The Transitional Nutrition Standards, Proposed Rule, and the Reason Why

Say: Good afternoon, everyone! We are so happy you are here today, joining us virtually via Zoom. This webinar is brought to you by the Virginia Department of Education as part of the Team Nutrition Readiness and Retention Training Program funded through the FY 22 Team Nutrition Training Grant.

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3. email:
Program.Intake@usda.gov

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Welcome!

Do: Introduce selves.

Say: As we go through today's webinar, the chat box is open for business. Please feel free to comment and ask questions in the chat anytime! We will be monitoring it throughout this hour together and would love some conversations.

Objectives

- Summarize the transitional nutrition standards for milk, whole grains, and sodium.
- Recall the four nutritional changes in the proposed rule.
- Explain how scratch cooking can help meet the transitional standards and proposed new rule.
- Explain why USDA is proposing a limit on added sugars.
- Identify ways local foods can help meet the transitional standards and proposed new rule.

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Do: Review objectives.

Professional Standards - Learning Codes

- Nutrition Education – 1200
- Food Production - 2100

Transitional Nutrition Standards

SY 2022 and SY 2023

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Say: You all briefly reviewed the transitional nutrition standards during the last webinar, but we are going to go a little more deep today.

The Big 3

Say: As you may recall, the transitional nutrition standards establish standards for milk, whole grains, and sodium for this school year and 2023-2024 to give schools time to transition in the short term while USDA works to develop long-term nutrition standards.

There are three components of the Transitional Nutrition Standards. We like to call them the big 3. They include milk, sodium, and whole grains.

First, Schools and childcare providers may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk.

Moving to sodium, the weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for this current school year. For school lunch only, the limit will decrease marginally (10%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in the proposed rule.

Finally, whole grains. At least 80% of the grains served in school lunch and breakfast per week must be whole grain rich (containing at least 50%

whole grains).

Why Transitional Nutrition Standards?

- Support school nutrition professionals
- Serve as a bridge
- Nutritious meals for our children

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Say: You may have wondered why USDA implemented these transitional standards. USDA is committed to providing you the support you need to successfully operate your school meal programs, and is well aware of the hard work all of you have done throughout the pandemic to feed children in your communities.

As you know, in March of 2020, USDA released a meal pattern waiver for NSLP and SBP to waive milk, whole grain, and sodium requirements. These transitional standards will serve as a bridge to transition from where we are now to where we're going – helping schools build back from the uncertainty caused by both the pandemic and several legislative and administrative changes over the past several years so you all can continue to provide students with high-quality, nutritious meals that support their health and development.

Change is the only constant – If we don't manage it, it manages us!

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Say: As we review these transitional standards and then move into discussing the proposed rule later in this presentation, we want to stop for a moment and acknowledge the fact that this rule will bring more changes, and that can be a challenge! But really, change is the only constant. If we don't manage it, it manages us.

Also, remember that small changes can have big impacts. You don't have to do everything at once, and you have our help! We know you all can do it!

Why flavored low-fat milk?

- Allow flavored low-fat milk
- Provides calcium, potassium, vitamin D, and protein

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Say: We think it's helpful to understand the why behind rules. No one likes to be told what to do without an explanation, right? Let's start with milk. Before the transitional standards, we could only serve *fat-free* flavored milk. The transitional standards allow some flexibility by allowing flavored *low-fat* milk.

A lot of the reason behind this change was supply chain issues. USDA wanted to remove barriers to ensure children could still be offered milk due to its nutritional benefits.

Milk provides growing children with calcium, potassium, vitamin D, and protein, and is linked to improved bone health, potentially reducing the risk of osteoporosis. According to the Dietary Guidelines for Americans, most children younger than 9 consume close to or at recommended amounts of milk and/or dairy products, but as they get older, they tend to fall short.

Now, this allowance for flavored low-fat milk may change again with the proposed rule. While milk is a healthy beverage, we have to be mindful of the added sugars found in flavored milk. We will talk more about that shortly! For now, let's move on to discussing whole grains.

Why 80% Whole Grain Rich?

- Transitional Standards = 80%
- Better represent the DGA

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Say: Originally, when the Healthy Hunger Free Kids Act (HHFKA) was implemented, we were required to serve all whole grain rich grain items, meaning every creditable grain item needed to be at least 50% whole grain. This rule was rolled back to making 50% of the grains whole grain rich, and now with the transitional standards, we have gone back up to 80%.

Why the change? USDA wants the grain requirements to better represent the Dietary Guidelines for Americans (DGA).

Why 80% Whole Grain Rich?

Examples of how to achieve 50% whole grain recommendation

Note. An equal mix of 100% whole grain items and refined/enriched grains

Note. All whole grain-rich items (at least 50% whole grain)

Note. 50% whole grain-rich items (at least 50% whole grain)

The image shows an equal mix of 100% whole grain items and refined/enriched grains in the first row, all whole grain-rich items (at least 50% whole grain) in the second row, and half whole grain-rich items in the third row.

Say: The DGA recommends that we make half of our grains whole grains. With that said, it is important to recognize that whole grain *rich* is a term created for school nutrition. An item that is whole grain rich is not 100% whole grain; it is only 50%. To meet the DGA recommendations, you could eat all whole grain rich items in a day or you could eat a mix of 100% whole grain items and refined items. Brown rice, oatmeal, and quinoa are examples of 100% whole grain foods. When the rule was rolled back to making only 50% of our grains whole grain rich, that no longer matched the DGA. In fact, that's only making 25% of the total grains served whole grain.

Do: Pause to make sure the audience understands and ask for questions in the chat.

Why 80% Whole Grain Rich?

- Whole grains are healthy!
- Reduce the risk:
  - Heart disease
  - Stroke
  - Cancer
  - Diabetes
  - Obesity

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Say: Whole grains are consumed below recommended levels among all kids K-12. Despite the under consumption of whole grains, just like the general population, kids consume too many total grains mostly in the form of refined varieties, such as white bread, white rice, refined crackers, cakes, and cookies.

Whole grains are healthy, whereas most refined grains provide limited nutrition, and mainly empty calories. Whole grains reduce risk of heart disease, stroke, cancer, diabetes, and obesity. Of course, we want our kids to eat more then!

How can we Increase Whole Grains?

Bake from scratch!

Say: So how can we make it easier to serve more whole grain rich items that are acceptable to our student customers? We can cook more items from scratch!

Ask: How many of you bake in your school kitchens? Let us know what you are baking in the chat!

Say: We like to mix half whole wheat flour with half all-purpose flour to create delicious muffin bars form scratch. Since we are baking form scratch, we get to control the amount of whole wheat flour, sugar, and sodium, and bring an amazing smell to the kitchen!

Say: Here is an example recipe of one of our favorite whole grain rich muffin bars. Made with a blend of whole wheat and all purpose flour, bananas, strawberries, and chocolate chips, it's a kid favorite!

How Can We Increase Whole Grains?

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Say: Another great way to increase whole grains in your kitchens is to cook with intact 100% whole grains like oats and brown rice. Overnight oats and homemade granola are student favorites and are very simple to make! Here's a hint to overnight oats – use old fashioned oats. They hold up much better overnight and don't get gummy fast like quick oats. Also, a kitchen hack is to combine the oats and liquid in a large container to soak overnight. During preparation, determine the correct scoop size by using our calculating servings in a pan video on the VDOE website. Weigh the product and divide by the number of servings on the recipe to determine your portion size, then you can identify your scoop!

Say: As we increase whole grains, we want to make sure we remain culturally inclusive and aware. For example, some cultures are accustomed to white tortillas and white rice. That doesn't mean you can't serve these items in their whole grain forms, but it might take a little more convincing and encouraging on the serving line.

Serving Spanish brown rice or Asian fried rice are great ideas, but the flavors may taste different to children that eat these foods at home. Taste testing is a good way to expose them to the nuttier flavor of whole grains. With enough exposure, they may come to like the whole grain versions just as much as the refined!

Do: In the chat, write a food item that over time you started to like better!

Ask: Have any of you had success with any scratch made whole grain recipes in your schools? If so, please let us know in the chat!

Local Whole Grains

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Say: While we work to increase whole grains, this is also a great opportunity to try to work with local vendors. Can you procure local flour, oats, or bread? It's definitely worth exploring!

Ask: Has anyone purchased any local whole grains?

Say: We did a quick google search of Virginia whole grains and numerous mills popped up. Like most local vendors, they don't know about your needs or how to get product to schools. It's up to us to make the first call in supporting local agriculture.

Let's now discuss the last of the big 3 – sodium reduction.

Why Sodium Reduction?

- 1 in 6 children ages 8-17 years has raised blood pressure
- Lowering sodium intake during childhood can reduce the risk for high blood pressure in adulthood
- More than 4 in 10 adults in the U.S. have high blood pressure

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Say: Why reduce sodium? Current consumption levels far exceed recommended levels. According to the American Heart Association, excess sodium intake is associated with higher blood pressure in children, and children with high-sodium diets are almost 40 percent more likely to have elevated blood pressure compared to children with lower-sodium diets.

About one in six children ages 8-17 years has raised blood pressure. That is a lot! High blood pressure in childhood is linked to early development of heart disease. On the other hand, lowering sodium intake during childhood can reduce the risk for high blood pressure in adulthood.

High blood pressure is currently all too common in adults: more than 4 in 10 adults in the U.S. have high blood pressure and that number increases to almost 6 in 10 for non-Hispanic Black adults.

Sodium Reduction

- Breakfast – Target 1
  - Grade K-5: 540 mg
  - Grade 6-8: 600 mg
  - Grade 9-12: 640 mg
- Lunch – Target 1A
  - Grade K-5: 1110 mg
  - Grade 6-8: 1225 mg
  - Grade 9-12: 1280 mg

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Say: This is a crazy thought…based on the original HHFKA, we would already be at Target 3 sodium levels! Can you believe those regs came out 13 years ago? Reducing sodium has proved to be way more challenging than anticipated, so the requirements have been rolled back.

Breakfast will remain at Target 1 as shown on the slide, but lunch will move to Target 1A starting this upcoming July.

How Can We Reduce Sodium?

Cook from scratch or speed scratch

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Ask: How can we reduce sodium in school meals? Add to the chat!

Say: Great ideas! Cooking from scratch and even speed scratch cooking is the best way to control sodium levels. Most sodium comes from processed foods, not from the salt shaker at the table or cooking. In fact, the top source of sodium to US diets is sandwiches, that includes hot dogs, chicken and turkey, breakfast sandwiches, etc. (DGA)

Source:
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

How can we reduce sodium?

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Say: When we cook from scratch, we can choose ingredients with less sodium, lean on flavor building culinary techniques, and use spices, herbs, and acids to season food rather than just relying on salt.

One strategy to consider is creating your own school made spice blends like the ones shown on this slide. Also, be sure to make sure your spices are fresh; check dates! They lose flavor over time.

Say: Although potassium doesn't lower sodium levels in food, it does in the body, so focusing on feeding our kids more potassium is a good strategy for their health! The more potassium you eat, the more sodium you process out of the body. It also helps relax blood vessel walls, which helps lower blood pressure.

Ask: Where do we get potassium? The best sources are from fruits and vegetables, which is great news since we serve those foods every day! Local produce is richer in nutrients since it travels more quickly from the farm to the table, so just another reason to try to work with a local farmer.

Say: Dairy foods, some fish, nuts, and beans are also good sources.

Note to instructor: that is Banana Crumble a Hawaiian recipe in the front.

salty

How can we reduce sodium?

- RE-Train our taste buds to adjust to lower amounts over time
- Cut back slowly

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Say: A special consideration with sodium: we can RE-train our taste buds and our students taste buds to adjust to lower amount over time. There is a lot of research on this, so remember taste testing is a great strategy to expose kids to new foods with less sodium. We have a challenge for you…reduce your sodium to 2500 mg per day for at least 21 days. Then order a fast-food grilled chicken sandwich on day 22. It will taste like a salt lick!

We do recommend if there is a recipe with too much salt, cut back slowly, rather than take it all out. A little salt can be ok, especially when cooking from scratch. Cutting back slowly will give your students' tastes time to adjust until you reach an acceptable lower level. It takes a good menu planner to arrange sodium where it's needed. It's easy to put all the sodium in the entrée and reduce to drastic levels in other foods such as beans. BUT, if you reduce sodium in black beans to really low levels, no one is going to eat them!

How can we reduce sodium?

- Culturally inclusive
  - Watch out for condiments!

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Say: There are many popular condiments that are high in sodium. As we focus on cultural awareness and inclusivity, consider soy sauce, hot sauces, cheese, and processed foods that are popular but high in salt.

Again, cooking from scratch allows us to control the amount of sodium, so these condiments and foods, other than the processed ones, can be used but not in excess. This image on the screen is an example of a Thai Asian bowl that has a reasonable 415 mg of sodium for an entrée and full of flavor! School chefs can work magic. For example, sweet Thai chili sauce is very high in sodium. BUT you can use a smaller amount of sweet Thai sauce and combine with a little sugar, lime juice, water and red pepper flakes and voila, you've got a tasty, reduced sodium Sweet Thai Chili sauce.

The Proposed Rule

Say: Now that we have reviewed the transitional nutrition standards, let's move on to discussing the proposed rule. Be sure to note the word, *proposed*. The changes we are going to discuss are not finalized! USDA wants comments from experts like you before anything is finalized. Be sure to submit those before April 10th!

4 Pillars of the U.S. Dietary Guidelines

1. Follow a healthy dietary pattern at every life stage
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium

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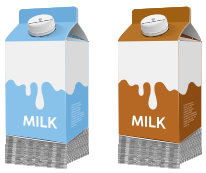
Say: We know some of you might be dreading more changes, but we promise USDA is not making updates to drive you all crazy! Their goal is to make sure our school nutrition guidelines match as closely as possible to the U.S. Dietary Guidelines for Americans and provide the best nutrition for our kids.

The DGA are built on 4 pillars as shown on this slide. Our school nutrition guidelines do a good job of meeting these pillars for the most part.

Ask: Does anyone notice anything listed that our guidelines don't specifically address yet? Go ahead and add it to the chat.

Say: That's right! Sugar, which is the first component of the proposed rule we are going to discuss today.

Source:
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf





The Big 4!

Say: There are other components of the proposed rule, but we are going to focus on what we have named the big 4 today. The first 3 should look familiar, but now we are adding on sugar!

What are added sugars?

- Cane sugar
- Honey
- Maple syrup

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Say: Before we discuss the limits on added sugars, let's make sure we are all on the same page as far as what added sugars are.

Added sugars are different than naturally occurring sugars found in fruits, vegetables, and milk. Added sugars include cane sugar including brown sugar, honey, maple syrup, etc. that have been added to foods to sweeten them.

Added Sugar Limits

- Breakfast cereals: no more than 6 grams per added ounce
- Grain based desserts: limit to no more than a 2-ounce equivalent per week in school breakfast, including cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and fruit turnovers.
- Yogurt: no more than 12 grams of added sugars per 6 ounces
- Flavored milk: limited to no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold as a competitive food for middle and high school students, 15 grams of added sugars per 12 fluid ounces

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Say: The proposed rule includes product-based limits beginning in SY 2025-2026. Listen to those dates again, 2025-2026, so we have time! We thought you would like to see these spelled out, so they are listed on the slide.

CACFP already has limits on added sugar, but the proposed rule plans to match CACFP to NSLP and SBP for consistency.

Do: Read Slide - Breakfast cereals: no more than 6 grams per added ounce. Grain based desserts: limit to no more than a 2-ounce equivalent per week in school breakfast, including cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and fruit turnovers. Yogurt: no more than 12 grams of added sugars per 6 ounces. Flavored milk: limited to no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold as a competitive food for middle and high school students, 15 grams of added sugars per 12 fluid ounces

Ask/DO: For fun, everyone google your students' favorite breakfast cereal right now, and list the grams of sugar per ounce in the chat. Let's see if any of them already meet the proposed rule!

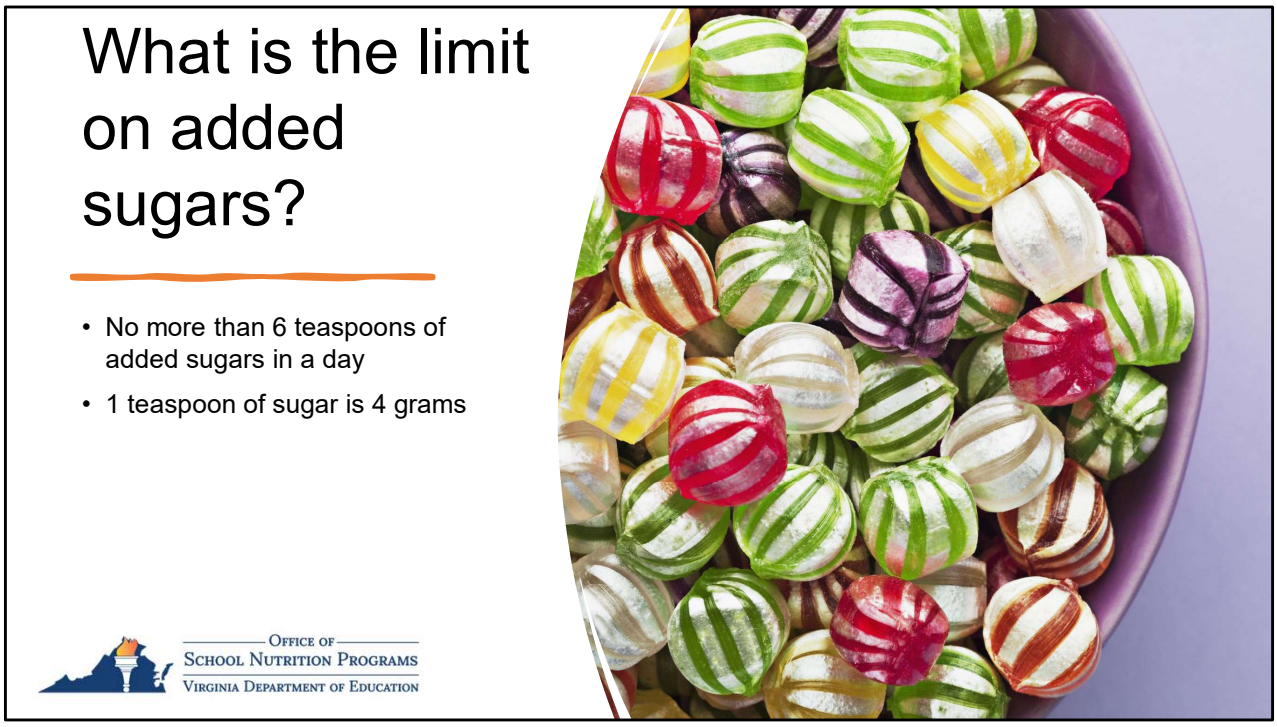
Source:
https://www.federalregister.gov/documents/2023/02/07/2023-02102/child-nutrition-programs-revisions-to-meal-patterns-consistent-with-the-2020-dietary-guidelines-for

Why limit added sugars?

Kids currently eat way too much!

Say: If you have kids, grandkids, nieces and nephews of your own, you are probably more than aware that our kids are surrounded by sugar. Every party or event you go to, there is some sort of treat, or more often multiple treats, that are served along with sugar sweetened beverages.

When we look at our school meals, the average percentage of calories from added sugars is currently 11% at school lunch and 17% at school breakfast. The DGA recommends that we eat less than 10% of calories from ADDED sugars per day, so our school meals are currently serving too much, especially at breakfast.



Say: If you are more visual, the American Heart Association's recommendation is based on teaspoons, easier to visualize than a percentage. Kids should eat no more than 6 teaspoons of added sugars in a day. 1 teaspoon of sugar is 4 grams.

The typical American child eats about **triple** the recommended amount of added sugars, half from food and half from drinks. Diets high in added sugars have been connected to heart risk factors such as obesity, diabetes, high blood pressure and unhealthy cholesterol levels.

Why limit added sugars?

- Flavored milk
- Breakfast cereals
- Granola bars
- Toaster pastries
- Cinnamon buns
- Yogurt

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Say: Flavored milk, breakfast cereals, granola bars/breakfast bars, toaster pastries, cinnamon buns, and yogurt are top contributors of added sugars in SBP. That's why USDA has proposed product-based limits for these foods.

How can we limit added sugars?

- Cook from scratch!
  - Reduce sugar in recipes

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Say: How can we limit added sugars? I bet you guys know what we are going to say. Cook from scratch! Then YOU can control the sugar. For example, this blueberry crisp pictured on the slide has no sugar with the locally grown blueberries. It's only found in the crisp topping! This change reduces the amount of added sugar, while still providing a delicious fruit side that most kids find tasty and satisfying their sweet tooth.

Added Sugars in Milk

1. Limit milk to unflavored for grades K-8
2. Maintain current standard of fat-free and low-fat flavored and unflavored with proposed added sugars limit

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Say: Let's move on to the proposed changes to milk, which are related to the added sugars. There are two options as shown on the slide.

Do: Write in the chat box number 1 or 2 and let's see which proposed change you support.

Say: Now, there is research that shows kids are more likely to drink milk if it is flavored, but here is some food for thought: if flavored milk isn't offered at school, young kids entering school would know no difference, and soon it would become the norm. Another thing to remember is that kids don't need to drink milk at every meal. The DGA recommend 2-3 servings of DAIRY a day for kids, not 2-3 glasses of milk. They consume other dairy items to make up for not drinking milk such as cheese and yogurt.

Source:
https://www.federalregister.gov/documents/2023/02/07/2023-02102/child-nutrition-programs-revisions-to-meal-patterns-consistent-with-the-2020-dietary-guidelines-for

Why limit added sugars in milk

- Flavored milk is the leading source of added sugars for NSLP and SBP

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Say: Flavored milk is the leading source of added sugars for both NSLP and SBP. With that said, USDA proposes we target some of the main sources of added sugar.

Whole Grains

1. Maintain current 80% weekly grains offered as whole grain rich
2. All grains offered must be whole grain rich, except one day may be enriched

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Say: Let's move on to the proposed rule for whole grains. There are two options being considered. Let's see which one ya'll prefer again in the chat!

Do: Read the two options and write 1 or 2 in the chat. You are welcome to UNMUTE and provide your opinion after everyone answers!

Say: We discussed earlier the importance of whole grains and how to increase their acceptability, so will move on to the last of the big 4: sodium.

Source: https://www.federalregister.gov/documents/2023/02/07/2023-02102/child-nutrition-programs-revisions-to-meal-patterns-consistent-with-the-2020-dietary-guidelines-for

Sodium: Proposed Lunch

- Sodium limit: effective July 1, 2025
  - Grades K-5: ≤ 1000 mg
  - Grades 6-8: ≤ 1105 mg
  - Grades 9-12: ≤ 1150 mg
- Sodium limit: effective July 1, 2027
  - Grades K-5: ≤ 900 mg
  - Grades 6-8: ≤ 990 mg
  - Grades 9-12: ≤ 1035 mg
- Sodium limit: effective July 1, 2029
  - Grades K-5: ≤ 810 mg
  - Grades 6-8: ≤ 895 mg
  - Grades 9-12: ≤ 935 mg

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Say: USDA has proposed a gradual series of sodium reductions, but may adjust the frequency of the reductions and proposed levels. This slide shows the proposed limits for lunch. They do get low, but remember with more scratch and speed scratch cooking, we can control the sodium levels. And we have until 2029 for that final target!

Source: https://www.federalregister.gov/documents/2023/02/07/2023-02102/child-nutrition-programs-revisions-to-meal-patterns-consistent-with-the-2020-dietary-guidelines-for

Sodium: Proposed Breakfast

- Sodium limit: effective July 1, 2025
  - Grades K-5: ≤ 485 mg
  - Grades 6-8: ≤ 540 mg
  - Grades 9-12: ≤ 575 mg
- Sodium limit: effective July 1, 2027
  - Grades K-5: ≤ 435 mg
  - Grades 6-8: ≤ 485 mg
  - Grades 9-12: ≤ 520 mg

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Say: Here are the proposed sodium limits for breakfast.

Source: https://www.federalregister.gov/documents/2023/02/07/2023-02102/child-nutrition-programs-revisions-to-meal-patterns-consistent-with-the-2020-dietary-guidelines-for

Menu Example

	Monday	Tuesday	Wednesday
Hot Entree 1	Crispy Baked Chicken & Biscuit	Quesadillas - Cheese (v) or Beef	Orange Chicken
Hot Entree 2			Teriyaki Chicken or Tofu (v)
Cold Entree	Double Cherry Yogurt Parfait	Kale Apple Chicken Salad Wrap	
Grain (if applicable)			Lo Mein Noodles
Vegetable	Smashed Red Potatoes w/ Garlic	Seasoned Pinto Beans (v)	Steamed Broccoli
Vegetable	Green Beans	Roasted Butternut Squash	Lemon Roasted Carrots
Vegetable		Lettuce & Pico	
Fruit	Green or Yellow Apple Wedges	Grapefruit Wedges	Orange Wedges
Fruit	Frozen Strawberry Cups	Fruit Cocktail	Cinnamon Applesauce
Condiments	Gravy, Ketchup, BBQ Sauce	Salsa, Sour Cream	Ranch Dressing
Condiments			
Milk	Variety	Variety	Variety
Dark Green		0.25	0.5
Red/Orange		0.75	0.5
Starchy	0.5		
Legume		0.5	
Other	0.5		

A menu that shows columns for Monday, Tuesday, and Wednesday; rows for Hot Entree 1 and 2, Cold Entree, Grain, Vegetables, Fruit, Condiments, and Milk; and Dark Green, Red/Orange, Starchy, Legume, and Other vegetable subgroups. At the bottom, there is a section that shows the total amount for each of the vegetable subgroups and minimum amount required. Monday: Crispy Baked Chicken & Biscuit (Hot Entrée), Double Cherry Yogurt Parfait (Cold Entrée), Smashed Red Potatoes with Garlic (Vegetable), Green Beans (Vegetable), Green or Yellow Apple Wedges (Fruit), Frozen Strawberry Cups (Fruit), Gravy, Ketchup, BBQ Sauce (Condiments), Variety of Milk. Starchy vegetables 0.5 servings, Other vegetables 0.5 servings. Tuesday: Quesadillas – Cheese (v) or Beef (Hot Entrée), Kale Apple Chicken Salad Wrap (Cold Entrée), Seasoned Pinto Beans (v) (Vegetable), Roasted Butternut Squash (Vegetable), Lettuce & Pico (Vegetable), Grapefruit Wedges (Fruit), Fruit Cocktail (Fruit), Salsa, Sour Cream, Variety of Milk. Dark green vegetables 0.25 servings, Red/orange vegetables 0.75 servings, Legume vegetables 0.5 servings. Wednesday: Orange Chicken (Hot Entrée 1), Teriyaki Chicken or Tofu (v) (Hot Entrée 2), Lo Mein Noodles (Grain), Steamed Broccoli (Vegetables), Lemon Roasted Carrots (Vegetables), Orange Wedges (Fruit), Cinnamon Applesauce (Fruit), Ranch Dressing (Condiment), Variety of Milk. Dark green vegetables 0.5 servings, Red/orange vegetables 0.5 servings.

Say: We know change can be scary, but hopefully we provided a reminder for the reasons behind all of these standards. Before we wrap-up for the day, we wanted to provide an example of a culturally inclusive menu that incorporates some scratch cooking and local foods. It can be done, and again, we are here to help! By implementing more scratch recipes and local ingredients, we can more easily meet the guidelines, while providing delicious foods to our kids! This slide shows Monday – Wednesday, and the next slide shows Thursday – Friday.

Do: Point out some of the recipes that help meet the standards. Few examples: the smashed local red potatoes from scratch – can control salt and added garlic for more flavor. Double cherry yogurt parfait made with plain yogurt, but sweetened with honey to control how much added sugars are included.

Menu Example

Thursday	Friday		
Baked Cheesy Pasta (v)	Chicken Parmesan Sandwich		
	Veggie or Bean Burger (v)		
Turkey & Cheese Wrap			
Steamed Vegetable Medley	Sweet Potato Fries		
Spinach Side Salad	Cucumber Coins		
Lettuce, Tomato, Pickle	Lettuce, Tomato, Pickle		
Banana	Fresh Pineapple		
Canned Peaches	Dried Cranberries		
Vinaigrette, Mustard	Ketchup, Mustard, Mayo		
Mayo, Parmesan, Red Pepper Flakes			
Variety	Variety	Total	Min Amount
0.75	0.25	1.75	0.5
0.125	0.625	2	0.75
		0.5	0.5
		0.5	0.5
0.5	0.5	1.5	0.5
		6.25	3.75

A continuation of the menu that shows columns for Thursday and Friday. At the bottom, there is a section that shows the total amount for each of the vegetable subgroups and minimum amount required. Thursday: Baked Cheesy Pasta (v) (Hot Entrée), Turkey & Cheese Wrap (Cold Entrée), Steamed Vegetable Medley (Vegetable), Spinach Side Salad (Vegetable), Lettuce, Tomato, Pickle (Vegetable), Banana (Fruit), Canned Peaches (Fruit), Vinaigrette, Mustard (Condiments), Mayo, Parmesan, Red Pepper Flakes (Condiments), Variety of Milk. Dark green vegetables 0.75 servings, Red/orange vegetables 0.125 servings, Other vegetables 0.5 servings. Friday: Chicken Parmesan Sandwich (Hot Entrée 1), Veggie or Bean Burger (v) (Hot Entrée 2), Sweet Potato Fries (Vegetable), Cucumber Coins (Vegetable), Lettuce, Tomato, Pickle (Vegetable), Fresh Pineapple (Fruit), Dried Cranberries (Fruit), Ketchup, Mustard, Mayo (Condiments), Variety of Milk. Dark green vegetables 0.25 servings, Red/orange vegetables 0.625 servings, Other vegetables 0.5 servings. Total: Dark green vegetables 1.75 servings (0.5 servings minimum amount), Red/orange vegetables 2 servings (0.75 servings minimum amount), Starchy vegetables 0.5 servings (0.5 servings minimum amount), Legume 0.5 servings (0.5 servings minimum amount), Other vegetables 1.5 servings (0.5 servings minimum amount), 6.25 vegetable servings overall (3.75 servings minimum amount).

Do: Point out some of the recipes that help meet the standards. Few examples: baked cheesy pasta– can control salt and added garlic and herbs for more flavor. Homemade vinaigrette salad dressing, again able to control the salt with spices and/or herbs.

Questions

Office of School Nutrition Programs
Virginia Department of Education

Say: Well, we made it! Be sure to submit your comments on the proposed rule by April 10!

Ask: Does anyone have any questions?

Note to Instructor: Put this link in the chat so they can respond to the rule: https://www.fns.usda.gov/cn/proposed-updates-school-nutrition-standards