrient analysis of a product from the manufacturer?
- ⇒ Do I still need to keep

production sheets? You probably have these questions and many more, so we will try to answer them one at a time.

Why must we meet new guidelines?

In order to provide the best meals possible and provide the nutrients required to sustain optimum health and growth of children, the Food and Consumer Service (FCS) of the USDA issued new regulations which took effect on July 1, 1996, called the School Meals Initiative (SMI) for Healthy Children. We all agree that our meals should at least meet the age appropriate Recommended Dietary Allowances (RDA). Most programs have been working to lower fat and salt, but need to pay more attention to meeting the requirements for calories,

vitamins, and minerals. An additional incentive is that it is necessary to follow USDA Dietary Guidelines for Americans in order to claim breakfast and lunch reimbursement for the meals served.

What do we want to accomplish?

In addition to providing attractive meals that children like, we wish to provide at least one third of the RDA for lunch, one fourth of the RDA for breakfast, while deriving no more than 30% of the total calories from fat, and no more than 10% of the total calories from saturated fat. Let's look at the RDA for children grades K-6 and 7-12.

NUTRIENT STANDARDS

Nutrient Standards	K-12	K-6	Grades 7-12	
	Breakfast	Lunch	Breakfast	Lunch
Energy Allowances (calories)	554	664	618	825
Total fat (g) ³	18 ¹	22 ¹	21 ¹	28 ¹
Total saturated fat (g) ³	6 ²	7 ²	7 ²	9 ²
Protein (g)	10	10	12	16
Calcium (mg)	257	286	300	400
Iron (mg)	3.0	3.5	3.4	4.5
Vitamin A (RE)	197	224	225	300
Vitamin C (mg)	13	15	14	18

¹Total fat not to exceed 30 percent of total calories over an RCCI week.

²Saturated fat to be less than 10 percent of total calories over an RCCI week.

³The grams of fat will vary depending on actual level of calories.

Foods containing these nutrients typically contain other essential nutrients not specified in the Nutrient Standards. While there are no quantitative standards given by FCS for cholesterol, dietary fiber, and sodium, they should at least be monitored. A level of not more than 2 mg sodium per calorie and at least 1g of fiber per 100 calories per meal can be used as general guidelines. Cholesterol values for breakfast should fall

around 54 mg and between 71-72 mg for lunch.

We must still keep in mind the Dietary Guidelines for Americans. The SMI is consistent with the 1995 Dietary Guidelines for Americans.

What are the Nutrient Standards?

Nutrient Standards are values established by the RDA and Dietary Guidelines for Americans. They include standards for calories and the nutrients

necessary for growth and metabolism established for various ages. Vitamins and minerals which are frequently low in children's diets are included in the SMI Nutrient Standards.

Do I need to use cycle menus and standardized recipes?

Using cycle menus developed for breakfast and lunch will save time and increase efficiency. It will also ensure that

Nutrient Standards are met on a weekly basis, because the same menus are repeated through each cycle.

A standardized recipe is one that has been tested and adapted for use to provide the same good results and yield every time. Standardized recipes are essential to ensure that the planned serving sizes for food items yield the same nutrients each time the recipe is prepared. Further information on standardized recipes is presented on pages 1-13 to 1-16.

What choices among menu planning systems do I have?

There are five menu planning choices:

1. Food Based Menus
2. Traditional Menus
3. NuMenus
4. Assisted NuMenus
5. Any Reasonable Approach

1. Food Based Menus

The Food Based Menus provide a menu plan that is very similar to the Traditional Meal Pattern. It is an enhancement to the Traditional Meal Pattern. The food components are the same, but some quantities are increased.

2. Traditional Menus

Traditional Menus is the name for the meal pattern used before the new regulations took effect in July 1996. Traditional Menus may continue to be used, with State permission, if the person responsible for menus presents convincing reasons that the menus meet the Nutrient Standards.

Such a reason could be that the menus have already been analyzed using a software program not recognized and accepted by the USDA or menus have been analyzed using Food Composition Tables.

3. NuMenus

If a program takes the responsibility for planning and analyzing its own menus using a computer, it is said to be using "NuMenus." If a program adapts menus from another source, such as State Assisted Menus or the USDA menus, it is considered to be using NuMenus, providing it performs computer analysis of the changes it has made.

4. Assisted NuMenus

Food Based and NuMenus systems.

If a program employs a consultant to plan menus and conduct nutrient analysis to meet the Nutrient Standards or uses state or USDA NuMenus, it is said to be using “Assisted NuMenus.”

5. Any Reasonable Approach

A fifth menu planning option is being developed at this time. Contact your State Agency for further guidance.

Making the Menu Planning Choice

The choice of which menu planning system to use will depend upon many things, such as whether or not you have or can purchase an adequate computer, your level of computer interest and skills, and the time available to input data and do the analysis. If you do not plan to use a computer, consider the Food Based Menu Planning system. Please consult the accompanying pages which summarize the difference between the

Since we were speaking of road maps, let us repeat the ancient saying, “All roads lead to Rome.” No matter what system you use, you end up at the same point, and must meet the Nutrient Standards when your menus are analyzed.

Upon State Agency review, menus will be analyzed and must meet the Nutrient Standards. The menus must be revised until the Nutrient Standards are met. So you can see that whatever method you choose, you arrive at the same destination with menus that are in compliance with the Nutrient Standards and Dietary Guidelines for Americans.

Food Based & Traditional Menu Planning Systems

Food Components Required for Breakfast and Lunch

The following components make up the food items in the familiar old meal pattern. The term “component” will be retained for the Food Based Menu Planning Systems, but is not used in

NuMenus.

Breakfast Components

- Meat/Meat Alternate
- Juice/Fruit/Vegetable
 - Grains/Breads
 - Milk

Lunch Components

- Meat/Meat Alternate
- Vegetables/Fruits
- Grains/Breads
- Milk

Serving sizes are specified and there are minimum quantities which count to meet a food component. There are no component changes in the breakfast requirements for Food Based Menus.

The traditional school lunch menu pattern had the following problems:

1. Some menus under the traditional menu pattern were low in calories.
2. The traditional meal pattern may not meet the Nutrient Standards. Amounts of nutrients such as iron and fiber may be low.

The new Food Based Menu Plan was designed to correct these deficiencies. The Food Based Menu requirements are shown on the following pages (1-5 to 1-6).

After a first serving of grains/breads, grain-based desserts can be used to satisfy one serving of grains/breads per day. Calories are increased by the additional servings of grains/breads. The extra servings of fruits and vegetables provide increased levels of vitamins, minerals, and fiber.

If Food Based Menus or Traditional Menus are chosen, the RCCI is not required to analyze the menus. Therefore, it would not be necessary to purchase a computer or software, because the State Agency will analyze the menus when a review is conducted. But a program may perform an analysis of its Food Based menus, if desired.

In any event, when the menus are analyzed by the state office, if the Nutrient Standards are not met, the menus must be changed and brought into compliance with the Nutrient Standards.

**BREAKFAST
GRADES K-12 AND THE 7-12 FOOD BASED OPTION
MINIMUM QUANTITIES & SERVING SIZES**

Minimum Quantities for Food Based Menus Breakfast		
Meal Component	K-12 Serving Size	Optional 7-12 Serving Size
Milk (Fluid) As a beverage, on cereal, or both	8 fl. oz.	8 fl. oz.
Juice/Fruit/Vegetable Fruit and/or vegetable or full-strength fruit or vegetable juice	½ cup	½ cup
Select <u>one</u> serving from each of the following components or <u>two</u> from one component:		
*Grains/Breads One of the following or an equivalent combination: Whole grain or enriched bread Whole grain or enriched biscuit/roll/muffin, etc. Whole grain, enriched or fortified cereal	1 slice 1 serving ¾ cup or 1 oz.	1 slice 1 serving ¾ cup or 1 oz. Plus an additional serving of one of the grains/breads above
Meat/Meat Alternate Meat, poultry, or fish (quantity of cooked edible portion) ** Yogurt Cheese Egg, large Peanut butter or other nut or seed butters Cooked dry beans or peas ***Nut and/or seeds (as listed in the program guidance)	1 oz. 4 oz. 1 oz. ½ 2 tbsp. 1/4 cup 1 oz.	1 oz. 4 oz. 1 oz. ½ 2 tbsp. 1/4 cup 1 oz.

*See the Grains/Breads Instruction for serving size information of other bread/grain products (Pages 9-2 to 9-7).

**4 oz. of plain or fruit-flavored yogurt = 1 oz. meat alternate.

***No more than 1 oz. of nuts and/or seeds may be served in any one meal.

LUNCH
FOOD BASED OPTION
MINIMUM QUANTITIES & SERVING SIZES
GRADES K-6 and the 7-12

Minimum Quantities for Food Based Menus Lunch		
Meal Component	K-6 Serving Size	7-12 Serving Size
Milk (Fluid) - As a beverage	8 fl. oz.	8 fl. oz.
Meat/Meat Alternate (quantity of the cooked edible portion as served) Lean meat, poultry, or fish	2 oz.	2 oz.
Cheese	2 oz.	2 oz.
*Yogurt	8 oz.	8 oz.
Egg, Large	1	1
Cooked dry beans or peas	½ cup	½ cup
Peanut butter or other nut or seed butters	4 tbsp.	4 tbsp.
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry, or fish)	1 oz. = 50%	1 oz. = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both to equal the total requirement)	¾ cup plus extra ¾ cup over a 7-day period	1 cup
**Grains/Breads Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup cooked rice, macaroni noodles, other pasta products or cereal grains	17 servings per week ¹ Minimum of 1 per day Suggested average 2-3 per day	21 servings per week ¹ Minimum of 1 per day ** Suggested 3 per day

¹For the purpose of this chart, a week equals seven days.

*8 oz. plain or fruit-flavored yogurt = 2 oz. meat alternate

**See the Grains/Breads Instruction for serving size information of other bread/grain products.

Offer versus Serve (OVS) under Food Based and Traditional Menus

Unlike schools, OVS is optional for the RCCI at all age levels. However, many food service managers attest that students who are **required** to take all meal items are not guaranteed to **eat** it. Therefore, OVS may decrease students’ meal waste because students are more likely to eat all of the food items they choose themselves. Students are allowed to take **smaller portions** of **declined** item(s); however, a reimbursable meal must contain the full serving size of the counted food items.

**Guidelines for OVS under
Food Based and Traditional Menus**

OVS <u>Breakfast</u> Program	OVS <u>Lunch</u> Program
☞ All four food items must be offered	☞ All five food items must be offered
☞ Serving sizes must equal the planned serving size	☞ Serving sizes must equal the planned serving size
☞ Students have the option of which item to decline	☞ Students have the option of which item(s) to decline
☞ Students may decline one item	☞ Students may decline one or two items
	☞ Students taking at least one bread serving are considered to have taken the bread component

NuMenus and Assisted NuMenus

With NuMenus and Assisted NuMenus, any foods in any quantity may be used to meet the Nutrient Standards, unlike Food Based Menus, where foods from specific components and in specific quantities must be planned.

NuMenus must be analyzed using a USDA approved software program. When averaged over a period of one week, the menus must meet the

Nutrient Standards listed on page 1-2. For instructions on getting started on menu planning using a NuMenus system see Appendix C.

Menu Item Definition

In NuMenus, the menu planner is dealing with **menu items** instead of food components. A menu item may be a single food or combination of foods. In NuMenus, meals are required to have *at least three menu items* for lunch and for breakfast.

There are three categories of menu items:

- ✓Entrees
- ✓Milk
- ✓Side Dishes

Lunch must include at least an entree, milk and one side dish. Breakfast must include milk and two other menu items. Breakfast does not have an entree. Condiments are not considered menu items, but must be included in the nutrient analysis. The determination of whether a food can be counted as one menu item or two depends on how it is **served** and written on the menu.

NuMenus	
One Menu Item	Two Menu Items
Hamburger Patty on a Bun with fixings	Hamburger Patty and Bun Fixings
Turkey and Gravy on Mashed Potatoes	Turkey and Gravy Mashed Potatoes
Taco Grande (Meat, Cheese, Tomato, Lettuce)	Taco Grande (Meat, Shell) Toppings (Cheese, Tomato, Lettuce)

Guidelines for Offer vs. Serve in NuMenus

In order to have a reimbursable lunch, three menu items must be offered and the student may select two items--one **must** be the entree. If more than three menu items are offered, the student may decline no more than two items.

At breakfast, there is no entree. Only one item may be declined no matter how many items are offered.



BREAKFAST

SUMMARY OF THE DIFFERENCES BETWEEN FOOD BASED AND NUMENUS

	Food Based	NuMenus/Assisted NuMenus
Menu Structure	3-4 components, at least 3 food items Traditional Meal Pattern	3 or more menu items 1 must be milk and any other 2 menu items
Nutrition Goals	¼ RDA for breakfast Dietary Guidelines for Americans Goals are age appropriate	Same as Food Based
Verification of Nutrition Goals	Not required to conduct a nutrient analysis, but must meet Nutrient Standards Nutrient analysis completed by State Agency Daily requirements for components	Weekly average nutrient analysis must meet nutrition goals
Age/Grade Groupings	Grade: Preschool, K-12 (7-12 optional)	Grade: Preschool, K-12 (7-12 Optional) <u>or</u> Age: 3-6, 7-10, 11-13, 14-17 <u>or</u> Custom Groupings
Creditable Items	Same as traditional pattern, with the addition of 1/2 cup yogurt creditable as 1 oz of meat/meat alternate.	All foods count (including desserts and condiments) except foods of minimal nutritional value unless these foods are combined with other creditable foods
Meat/Meat Alternate and/or Grains/Breads Alternate	1 oz. Each component <u>or</u> 2 oz. Meat/meat alternate <u>or</u> 2 oz. Grains/breads alternate	No specific requirement
Juice/Fruit/Vegetable	Same as old meal pattern (½ cup)	No specific requirement
Milk*	8 fluid oz. required 6 oz. Preschool	Must offer, but no required amount
Offer versus Serve	Same as traditional meal pattern, may decline any 1 food item	Milk must be offered Minimum of 3 menu items offered Minimum of 2 menu items selected May decline only 1 of the offered menu items (condiments are not considered menu items, so may be declined)

*If a specific type of milk represents less than one percent of the total amount of milk served in the previous year, it need not be offered.

LUNCH

SUMMARY OF FOOD BASED AND NUMENUS DIFFERENCES

	Food Based	NuMenus/Assisted NuMenus
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Menu Structure	4 components, at least 5 food items Enhanced Traditional Meal Pattern	3 or more menu items (One must be an “entree”**and one must be milk)
Nutrition Goals	1/3 RDA for lunch Dietary Guidelines for Americans Goals are age appropriate	Same as Food Based
Verification of Nutrition Goals	Not required to conduct a nutrient analysis but must meet Nutrient Standards Nutrient analysis completed by State Agency Daily requirements for components	Weekly average nutrient analysis must meet nutrition goals
Age/Grade Groupings	Grades: Preschool, K-6, 7-12 (K-3 optional) Lunch must have minimum of 2 grade groups for K-12	Grade: Preschool, K-6, 7-12 (K-3 optional) <u>or</u> Age: 3-6, 7-10, 11-13, 14-17, <u>or</u> Custom groupings Lunch must have minimum of 2 age/grade groups for K-12
Creditable Items	Same as traditional meal pattern except grain desserts count toward the grains/breads requirement. 8 oz. yogurt may now be credited as 2 oz. meat/meat alternate	All foods count (including desserts and condiments) except foods of minimal nutritional value unless these foods are combined with other creditable foods.
Meat/Meat Alternate	Same as old meal pattern, with the addition of yogurt creditable as 1-2 oz. of meat/meat alternate	No specific requirement
Vegetables/Fruits	Increased to: 3/4 cup/day K-3 3/4 cup/day + additional 3/4 cup/7 day week K-6 1 cup/day 7-12	No specific requirement
Grains/Breads	Increased to: 14 servings/wk K-3 (Based on a 7-Day Week) 17 servings/wk K-6 “ ” 21 servings/wk 7-12 “ ” Minimum of 1 per serving per day	No specific requirement
Milk*	8 oz. Variety 6 oz. Variety Preschool	Must offer, but no required amount Must offer variety
Offer versus Serve	Same as Traditional Meal Pattern, may decline any food item up to 2 items	Entree** must be offered May <u>not</u> decline entree Milk must be offered/may be declined Minimum of 3 menu items offered Minimum of 2 menu items selected If more than 3 menu items are offered may decline only 2 of the offered menu items (condiments are not considered menu items, so may be declined)

* If a specific type of milk represents less than one percent of the total amount of milk consumed in the previous year, it need not be offered.

**An entree is a menu item that is a combination of foods or a single food item that is served as the main course .

Are there advantages or disadvantages to any of the menu planning systems?

Advantages of NuMenus and Assisted NuMenus:

- ◆ You no longer have to serve 2 oz. of meat/meat alternate or any certain serving size. You serve your planned serving size and can serve anything you want except foods of minimal nutritional value, as long as your menu when averaged over a period of one week meet the Nutrient Standards. A list of foods of minimal nutritional value is found in Appendix E.
- ◆ All foods count in the nutrient analysis.
- ◆ You have more flexibility in menu planning.
- ◆ NuMenus may save you money since you do not have to serve as much meat. You may serve vegetarian meals, as long as the Nutrient Standards are met for the week.
- ◆ An advantage of Assisted NuMenus compared to NuMenus is the time saved on

data entry and money saved in not having to purchase hardware and software.

Disadvantages of NuMenus:

- ◆ You need a computer, must purchase USDA approved software, and have computer skills.
- ◆ NuMenus takes considerable time up front but cycle menus save time in the long run.
- ◆ The disadvantage of Assisted NuMenus is that since someone else is planning your menus, you may not have as much flexibility or be able to make menu changes with short notice.

Food Based/Traditional Menus Advantages:

- * Familiarity. Little extra training is required.
- * A computer is not needed.

Disadvantage of the Food Based Menus are:

- * When the menus are reviewed by the State, the Nutrient Standards will need to be met anyway, within a short time frame.
- * The Food Based Menus may cost more since

the 2 oz. of meat/meat alternate must still be served in addition to adding extra servings of grains/breads and vegetables/fruits. Many RCCIs have already been serving large portions of food, so the quantities required for the Food Based Menus may not represent major change.

Do not mix the two types of systems. The rules and guidelines for Food Based and Traditional Menus must not be applied to NuMenus and Assisted NuMenus.

Although the Nutrient Standards are the same for both systems, different guidelines are used to get to the Nutrient Standard.

If you use the menus provided in Appendix I, they can be used as Food Based or Assisted NuMenus.

How are emergencies and substitutions handled?

Occasionally it is necessary to make substitutions to a planned menu cycle due to various reasons, such as effective use of leftovers, food shortage or improper delivery/non-delivery from vendors.

If you must make a

substitution, a similar food must be substituted. A similar food plays the same role in the meal—entree,

milk, fruit/vegetable, bread, and is from the same food group. Keep in mind when making substitutions the following can occur:

- ✓ Substitutions may significantly change the nutrient content of your menu.
- ✓ Meals may no longer meet the Nutrient Standards

When food substitutions are made due to an emergency situation (i.e., food shortage), it is impractical for menu planners to revise menus and recalculate nutrient amounts, especially if the emergency arises at the end of the week.

If an emergency arises within a two week time period before an item on the menu is to be served, a substitution may be made without reanalysis. If the emergency arises outside the two week window, reanalysis is required and the Nutrient Standards must be met.

Can I Use Leftovers?

Leftovers may be used in all menu planning systems. For the effective

use of leftovers:

- Freeze and re-menu when the item repeats itself in the cycle within a safe period.
- Reanalysis is not required if used within two weeks.
- Try to substitute for a similar food.

preparation for a review easier.

What if I cannot obtain the nutrient analysis of a product from the manufacturer?

If all attempts to obtain the nutrient analysis of a food have failed, you will need to substitute a similar item whose nutrient analysis is known until you can obtain the correct one.

Regardless of what system you use, Food Based or NuMenus, you must have the manufacturer nutrient analysis or nutrition label on file. You must provide the State Agency with the nutrient breakdown of all pre-prepared items you use in order that they may perform the nutrient analysis of your menus.

Food labels found on items purchased in the grocery store may be used for nutrient analysis. Saving the labels and attaching them to a page adjacent to your menus will make the

Do I still need to keep production sheets?

Yes, you still must keep production sheets which show the menu, food, serving sizes, and amount of each food used, as well as the numbers of children and adults served. A prototype production sheet is included on page 5-9 to 5-12.

For production sheets to be meaningful you need to standardize your recipes and follow them exactly. You must know the serving size, how many servings each recipe makes, and serve exactly the planned amount.

More on Standardized Recipes

A standardized recipe provides a list of weighed/measured ingredients and a set of directions for preparation and service. These are necessary to prepare a menu item of consistent quality, consistent portion size, and consistent nutrient value. A form for standardized recipes is on page 1-16.

A standardized recipe contains:

- Inventory control
- Consistent results

1. **Ingredient List**

- form
- pack
- measure or weight of each item

2. **Preparation Directions**

- methods
- times
- temperatures for all cooking or baking

3. **Service Directions**

- total yield
- pan size
- serving utensil
- weight or measurement as served

4. **Recipe Name and/or Number**

5. **Testing**

- In addition to all of the above, a standardized recipe must be tested, preferably by more than one preparer, for consistent quality and yield.

Benefits of Standardized Recipes

Benefits

- Quality control
- Portion control
- No substitutions
- Cost control
- Time savings

In addition to making it possible to have an accurate and valid analysis, a standardized recipe will benefit your Child Nutrition Program in seven ways:

1. Better quality control

- Consumers need to know that a product they like will be the same every time they select it.

2. Portion control

- Each consumer will receive the same size serving and therefore the same nutrients.

3. Fewer cases of “running out” and making substitutions

- Predetermining quantities of ingredients to order/purchase and yields of standardized recipes reduces running out of food and making substitutions to menus. Substitutions change the nutrient value of the meal.

4. Improved cost control

- With specified ingredients and

quantities plus a consistent yield, food cost can be predetermined and controlled.

5. Time savings in food preparation

- If preparation directions are clear and concise and staff members will have confidence in the outcome when directions are followed. Also, time will be saved in evaluating and changing recipes every time the product is prepared.

6. Closer control of inventory

- A standardized recipe specifies the ingredients and quantities for the required yield so that cooks can order exactly what is needed.

7. Anyone with basic cooking skills can produce consistent results

- Less skilled employees who can follow directions can

produce consistent results.

Standardizing Ingredients

<p>Standardizing Ingredients</p> <ul style="list-style-type: none"> • Form • Pack style • Description • Update substitutions

The *ingredient list* in a recipe must be clear and descriptive, or standardized.

- Form
 - Fresh
 - Frozen
- Pack style
 - Juice
 - Light syrup
- Description
 - Peeled
 - Bone-in
 - Boneless
 - Cooked or raw

Use a descriptive term before an ingredient to indicate the form or pack. Use a descriptive term after the ingredient to indicate preparation needed (chopped, shredded, etc.) Use weights, not measurements, whenever possible.

- Substituting may result in:
 - Variation of the end product
 - Variation in the nutrient value of the recipe.

For example, if you substitute whole wheat flour for part of the white flour in a recipe you will **improve** the fiber content of the recipe. Your recipes must reflect what is actually being purchased and used by the preparation staff. When changes occur, such as changing from **fresh** to **dehydrated** onions, that change must be noted in the standardized recipe and the nutrient database.



Standardized Recipe Form

Name of Recipe _____

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		

Food Service Manual

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**HEALTHY SCHOOL MEALS
INITIATIVE**

ANY REASONABLE APPROACH

FOOD BASED

NUMENUS

ASSISTED

TRADITIONAL MENUS

**ENHANCED MEAL PATTERN
STATE AGENCY VERIFIES
MEETS STANDARDS**

**PLAN AND ANALYZE
OWN MENUS USING
COMPUTER**

**USE STATE MENUS
OR CONSULTANT**

**TRADITIONAL MEAL
PATTERN STATE AGENCY
VERIFIES MEETS
STANDARDS**

**NUTRIENT STANDARDS & DIETARY
GUIDELINES**