

Manager's Corner

School Meals Grain Component Requirements

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Institute of Child Nutrition

The University of Mississippi

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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 – 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 for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: School Meals Grain Component Requirements* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

Objective: Identify grains and their daily and weekly requirements in school meals.

Why it is important: It is important to identify the appropriate requirements for the grain component in order to credit a reimbursable meal.

Materials:

- **Grain Requirements for School Meals** mini-poster (located at www.theicn.org)
- **Materials included in this document:**
 - **School Meals Grain Component Requirements Activity**
 - **School Meals Grain Component Requirements Activity Answer Key**

Instruction:

Ask the staff to answer the questions for the staff included in this training. Facilitate the activity. Reiterate the importance of meeting these requirements not only to meet USDA standards but also to promote a balanced diet for students.

Questions for the Staff:

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

Grades	Daily Minimum Requirements	Weekly Minimum Requirements
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?**

Grades	Daily Minimum Requirements	Weekly Minimum Requirements
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 Instructions:

- Ask staff to complete the **School Meals Grain Component Requirements Activity** using the above information and the **Grain Requirements for School Meals** mini poster. At the conclusion of the activity, review the **School Meals Grain Component Requirements Activity Answer Key**.

School Meals Grain Component Requirements Activity

Instructions: Using the **School Meals Grain Component Requirements** mini-poster, 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 lunch?

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

School Meals Grain Component Requirements Activity Answer Key

Instructions: Using the **School Meals Grain Component Requirements** mini-poster, answer the following questions.

ANSWER:

Are grains a required component for both breakfast and lunch?

Answer: Yes, grains are a required component for all grades 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 the **Grain Component Requirements** mini-poster.

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

Answer: 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 lunch?

Answer: 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.

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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