Food Component: Fruit
Healthy, Hungry Free Kids Act of 2010
New Meal Patterns SY 2012-2013

Objectives:
• Review the following:
  – Current vs. New Requirements for the fruit component
  – Changes to the fruit/vegetable component as a result of the HHFKA of 2010
  – Fruit component daily and weekly requirements for NSLP and SBP

Objectives:
• Review the following:
  – Crediting Fruit Components
  – Changes to OVS under the final rule
  – Utilize menu planning tool to assist with planning cycle menus for each age/grade group
  – Be able to successfully plan cycle menus for each age/grade group for the fruit component
Current vs. New Requirements

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Current Requirements K-12</th>
<th>New Requirements K-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch (SY 2012-2013):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>½ - ¾ cup of fruit and vegetables combined per day</td>
<td>½ - 1 cup of fruit per day</td>
</tr>
<tr>
<td>Note: Students are allowed to select ½ cup fruit or vegetable under OVS.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast (SY 2013-2014):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>¾ cup per day (vegetable substitution allowed)</td>
<td>1 cup per day (vegetable substitution allowed)</td>
</tr>
<tr>
<td>Note: Quantity required by 2014-15. Students are allowed to select ½ cup of fruit under OVS.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fruits

- Fruits / vegetables separated into two components
  - This is different than what we currently practice
- A daily serving of fruit must be on menu at breakfast and lunch
  - At breakfast ONLY, vegetables may be offered in place of fruits
Fruits

- May select from fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit options
  - No more than half of fruit offerings may be in the form of juice
  - 100% juice ONLY
  - 1/4 cup dried fruit = 1/2 cup fruit
- Refer to Food Buying Guide for crediting

Age-Grade Groups

<table>
<thead>
<tr>
<th>Breakfast Meal Pattern (SY 2013)</th>
<th>Lunch Meal Pattern (SY 2012)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades K-5</td>
<td>Grades 6-8</td>
</tr>
<tr>
<td>Grades 6-12</td>
<td>Grades K-5</td>
</tr>
<tr>
<td>Grades 6-8</td>
<td>Grades 6-12</td>
</tr>
</tbody>
</table>

Food Component

<table>
<thead>
<tr>
<th>Fruit (cups)</th>
<th>Grades K-12</th>
<th>Grades 6-8</th>
<th>Grades K-12</th>
<th>Grades 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>2 ½ (½c)</td>
<td>2 ½ (½c)</td>
</tr>
<tr>
<td>5 (1)</td>
<td></td>
<td></td>
<td></td>
<td>5 (1)</td>
</tr>
</tbody>
</table>

Note for SBP:
- For the SBP in school year 2012-2013 only, schools may continue to use the meal pattern for grades K-12.
- In the SBP, the above age-grade groups are required beginning July 1, 2013.
- Schools that have the ability to implement any or all phased in SBP meal requirements in SY 2012-2013 may do so with the approval of the STATE AGENCY.

Menu Planning - Lunch

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Total Weekly Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch Grades K-5, 2 ½ (½c)</td>
<td>Lunch Grades 6-8, 2 ½ (½c)</td>
<td>Lunch Grades 9-12, 5 (½c)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 ½ Pineapple Tidbits (½c)</td>
<td>1 ½ Peaches (½c)</td>
<td>1 ½ Fresh Pear (½c)</td>
<td>1 ½ Mixed Fruit (½c)</td>
<td>2 ½ Age Weekly Total</td>
<td></td>
</tr>
<tr>
<td>1 ½ Pineapple Tidbits (½c)</td>
<td>1 ½ Peaches (½c)</td>
<td>1 ½ Fresh Pear (½c)</td>
<td>1 ½ Mixed Fruit (½c)</td>
<td>2 ½ Age Weekly Total</td>
<td></td>
</tr>
<tr>
<td>1 ½ Pineapple Tidbits (½c)</td>
<td>1 ½ Fresh Banana (½c)</td>
<td>1 ½ Fresh Apple (½c)</td>
<td>1 ½ Mixed Fruit &amp; 1 Fresh Pear (½c)</td>
<td>5 Fluid Weekly Total</td>
<td></td>
</tr>
</tbody>
</table>
Menu Planning - Breakfast

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Total Weekly Amount</th>
</tr>
</thead>
</table>
| No change to SBP in 2012-2013 unless PRIOR approval from STATE AGENCY!

Menu Planning - Breakfast

BEGINNING SY 2013-2014

<table>
<thead>
<tr>
<th>Breakfast Grades K-5, 6 (1c)</th>
<th>Breakfast Grades K-5, 6 (1c)</th>
<th>Breakfast Grades K-6, 7 (1c)</th>
<th>Breakfast Grades K-6, 7 (1c)</th>
<th>Total Weekly Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>%c Apple Juice &amp; 1 Banana</td>
<td>%c Raisins &amp; 1 Orange Juice</td>
<td>%c Apple Juice &amp; 1 Banana</td>
<td>%c Orange Juice &amp; ½ c Grapes</td>
<td>5 cups</td>
</tr>
<tr>
<td>(% = % = ½)</td>
<td>(% = % = ½)</td>
<td>(% = % = ½)</td>
<td>(% = % = ½)</td>
<td>Weekly Total</td>
</tr>
</tbody>
</table>

Fruits

- One quarter-cup of dried fruit counts as ½ cup of fruit
- No more than half of the fruit or vegetable offerings may be in the form of juice
- All juice must be 100% full-strength
- For breakfast, 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 and peas (legumes) or “Other vegetables”
Age / Grade Groups

• The final rule established three age/grade groups for the NSLP and SBP. Does this mean that schools cannot offer the same meal to all grade levels?

• Correct. In individual cases where a school district has an unusual grade configuration that prevents the use of the required age/grade groups, it may serve the same lunch and breakfast to children in grades K-5 and 6-8 as the requirements overlap. However, the school district would have to be very careful to meet the sodium and calorie requirements for each grade group.

Age / Grade Groups, Cont’d.

• What age/grade groups must a K-8 school use for menu planning?

• If a K-8 school is unable to effectively offer different meal patterns for the K-5 students and the grade 6-8 students, the menu planner may offer students in these grades the same quantities of the food components because the quantities required by the lunch meal patterns for the age/grade groups K-5 and 6-8 are the same or overlap.

• Please see next slide for example.
USDA GUIDANCE ON FRUITS

Fruits, Updated Q & A

• What forms of fruits are required?

• Schools may offer fruits that are fresh; frozen without sugar; canned in light syrup, water or fruit juice; or dried.
• Pasteurized, full-strength fruit juice may also be offered (it is credited to meet no more than one-half of the fruits component).
• Required quantities are established in the meal patterns for lunch and breakfast.

Fruits, Updated Q & A

• How can schools minimize food waste while requiring students to take a fruit or a vegetable as part of the meal?

• Under Offer versus Serve, schools must offer enough for each child to take the full required amount of each component, but a student may take smaller portions of the fruits and vegetables components, if desired.
• Students must select at least ½ cup daily of the fruits or the vegetables components for a meal to be considered reimbursable under Offer versus Serve in the NSLP and SBP.
Fruits, Updated Q & A

• Is a school that offers vegetables in place of fruits at breakfast required to offer the vegetable subgroups in any particular sequence to ensure that the first two cups of any such substitution are from the vegetable subgroups that are under-consumed?

• The SBP does not have a total vegetable or a weekly vegetable subgroups requirement. If a school chooses to offer vegetables in place of fruits, it must plan how and when to offer them. As long as at least two cups of red/orange, dark green legumes or “other” vegetables subgroups are offered over the course of the week, it does not matter what day of the week the starchy vegetables are included in the menu.

Fruits, Updated Q & A

• At breakfast, must the student select only one fruit or may the student select a combination of fruit choices to meet the required fruit component for the reimbursable meal?

• Students may select a single fruit type or a combination of fruits to meet the required fruit component. Under Offer versus Serve, however, the student must select at least ½ cup of any fruit or combination of fruits to have a reimbursable meal.

Fruits, Updated Q & A

• What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

• The minimum creditable serving size for a fruit or a vegetable is 1/8 cup. However, ½ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer versus Serve.

• There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded.
Fruits, Updated Q & A

• How does dried fruit credit toward the meal pattern requirements?

• Whole dried fruit and whole dried fruit pieces credit at twice the volume served. For example, a ¼ cup of raisins contributes ½ cup fruit toward the fruit requirement, as recommended by the Dietary Guidelines for Americans.

Fruits, Updated Q & A

• Do 100% fruit strips, fruit drops or other snack-type fruit or vegetable products contribute toward meal pattern requirements?

• No. Only whole dried fruit, whole dried fruit pieces, fresh, frozen or canned fruits; vegetables; or full-strength juice may contribute toward fruits and vegetables components.

• Effective July 1, 2012 (SY 2012-2013), reimbursable meals must not credit snack-type fruit products that may have been previously credited.

OFFER VERSUS SERVE
Offer Versus Serve

• How will OVS be implemented under the final rule?

• OVS continues to be a requirement in the NSLP for senior high schools, and is an option for lower grade schools.

• It is also an option for the school food authority for all schools in the SBP.

• Under OVS, schools must offer all the required food components and quantities, and students are required to select at least 3 full components in the NSLP and SBP, with exceptions as noted below:

Offer Versus Serve Q & A

• How will OVS be implemented under the final rule?

• **NSLP:** In the NSLP, schools must offer 5 food components (milk, fruits, vegetables, grains, meat/meat alternates).

• Students are allowed to decline 2 of the 5 required food components, but must select at least ½ cup of either a fruit or vegetable.

• Students must select the other food components in the quantities planned.

Offer Versus Serve Q & A

• How will OVS be implemented under the final rule?

• **SBP:** In order to carry out the OVS option in the SBP, schools must offer 3 food components (milk, fruits and grains) that consist of a minimum of 4 food items.

• Students are allowed to decline 1 food item but must select at least ½ cup of fruit.

• Students must select the other food components in the quantities planned.
Menu Planning Principles

• Offer fruits that are age specific
  – (Ex. Soft or scored fruit for K-5 and whole fruits for 6-8 & 9-12)
• Offer a variety choices for 6-8 and 9-12 age/grade groups
• The FBG will be updated with crediting information

Questions

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