

Manager's Corner

School Meals Grain Component Requirements

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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.

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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:

Grades	Daily Minimum	Weekly Minimum
K-5	1 ounce equivalent	8-9 ounce equivalents
6-8	1 ounce equivalent	8-10 ounce equivalents
9-12	2 ounce equivalents	10-12 ounce equivalents

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

Answer:

Grades	Daily Minimum	Weekly Minimum
K-5	1 ounce equivalent	7-10 ounce equivalents
6-8	1 ounce equivalent	8-10 ounce equivalents
9-12	1 ounce equivalent	9-10 ounce equivalents

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?

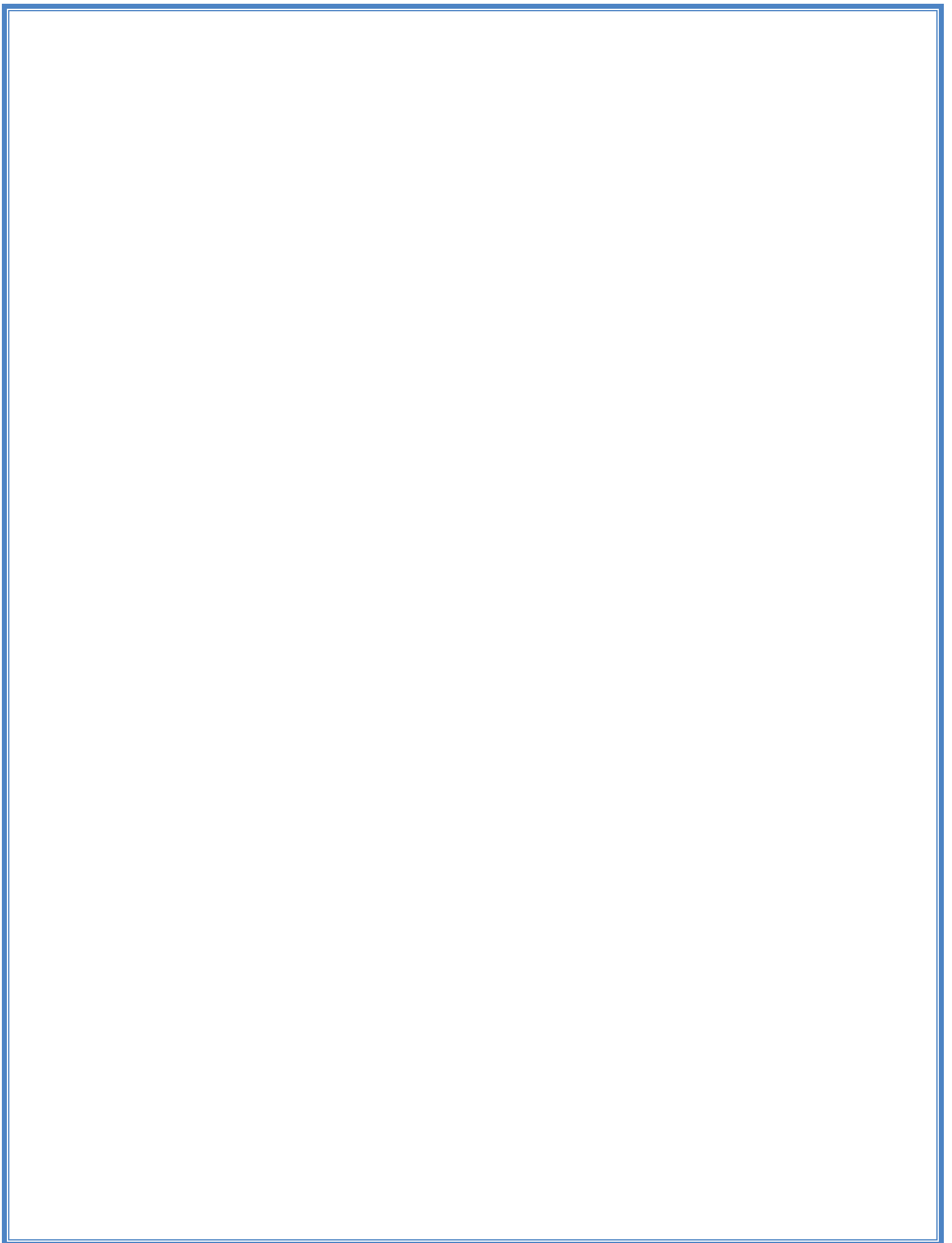
No. Grades K-5 and grades 6-8 have a minimum requirement of 1-ounce equivalent per day. Grades 9-12 have a minimum requirement of 2-ounce equivalents per day. For all grades, more than the minimum requirements will need to be offered on some days to meet the minimum weekly requirements.

References

Institute of Child Nutrition. (2019). *Reimbursable school meals*. University, MS: Author.

Institute of Child Nutrition. (2019). *School nutrition STAR meal preparation and service instructor's manual*. University, MS: Author.

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <https://www.fns.usda.gov/school-meals/professional-standards>



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