

MICRO-TRAINING



PLANNING REIMBURSABLE SCHOOL MEALS FOR MENU PLANNERS: MILK COMPONENT

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Key Area: Nutrition (1000)

USDA Professional Standard: Menu Planning (1100)

Competencies, Knowledge, and Skills (CKS): Functional Area 7:

Menu and Nutrition Management

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PROFESSIONAL STANDARDS

Key Area: Nutrition (1000)

USDA Professional Standard: Menu Planning (1100)

Competencies, Knowledge, and Skills (CKS): Functional Area 7: Menu and Nutrition Management

INTRODUCTION

Planning Reimbursable School Meals for Menu Planners: Milk Component is one of four micro-trainings designed for use by program operators/menu planners to train their staff. These short (less than 30 minutes) and easy-to-use trainings include a lesson plan and activities related to the Transitional Standards for Milk, Whole Grains, and Sodium – [Final Rule](#).

This lesson plan contains the following:

- Learning objectives
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- Additional resources to strengthen or refresh the knowledge of the menu planners and other program staff

LESSON: MILK COMPONENT

Objectives:

- Describe the milk component requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- Apply the milk component requirement in a one-day menu that meets the meal pattern requirements.

Outcome:

Provide menu planners an overview of the milk requirement for the NSLP and SBP.

Why It Is Important:

It is critical that program operators/menu planners understand and can implement the menu requirements for the NSLP and SBP.

Materials:

- Milk Component Lesson Overview
- Milk: Transitional Standards for School Years 2022–2023 and 2023–2024 infographic
- Menu Planning – Milk worksheet
- Speed Action Planning worksheet
- Pens/pencils
- Planner or cell phone calendar app

Instructions:

Follow these steps to complete this training:

- Discuss the lesson overview with the participants.
- Review the infographic and how it relates to the training topic.
- Complete the discussion questions.
- Complete the activity as instructed.
- Answer any questions participants may have about the lesson.
- Encourage participants to complete the Speed Action Planning activity.

LESSON OVERVIEW

Fluid milk must be offered as part of a reimbursable school meal. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).

Transitional Standards

Beginning with School Year (SY) 2022–2023, the implementation of the Transitional Standards for Milk, Whole Grains, and Sodium – [Final Rule](#) establishes transitional standards to support the continued effort to provide nutritious school meals as schools respond to and recover from the pandemic. These transitional standards establish meal pattern requirements for milk, whole grains, and sodium for SY 2022–2023 and 2023–2024 to give schools time to transition in the short term.

Final Rule for Milk

- ▶ Provides an option to serve flavored, low-fat milk in the NSLP and SBP
- ▶ Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.
- ▶ Extends flavored low-fat milk option to:
 - Smart Snacks in Schools (SSIS)
 - Special Milk Program (SMP) ages 6 and up
 - Child and Adult Care Food Program (CACFP) ages 6 and up
- ▶ Provides consistency with school meal program regulations; lactose-free and reduced-lactose milk meet requirements for fluid milk in SMP and CACFP. No written or medical statement is required.

Daily/Weekly Minimums

The minimum creditable amount of milk is 1 cup serving per day offered at breakfast and at lunch. See the meal pattern charts for more details on specific requirements (pages 6–8).

Requirements for Offering Milk

- ▶ Schools must offer students at least two options of fluid milk at each meal.
- ▶ Schools may offer fat-free (unflavored or flavored) and low-fat (1%) (unflavored or flavored) milk.
- ▶ If schools offer flavored milk, unflavored milk must also be available.

- ▶ Preschool students must be offered only unflavored milk (unless served comingled at all meals with K–12 students).
- ▶ Potable water must be available to students at no charge during meals, even though water is not a component of a reimbursable meal.
- ▶ There are allowable nondairy [milk substitutes](#) based on nutrient equivalence.
 - The substituted product must have similar amounts as fluid milk for nine nutrients—calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B12.

Discussion Questions:

- ▶ As per the Transitional Standards that must be implemented in SY 2022–2023, what is the milk requirement for the NSLP?
 - Answer: CNPs must offer at least two options of fat-free or 1% flavored or unflavored milk.
 - Answer: If CNPs offer flavored milk, unflavored milk must be available as well.
- ▶ As per the Transitional Standards that must be implemented in SY 2022–2023, what is the milk requirement for the SBP?
 - Answer: CNPs must offer at least two options of fat-free or 1% flavored or unflavored milk.
 - Answer: If CNPs offer flavored milk, unflavored milk must be available as well.



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12/19/2022



School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^b One-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or “Other vegetables” subgroups, as defined in §210.10(c)(2)(iii) of this chapter.

^d At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^e There is no meat/meat alternate requirement.

^f All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

^g The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans* fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

**National School Lunch Program Meal Pattern**

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^c	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Interim Target 1 (mg) ^h	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^{h i}	≤ 1,110	≤ 1,225	≤ 1,280
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.

^b One-quarter cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c Larger amounts of these vegetables may be served.

^d This category consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any

additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

^e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^f At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

^g All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans* fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

ⁱ Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

ACTIVITY: Menu Planning – Milk For Facilitator/Instructor ONLY

Time: 5 minutes

Materials Needed: Menu Planning – Milk worksheet, pens/pencils

Instructions: Participants will complete a one-day menu applying the meal pattern requirements (Grades 9–12) for NSLP/SBP for the milk component. Distribute the Menu Review – Milk worksheet. Read the instructions to the participants. Instruct the participants that for the days missing milk component food items, suggest food items to satisfy the meal pattern requirements. After participants complete the chart, discuss the answer key and possible food items.

Answer Key:

Must offer two options of fat-free (unflavored or flavored) and low-fat (1%) milk (unflavored or flavored). If schools offer flavored milk, unflavored milk must also be available. There are allowable nondairy milk substitutes based on nutrient equivalence.

Possible food items:

Day 1 – Breakfast	Day 1 – Lunch
Entrée – Grains	Entrée – M/MA
French Toast Sticks 2 oz eq WGR	Chicken Fajita 2 oz eq meat
	Grains
	2 oz eq WGR bun 0.5 oz eq tortilla chips
	Vegetables
	¾ cup tossed salad ½ cup refried beans
Fruits	Fruits
½ cup banana ½ cup applesauce	½ cup diced pears ½ cup apple
Milk	Milk
1 cup 1% unflavored 1 cup fat-free chocolate	1 cup 1% unflavored 1 cup fat-free chocolate

Participant Worksheet: Menu Planning – Milk

Instructions: Using a one-day menu, apply the meal pattern requirements for NSLP/SBP for the milk component.

Day 1 – Breakfast	Day 1 – Lunch
Entrée – Grains	Entrée – M/MA
French Toast Sticks 2 oz eq WGR	Chicken Fajita 2 oz eq meat
	Grains
	2 oz eq WGR bun 0.5 oz eq tortilla chips
	Vegetables
	¾ cup tossed salad ½ cup refried beans
Fruits	Fruits
½ cup banana ½ cup applesauce	½ cup diced pears ½ cup apple
Milk	Milk
_____ cup _____ _____ cup _____	_____ cup _____ _____ cup _____

ACTIVITY: Speed Action Planning

Purpose: The purpose of this activity is for program operators/menu planners to establish an action plan for applying the information learned in this session in their workplaces.

Materials Needed: Speed Action Planning worksheet, planner or cell phone calendar app, and pens/pencils

Instructions: Distribute the Speed Action Planning worksheet. Inform participants that it is important to develop a plan for using the information from the training. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan. Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan.

- What did you learn in this training?
- How will you apply this information in your current or future roles?
- When will you apply this information?

Speed Action Planning

Instructions: Today's training featured key information on the milk component of the NSLP and SBP. Answer the following three questions to establish a plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (for example, one week, one month, six months, etc.)?

REFERENCES

- Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium Final Rule, 7 C.F.R. § 210, 215, 220, and 226. <https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>
- Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 C.F.R. § 210, 220. <https://www.federalregister.gov/documents/2012/01/26/2012-1010/nutrition-standards-in-the-national-school-lunch-and-school-breakfast-programs>

ADDITIONAL RESOURCES

- Institute of Child Nutrition. (n.d.). *Education and training resources for school nutrition programs*. <https://theicn.org/school-nutrition-programs/>
- U.S. Department of Agriculture, Food and Nutrition Service. (2017). *SBP fact sheet*. <https://www.fns.usda.gov/sbp/sbp-fact-sheet>
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