Manager’s Corner

School Meals Grain Component Requirements

PROJECT COORDINATOR
Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

Key Area: 1 Nutrition
Code: 1110 Nutrition Requirements
Rev. 2021
The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org. Revised May 20, 2021
Manager’s Corner: School Meals Grain Component Requirements

Table of Contents

Professional Standards ............................................................................................................. 1
Introduction ............................................................................................................................. 1
Lesson Overview ....................................................................................................................... 2
Questions for Staff .................................................................................................................... 2
Activity: School Meals Grain Component Requirements ..................................................... 3
References .............................................................................................................................. 6
Manager’s Corner: School Meals Grain Component Requirements

Professional Standards

MENU PLANNING – 1100

Employee will be able to effectively and efficiently plan and prepare standardized recipes, cycle menus, and meals, including the use of USDA foods, to meet all Federal school nutrition program requirements, including the proper meal components.

1110 – Nutrition Requirements
Plan menus that meet USDA nutrition requirements for reimbursable meals, including calculating meal components.

Introduction

Manager’s Corner: School Meals Grain Component Requirements is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff
Lesson Overview

Instructions for lesson:
- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

Objective: Identify daily and weekly grain requirements in school meals.

Background information: Grains are a required component for all grades levels for both breakfast and lunch and must be whole grain-rich or enriched to be credited in a reimbursable school meal.

Why it is important: For all grades, schools must offer a minimum amount of grains daily and weekly, and the amount varies by age/grade group. As a result, it is important to identify the appropriate requirements for the grain component in order to credit a reimbursable meal.

Questions for Staff

- What are the daily and weekly grain component requirements for a reimbursable school lunch?
  Answer:

<table>
<thead>
<tr>
<th>Grades</th>
<th>Daily Minimum</th>
<th>Weekly Minimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>1 ounce equivalent</td>
<td>8-9 ounce equivalents</td>
</tr>
<tr>
<td>6-8</td>
<td>1 ounce equivalent</td>
<td>8-10 ounce equivalents</td>
</tr>
<tr>
<td>9-12</td>
<td>2 ounce equivalents</td>
<td>10-12 ounce equivalents</td>
</tr>
</tbody>
</table>

- What are the daily and weekly grain component requirements for a reimbursable school breakfast?
  Answer:

<table>
<thead>
<tr>
<th>Grades</th>
<th>Daily Minimum</th>
<th>Weekly Minimum</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>1 ounce equivalent</td>
<td>7-10 ounce equivalents</td>
</tr>
<tr>
<td>6-8</td>
<td>1 ounce equivalent</td>
<td>8-10 ounce equivalents</td>
</tr>
<tr>
<td>9-12</td>
<td>1 ounce equivalent</td>
<td>9-10 ounce equivalents</td>
</tr>
</tbody>
</table>
Activity: School Meals Grain Component Requirements

Activity materials included in this document:
- School Meals Grain Component Requirements
- School Meals Grain Component Requirements Answer Key

Materials provided by the school nutrition operation:
- ICN Meal Plan Mini Posters: Grain Requirements in School Meals (located at https://theicn.org/icn-resources/). Select Meal Pattern Mini-Posters and choose the mini-poster from the listing.
- Copies of handouts
- Writing utensils

Activity Instructions:
- Print the handouts and worksheets.
- Complete the School Meals Grain Component Requirements using information from the ICN Meal Plan Mini Posters: Grain Requirements in School Meals.
- At the conclusion of the activity, review the School Meals Grain Component Requirements Answer Key.
School Meals Grain Component Requirements

Instructions: Using the ICN Meal Plan Mini Posters: Grain Requirements in School Meals, answer the following questions.

Are grains a required component for both breakfast and lunch?

Do all grade levels have the same daily requirements for reimbursable school breakfast?

Do all grade levels have the same daily requirements for reimbursable school lunch?

School Meals Grain Component Requirements Answer Key
Instructions: Using the ICN Meal Plan Mini Posters: Grain Requirements in School Meals, answer the following questions.

Are grains a required component for both breakfast and lunch?
Yes. Grains are a required component for all grade levels for both breakfast and lunch. Grains must be whole grain-rich or enriched to be credited in a reimbursable school meal. For specific grade requirements, please review ICN Meal Plan Mini Posters: Grain Requirements in School Meals.

Do all grade levels have the same daily requirements for reimbursable school breakfast?
Yes. All grade levels have a minimum requirement of 1 ounce equivalent per day. For all grades, more than the minimum requirements will need to be offered on some days to meet the minimum weekly requirements.

Do all grade levels have the same daily requirements for reimbursable school lunch?
No. Grades K-5 and grades 6-8 have a minimum requirement of 1-ounce equivalent per day. Grades 9-12 have a minimum requirement of 2-ounce equivalents per day. For all grades, more than the minimum requirements will need to be offered on some days to meet the minimum weekly requirements.

References

