



# Summer Food Service Program Menu Planning & Production Records



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# Meal Pattern Requirements

- **For a breakfast to be a reimbursable meal, it must contain:**
  - ▲ one serving of milk;
  - ▲ one serving of a vegetable or fruit or full-strength juice; and
  - ▲ one serving of grain or bread.
  
- **For a lunch or supper to be a reimbursable meal, it must contain:**
  - ▲ one serving of milk;
  - ▲ two or more servings of vegetables and/or fruits;
  - ▲ one serving of grain or bread; and
  - ▲ one serving of meat or meat alternate.
  
- **For a snack to be a reimbursable meal, it must contain:**
  - ▲ two food items. Each item must be from a different food component. However, juice cannot be served when milk is served as the only other component.

# Meal Components

- **There are 4 meal components:**
  - ▲ **Meat/ Meat Alternate**
  - ▲ **Bread/ Grain**
  - ▲ **Fruit/ Vegetable**
  - ▲ **Milk**





# Meat/Meat Alternates

- Nuts and seeds may only fulfill  $\frac{1}{2}$  of the meat requirement
- Watch out for peanut butter sandwiches, you may not have enough to be creditable
- Alternate protein products are becoming increasingly creditable
- Lunchmeats may not have by-products, cereal, or extenders



# Meat/Meat Alternates

- Cheese sauce is creditable if it is real cheese, not imitation
- Cottage or Ricotta Cheese must be doubled (2 ounces = 1 ounce)
- 4 oz yogurt equals 1 oz. of meat
- Traditional subsistence foods may be creditable

# Grain/ Bread

- Use the following criteria as a basis for crediting items to meet the grains/breads requirement
  - ▲ The label must indicate that the grain/bread must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal it must indicate that it is whole-grain, enriched, or fortified.
  - ▲ Bran and germ are credited the same as enriched or whole-grain meal or flour.



An illustration on the left side of the slide shows three children running happily on a green hill. Above them, various food items are floating in the air, including a banana, an apple, a slice of cheese, a cookie, a carton of milk, a slice of bread, and a carton of juice. The scene is bright and colorful, suggesting a healthy and active lifestyle.

# Grain/ Bread

## Grain/ Bread Chart & Crediting

- Found on Reference Section of the Nutrition Guidance Manual and on page 3-15 of the Food Buying Guide
- Helps you to determine the size of a grain product to serve to meet minimum portion size requirements without analyzing a recipe
- required for purchased items that do not or are not eligible to have a CN label.



# Fruits & Vegetables

- Juice must be 100% fruit juice and may only be creditable at breakfast or snack
- 2 forms of the same fruit or vegetable may not be served at a meal (i.e. apple juice and apple sauce or tomatoes and tomato sauce)
- Beans can be a vegetable or meat but not at the same meal





# Fruits & Vegetables

Fruits/Vegetables served as a combination item are creditable as only one serving

For Example:

- Peas and carrots
- Fruit cocktail
- Pizza
- Stew



# Fruits & Vegetables

- Fruit in yogurt is creditable if provider puts it in, not manufacturer
- Minimum serving is 1/8 cup to count toward creditable meal



# About Milk

- Milk should be lower fat milk
- Yogurt or cheese may not be served for milk
- Milk and juice should not be served as a beverage at the same meal
- Powdered milk may be served if fresh milk is unavailable
- Shelf stable is also acceptable if fresh milk is unavailable



# About Milk

- Soy milk and rice milk are not creditable unless a medical statement is on file
- Lactose reduced milk is creditable
- Milkshakes and smoothies may be creditable
- Milk is not creditable in items like cooked cereals, custards, puddings, etc.



# Traditional Foods

## What can be used:

- Fresh or Frozen Fish
- Fresh or Frozen game such as reindeer, caribou, beaver, whale, moose, ducks and birds
- The cook or other authorized person must decide if food is safe to prepare
- Must be labeled with name of food, date received, and source of food



# Traditional Foods

## What cannot be used:

- Wild mushrooms
- Bivalve shellfish such as clams or mussels
- Fox meat & organs
- Bear or walrus meat
- Polar bear liver
- Fermented meat & seafood (stink eggs, fermented beaver tail, fermented flipper, etc)
- Non-commercial smoked fish products

# Soups

Where does soup fit in?

- Homemade soup may be creditable for meat and/or vegetables if the components are documented



# Soups - Commercial

- Commercial soups contain insufficient meat/meat alternate content per serving to receive credit for meat component
- Condensed or ready-to-serve (canned or frozen) vegetable or vegetable w/meat or poultry takes 1 cup reconstituted to yield  $\frac{1}{4}$  cup of vegetables







# Menu Planning

Plan meals children want to eat

- This will increase participation
- It will also stabilize attendance



# Menu Planning

## Serve foods high in Vitamin A, C, and Iron

- Vitamin A foods twice a week
- Vitamin C at least daily
- Iron as often as possible



# Menu Planning

## Vitamin A foods include:

- Apricots
- Cantaloupe
- Cherries
- Plums
- Egg Yolk
- Asparagus
- Broccoli
- Carrots
- Kale
- Peas
- Sweet Potatoes

**Serve Vitamin A foods twice a week** 18



# Menu Planning

## Vitamin C foods include:

- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Peppers
- Cantaloupe
- Grapefruit
- Oranges
- Raspberries
- Spinach
- Strawberries

**Serve Vitamin C foods daily**



# Menu Planning

## Iron food items include:

- Asparagus
  - Lima Beans
  - Sweet Potatoes
  - Squash
  - Vegetable Juice
  - Turkey
  - Tuna
  - Apricots
  - Cherries
  - Dried Fruits
  - Dried Peas
  - Eggs
  - Meat
  - Green Beans
- Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens

**Serve iron foods as often as possible**



# Creditable Foods

- The goal of the SFSP is to improve the health and nutrition of children while promoting the development of good eating habits and the furtherance of nutrition education
- Not all foods count as creditable components
- Creditable foods are counted toward meeting the components for a reimbursable meal



# Creditable Foods

**Creditable foods are based on the following factors:**

- Nutrient content
- Customary function in a meal
- Ability to meet SFSP regulations
- Ability to FDA's Standards of Identity and USDA's standards for meats and meat products
- Agreement with USDA's policy decisions on crediting particular foods



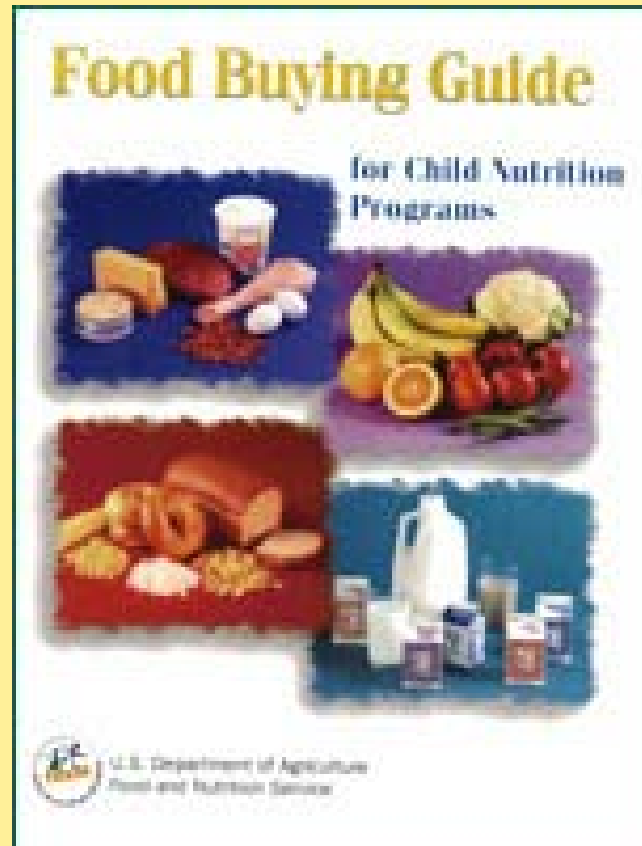
# Non-creditable foods

## Examples:

- Popcorn
- Cupcakes
- Preserves
- Jell-O
- Kool-Aid
- Cream cheese
- Cheese as milk
- Potatoes as Bread
- Commercial pot pies
- Fruit in bread as a fruit



# Food Buying Guide for Child Nutrition Programs



<http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>



# **Cycle Menus Versus Production Records**



# Cycle Menu Option

- All programs must maintain Production records or Cycle Menus
- Cycle may be 3-6 weeks
- Menus will be reviewed during administrative review & technical assistance provided on-site



# Cycle Menu Option

- Use standardized recipes
- Each food item with more than one ingredient should have a standardized recipe or a CN label
- A substitute list must be maintained
- Substitutions should be entered on menu to reflect foods served



# Standardized Recipes

- A standardized recipe is one that has been tried, adapted, and retried several times for use by a given food service operation and has been found to: produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.



# Standardized Recipes

- Good source of standardized recipes:

[http://www.fns.usda.gov/TN/Resources/childcare\\_recipes.html](http://www.fns.usda.gov/TN/Resources/childcare_recipes.html)



# Substitute List

Food items already on the menu do not need to be on the Substitution list

*For Example: if last Monday's menu contained oranges and this Tuesday's menu called for pears and you ran out, oranges are permissible*



# Substitute List

If a food item is not on the menu already but may be used for substitutions, it should be listed on the substitution list

*For example: program tries to serve only fresh fruit or veggies but keeps several # 10 cans of peaches in reserve. The canned peaches should be on the Substitution list*





# Substitution List

- Combination Foods
- Substitution list should indicate what component(s) a food item is creditable.

For example:

Stew (meat, vegetable)

Meatloaf (meat, grain, vegetable)

Taco (meat, grain, vegetable)



# Combination Foods

- Commercial combination foods must have CN label or manufacturer's analysis documenting creditable portion
- This label identifies how the food meets the meal pattern



# CN Label

## A CN Label Example:

|    |  |    |
|----|--|----|
|    | CN   |    |
|    | 000000   |    |
| CN | This 3.00 oz serving of raw beef patty provides when<br>Cooked 2.00 oz equivalent meat for Child Nutrition Meal<br>Pattern Requirements. (Use of this logo and statement<br>Authorized by the Food and Nutrition Service, USDA 05-84.) | CN |
|    | CN   |    |

## How do you identify a CN label?

A CN label will always contain the following:

- The CN logo, which is a distinct border
- A 6-digit product identification number
- USDA/FNS authorization
- The month and year of approval



# Combination Foods

- Homemade combination foods can count toward meeting the meal pattern requirements as long as there is a standardized recipe that can be checked for total ingredients



# Combination Foods

- Combination foods at lunch and supper may not make up greater than 3 components
- For lunch/supper only 1 fruit/vegetable component can be represented in a combination food
- Additional food items in the combination food will count as “extras”



# Mark the Menu

- Child Nutrition (CN) food items could be indicated with “CN” on your menus
  - have the child nutrition label on file
- Homemade items could be indicated with “HM” on your menus
  - have the standardized recipe on file



# Production Records Option



# Menu Documentation

- For programs choosing the production records option:
- Production records must be kept for all meals claimed for reimbursement

## Why?

- They document that all components were served and the right quantities were prepared to meet the meal pattern





# Production Records

What 5 items are **required** to be on every production record?

1. Date: Month, Day and Year
2. Menu: Include all items served
3. Items that meet the requirement for meal pattern/reimbursement
4. Meals: The number of child and adult meals served
5. Quantity: Total amount of food that was used in preparing the item



# Production Record Calculations

## For each food:

1. Determine the serving size needed to meet the requirement
2. Determine the total number of servings you need
3. Look up the purchase unit in the food-buying guide
4. Look up the number of servings you get out of the purchase Unit



# Production Record Calculations

## For each food:

5. Determine how many purchase units you need by:

Dividing the number of servings needed by the number of serving you will get from one purchase unit

*Number of Units*

*Serving Per Purchase Unit*



# Production Record Calculations

## For Example

Green beans are on the menu

35 children and 5 adults are to be served

Use Food Buying Guide

# Production Record Calculations



## Section 2—Vegetables/Fruits

| 1 Food As Purchased, AP  | 2 Purchase Unit       | 3 Servings per Purchase Unit, EP | 4 Serving Size per Meal Contribution | 5 Purchase Units for 100 Servings | 6 Additional Information   |
|--|-----------------------|----------------------------------|--------------------------------------|-----------------------------------|--|
| <b>BEANS, GREEN (continued)</b>  |                       |                                  |                                      |                                   |  |
| <b>Beans, Green, canned Cut</b><br><i>Includes USDA Commodity</i>          | No. 10 can (101 oz)   | 45.3                             | 1/4 cup heated, drained vegetable    | 2.3                               |  |
|  | No. 10 can (101 oz)   | 51.1                             | 1/4 cup drained vegetable            | 2.0                               | 1 No. 10 can – about 60.0 oz (12-7/8 cups) drained, unheated beans   |
|  | No. 2-1/2 can (28 oz) | 12.5                             | 1/4 cup heated, drained vegetable    | 8.0                               |  |
|  | No. 2-1/2 can (28 oz) | 14.1                             | 1/4 cup drained vegetable            | 7.1                               | 1 No. 2-1/2 can – about 16.0 oz (3-1/2 cups) drained, unheated beans |
|  | No. 300 can (15 oz)   | 5.00                             | 1/4 cup heated, drained vegetable    | 20.0                              | 1 No. 300 can – about 7.4 oz (1-1/4 cups) heated, drained beans      |
|  | No. 300 can (15 oz)   | 5.77                             | 1/4 cup drained vegetable            | 17.4                              | 1 No. 300 can – about 7.7 oz (1-3/8) cups drained, unheated beans    |
|  | Pound                 | 7.17                             | 1/4 cup heated, drained vegetable    | 14.0                              |  |
|  | Pound                 | 8.10                             | 1/4 cup drained vegetable            | 12.4                              |  |
| <b>Beans, Green, canned French style</b><br><i>Includes USDA Commodity</i> | No. 10 can (101 oz)   | 36.5                             | 1/4 cup heated, drained vegetable    | 2.8                               | 1 No. 10 can – about 59.0 oz (12 cups) drained, unheated beans       |
|  | No. 2-1/2 can (28 oz) | 10.1                             | 1/4 cup heated, drained              | 10.0                              | 1 No. 2-1/2 can – about  |



# Production Records In Use

## Menu

Hamburgers on Bun

Green Beans

Apples

Milk



# Production Records In Use

## **Menu Planning:**

35 children

5 adults

### Daily Menu Production Worksheet

Date (1): \_\_\_\_\_ Sponsor: \_\_\_\_\_ Site: \_\_\_\_\_

| Meal Pattern | Menu (2)   | Food Item Used (3)  | Quantity Used (4)  | Serving Size (5)  | C P (6)                                   | P A (7) | Left-overs (8) |   |
|--------------|--|---|--|---|---|---------|----------------|---|
| Breakfast    | Milk, Fluid<br>Juice or Fruit or Vegetable<br>Grain/Bread                                      |   |  |   |   |         |                |   |
| AM Snack     | (Select 2)<br>Milk, Fluid<br>Juice or Fruit or Vegetable<br>Grain/Bread<br>Meat/Meat Alternate |   |  |   |   |         |                |   |
| Lunch        | Milk, Fluid<br>Vegetable and/or Fruit (2 or more)<br>Grain/Bread<br>Meat/Meat Alternate        | Hamburger on a Bun<br><br>Green Beans<br><br>Apples<br><br>Milk | Beef Patty 2oz<br>Whole Wheat Buns<br>#10 Can Green Beans<br>Red Delicious Apples<br>Gallon Milk | 40 Beef Patties<br>5pks of 8ct<br>1-#10<br>6lbs<br>20 gallons | 1 patty<br>1 bun<br>¼ cup<br>½ cup<br>8oz | 35      | 5              | 0 |
| PM Snack     | (Select 2)<br>Milk, Fluid<br>Juice or Fruit or Vegetable<br>Grain/Bread<br>Meat/Meat Alternate |   |  |   |   |         |                |   |
| Supper       | Milk, Fluid<br>Vegetable and/or Fruit (2 or more)<br>Grain/Bread<br>Meat/Meat Alternate        |   |  |   |   |         |                |   |

**Additional Comments:**



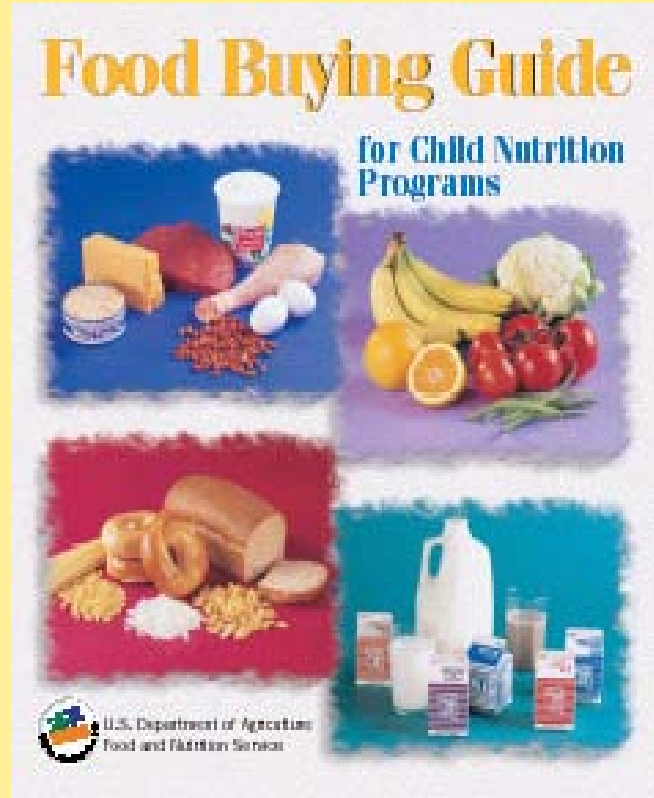
# Resources

## Standardized recipes



<http://www.nfsmi.org/>

# Resources



<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>



Do you have any questions?

