

Pivoting Your SFSP Menus

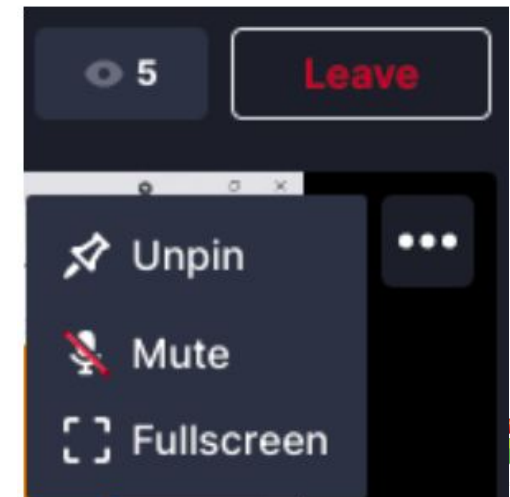
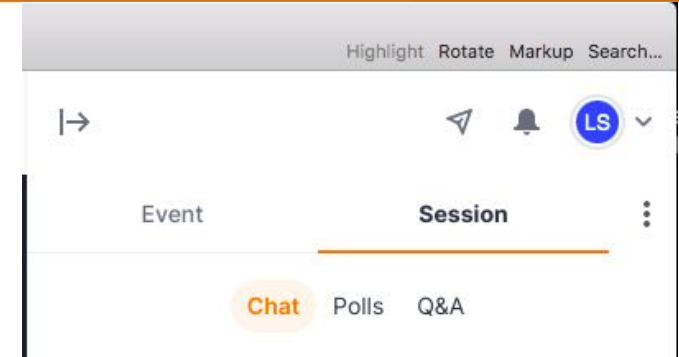
Tips & Tricks for Shifting to SSO





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Introduction & Disclosure



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Session Objectives

- Understand USDA Guidance for SY 21-22
- Compare Summer Food Service Program (SFSP) to School Breakfast Program (SBP)/National School Lunch Program (NSLP) meal patterns
- Determine changes needed to shift to SBP/NSLP (SSO)
- Implement tips and tricks for menu compliance



USDA Guidance: Where Are We Now?

- Waivers
 - Seamless Summer Option (SSO) for SY 21-22
 - Summer Food Service Program (SFSP) Reimbursement Rates allowed SY 21-22
 - Meal pattern flexibilities
 - Non-congregate meal service, meal time requirements, parent/guardian pick up, & OVS flexibility
 - *Check with your state agency*



What is Seamless Summer Option (SSO)?

- About: Alternative to the SFSP for NSLP & SBP program sponsors
- Once approved to operate by the State Agency, schools may serve meals free of charge to children, 18 years of age & younger
- Follows the NSLP/SBP meal patterns



USDA Guidance: Where Are We Now?

- Proposed Rule: Restoration of Milk, Whole Grains, and Sodium Flexibilities
 - More to come





Compare: Breakfast Meal Pattern

School Breakfast Program

- OVS: Offer 4 Food Items, must select 3 including ½ cup fruit (and/or veg)
- Weekly Requirements
 - 7-10 oz eq Grains per week, depending on age/grade group
 - 5 cups Fruit
 - 5 cups Milk
- Dietary Specifications
 - Caloric ranges, sodium and saturated fat limits, no trans fat allowed

Summer Food Service Program

- OVS: Offer 4 Food Items, must select 3
- No Weekly Requirements
- Dietary Specifications
 - No caloric ranges or sodium, saturated fat, or trans fat limits



Compare: Breakfast Meal Pattern

School Breakfast Program

- Daily Requirements
 - 1 oz eq Grains
 - 1 cup of Fruit
 - 8 oz Milk

1 oz. eq. m/ma may substitute for 1 oz. eq. grains after the minimum daily grains requirement is met

Summer Food Service Program

- Daily Requirements
 - Grain and Bread
 - 1 slice of bread OR
 - 1 serving of cornbread, biscuit, roll or muffin
 - 1 oz cold, dry cereal
 - ½ cup hot cooked cereal
 - ½ cup of Fruit
 - 8 oz Milk



Compare: Breakfast Meal Pattern

School Breakfast Program vs. Summer Food Service Program

Breakfast

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week ^b (Minimum Per Day)			
Fruits (cups)^{cd}	5 (1)	5 (1)	5 (1)
Vegetables (cups)^{cd}	0	0	0
Dark green ^f	0	0	0
Red/Orange ^f	0	0	0
Beans/Peas (Legumes) ^f	0	0	0
Starchy ^f	0	0	0
Other ^{fs}	0	0	0
Additional Vegetables to Reach Total ^h	0	0	0
Grains (oz eq)ⁱ	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	0^k	0^k	0^k
Fluid Milk (cups)^l	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max Calories (kcal)^{mn}	350-500	400-550	450-600
Saturated Fat (% of total calories)ⁿ	<10	<10	<10
Sodium (mg)ⁿ	≤540mg	≤600mg	≤640mg
Trans Fatⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

FOOD COMPONENTS AND FOOD ITEMS

BREAKFAST Serve all three

Milk	REQUIRED
Fluid milk (whole, low-fat, or fat-free)	1 cup ¹ (½ pint, 8 fluid ounces) ²
Vegetables and Fruits – Equivalent quantity of any combination of...	REQUIRED
Vegetable or fruit or	½ cup
Full-strength vegetable or fruit juice	½ cup (4 fluid ounces)
Grains/Breads^f – Equivalent quantity of any combination of...	REQUIRED
Bread or	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving ⁷
Cold dry cereal or	¾ cup or 1 ounce ⁸
Cooked cereal or cereal grains or	¾ cup
Cooked pasta or noodle products	¾ cup
Meat/Meat Alternates Equivalent quantity of any combination of...	OPTIONAL
Lean meat or poultry or fish or	1 ounce
Alternate protein products ⁹ or	1 ounce
Cheese or	1 ounce
Egg (large) or	½
Cooked dry beans or peas or	¾ cup
Peanut or other nut or seed butters or	2 tablespoons
Nuts or seeds ¹⁰ or	
Yogurt ¹²	4 ounces or ¾ cup





Compare: Breakfast Meal Pattern

School Breakfast Program

- If you follow the SBP meal pattern, you will meet all of the requirements for the SFSP breakfast meal pattern.

Summer Food Service Program

- If you follow the SFSP meal pattern, you will not meet all of the requirements for the SBP breakfast meal pattern.
 - Not enough fruit (1/2 cup vs. 1 cup)
 - May not meet the calorie, sodium and saturated fat requirements
 - Extras like sausage, gravy, etc.
 - Difference in milk requirements



Compare: Breakfast Meal Pattern

School Breakfast Program OR Summer Food Service Program OR Both?



1 banana
(½ cup Fruit)



Cheerios Cereal
(1 oz. eq. WG)



8 oz 1% White Milk



Compare: Breakfast Meal Pattern

School Breakfast Program OR Summer Food Service Program OR Both?



4 oz 100% juice + 1 banana
(1 cup fruit)



Cheerios Cereal
(1 oz. eq. WG)



Choice of: 8 oz 1% White Milk
or 8 oz Fat Free Chocolate



Compare: Breakfast Meal Pattern

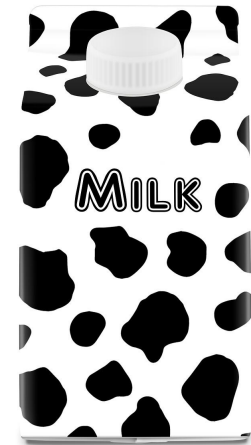
School Breakfast Program OR Summer Food Service Program OR Both?



4 oz 100% juice + ½ cup strawberries
(1 cup fruit)



Turkey Sausage Biscuit
(1 oz eq WG + 1 oz eq
M/MA)



Choice of: 8 oz 1% White Milk
or 8 oz Fat Free Chocolate



Compare: Breakfast Meal Pattern

School Breakfast Program OR Summer Food Service Program OR Both?



4 oz 100% juice
($\frac{1}{2}$ cup fruit)



Strawberry Parfait with Granola
1 oz eq M/MA +
 $\frac{1}{2}$ oz eq WG
+ $\frac{1}{2}$ cup Fruit



Choice of: 8 oz 1% White Milk
or 8 oz Fat Free Chocolate



Compare: Breakfast Meal Pattern

School Breakfast Program OR Summer Food Service Program OR Both?



4 oz 100% juice
($\frac{1}{2}$ cup fruit)



Strawberry Parfait with Granola
1 oz eq M/MA +
1 oz eq WG
+ $\frac{1}{2}$ cup Fruit



Choice of: 8 oz 1% White Milk
or 8 oz Fat Free Chocolate



Compare: Lunch Meal Pattern

National School Lunch Program

- OVS: Offer 5 food items, select 3
- Weekly Requirements
 - 8-10 oz eq Grains per week*
 - 8-10 oz eq Meat/Meat Alternate*
 - 3 ³/₄ - 5 cups Vegetable*
 - 2 ¹/₂ - 5 cups Fruit*
 - 5 cups Milk
- Dietary Specifications
 - Caloric ranges, sodium and saturated fat limits, zero trans fat

Summer Food Service Program

- OVS: Offer 5 food items, select 3 components
- No Weekly Requirements
- Dietary Specifications
 - No caloric ranges, sodium and saturated fat limits, zero trans fat



Compare: Lunch Meal Pattern

National School Lunch Program

- Daily Requirements
 - 1 oz eq Grains K-8
 - 2 oz eq Grains 9-12

Summer Food Service Program

- Daily Requirements
 - Grain and Bread
 - 1 slice of bread OR
 - 1 serving of cornbread, biscuit, roll or muffin
 - 1 oz cold, dry cereal
 - ½ cup pasta or grains



Compare: Lunch Meal Pattern

National School Lunch Program

- Daily Requirements
 - 1 oz eq Meat/Meat Alternate K-8
 - 2 oz eq Meat/Meat Alternate 9-12

Summer Food Service Program

- Daily Requirements
 - Meat/Meat Alternate
 - 2 oz lean meat, poultry or fish
 - 2 oz alternate protein product
 - 2 oz cheese
 - 1 large egg
 - ½ cup cooked dry beans or peas or
 - 4 tbsp peanut or other nut or seed butter
 - 1 oz nuts and/or seeds
 - 8 oz yogurt



Compare: Lunch Meal Pattern

National School Lunch Program

- Daily Requirements
 - 1/2-1 cup Fruit*
 - 3/4- 1 cup Vegetable*
 - Vegetable Subgroups:
 - Red/Orange
 - Dark Green
 - Bean/Pea
 - Starchy
 - Other
 - 1 cup Milk

Summer Food Service Program

- Daily Requirements
 - 3/4 cup Fruit/Vegetable
 - Must be at least 2 food items
 - No Vegetable Subgroup requirements
 - 1 cup Milk



Compare: Lunch Meal Pattern

NSLP vs. SFSP

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week ^b (Minimum Per Day)			
Fruits (cups)^{cd}	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups)^{cd}	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green ^f	1/2	1/2	1/2
Red/Orange ^f	3/4	3/4	1 1/4
Beans/Peas (Legumes) ^f	1/2	1/2	1/2
Starchy ^f	1/2	1/2	1/2
Other ^{fs}	1/2	1/2	3/4
Additional Vegetables to Reach Total ^h	1	1	1 1/2
Grains (oz eq)ⁱ	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups)^j	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	Grades K-5	Grades 6-8	Grades 9-12
Min-Max Calories (kcal)^{mn}	550-650	600-700	750-850
Saturated Fat (% of total calories)ⁿ	<10	<10	<10
Sodium (mg)ⁿ	≤1230mg	≤1360mg	≤1420wmg
Trans Fatⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

FOOD COMPONENTS AND FOOD ITEMS	LUNCH OR SUPPER Serve all four
Milk	REQUIRED
Fluid milk (whole, low-fat, or fat-free)	1 cup (½ pint, 8 fluid ounces) ³
Vegetables and Fruits – Equivalent quantity of any combination of...	REQUIRED
Vegetable or fruit or	¾ cup total ⁴
Full-strength vegetable or fruit juice	
Grains/Breads⁵ – Equivalent quantity of any combination of...	REQUIRED
Bread or	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	1 serving ⁷
Cold dry cereal or	
Cooked cereal or cereal grains or	½ cup
Cooked pasta or noodle products	½ cup
Meat/Meat Alternates Equivalent quantity of any combination of...	REQUIRED
Lean meat or poultry or fish or	2 ounces
Alternate protein products ⁹ or	2 ounces
Cheese or	2 ounces
Egg (large) or	1
Cooked dry beans or peas or	½ cup ¹
Peanut or other nut or seed butters or	4 tablespoons
Nuts or seeds ¹⁰ or	1 ounce=50% ¹¹
Yogurt ¹²	8 ounces or 1 cup





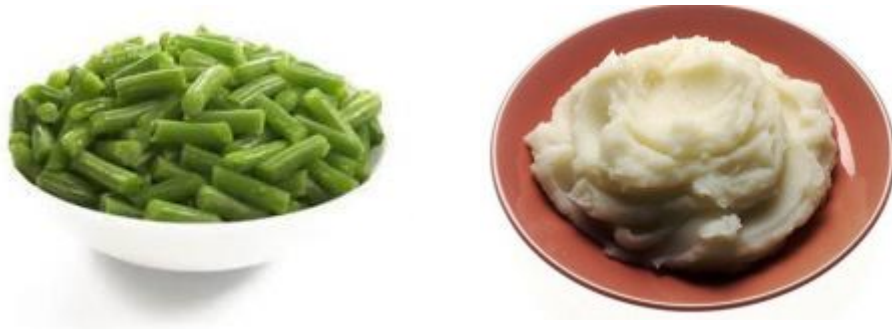
Compare: Lunch Meal Pattern

- If you follow the SFSP meal pattern, you will not meet all of the requirements for the NSLP lunch meal pattern.
 - Not enough fruit/vegetable
 - $\frac{3}{4}$ cup total fruit/vegetable (SFSP)
 - Need $\frac{1}{2}$ -1 cup Fruit and $\frac{3}{4}$ -1 cup Vegetable (NSLP)
 - May not meet the calorie, sodium and saturated fat requirements
 - May not have enough items



Compare: Lunch Meal Pattern

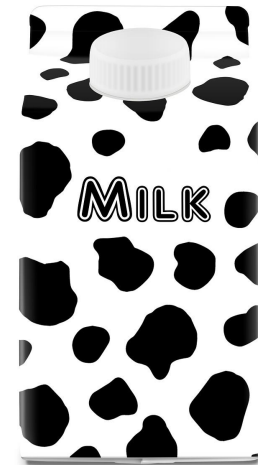
National School Lunch Program OR Summer Food Service Program OR Both?



Green Beans + Mashed Potatoes
(1 cup of Veg)



Chicken Nuggets
(2 oz eq M/MA
1 oz eq WG)



Choice of: 8 oz 1% White Milk
or 8 oz Fat Free Chocolate



Grapes
(½ cup Fruit)



Compare: Lunch Meal Pattern

National School Lunch Program OR Summer Food Service Program OR Both?



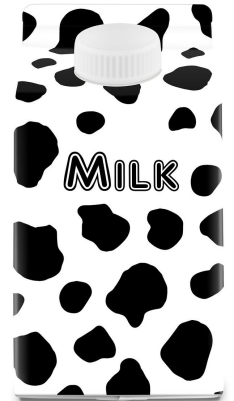
Green Beans + Mashed Potatoes
(1 cup of Veg)



Chicken Nuggets
(2 oz eq M/MA
1 oz eq WG)



Dinner Roll
(1 oz eq WG)



Choice of: 8 oz 1%
White Milk or 8 oz Fat
Free Chocolate



Grapes + Pear Cup
(1 cup Fruit)



Compare: Lunch Meal Pattern

National School Lunch Program OR Summer Food Service Program OR Both?



Corn (½ cup Veg)



Apple (½ cup Fruit)



Pepperoni Pizza
(2 oz eq M/MA
2 oz eq WG)



Choice of: 8 oz 1%
White Milk or 8 oz
Fat Free Chocolate



Compare: Lunch Meal Pattern

National School Lunch Program OR Summer Food Service Program OR Both?



Corn + Garden Side Salad (1 cup Veg)



Pepperoni Pizza
(2 oz eq M/MA
2 oz eq WG)



Choice of: 8 oz 1%
White Milk or 8 oz Fat
Free Chocolate



Apple + Peaches (1 cup Fruit)



Tips & Tricks for Compliance: Meal Pattern

- Reminders:
 - Vegetable subgroup requirements under NSLP
 - Credits at volume served (SFSP)
 - Credits 1 cup = 1/2 cup (NSLP)
 - Leafy greens
 - Credits at volume served (SFSP)
 - Credits 1 cup = 1/2 cup (NSLP)
 - Dried fruit
 - Credits at volume served (SFSP)
 - Credits 1/4 cup = 1/2 cup (NSLP/SBP)





Tips & Tricks for Compliance: Meal Pattern

- Increase fruit and vegetable offerings
 - Variety - fresh, frozen, canned, dried
 - Consider seasonal options
 - Pre-made salads
- Find out what your students like and leverage!





Tips & Tricks for Compliance: Nutrient Analysis

- Remember...
 - Calorie, saturated fat and sodium requirements
 - “Extras” that work on SFSP menus may not work on NSLP/SBP





Tips & Tricks for Compliance: Nutrient Analysis

- Mix up your protein sources and entrees
 - Breakfast sandwiches & pizzas 1-2x/week
 - Limit high-fat, high sodium luncheon meats
 - Cheese entrees 1-2x/week
 - Weave in lower calorie and higher calorie meal options
 - Salad, bento box, parfaits, etc.





Tips & Tricks for Compliance: Nutrient Analysis

- Compare products (side by side labels)
- Know what you can and can't compromise on
- Find products to substitute for high calorie/saturated fat/sodium menu items
 - Skim instead of 1% milk
- Consider your condiments

Nutrition Facts	
Serving Size 1 dipping cup Serving Weight 28.350 gm	
Amounts Per Serving	
Calories	120.000 kcal
Total Fat	12.000 gm
Saturated Fat	1.500 gm
Trans Fat	0.000 gm
Cholesterol	10.000 mg
Sodium	250.000 mg
Potassium	N/A*
Carbohydrates	2.000 gm
Fiber	0.000 gm
Sugars	2.000 gm
Protein	0.000 gm
Iron	0.000 mg
Calcium	0.000 mg
Vitamin A (IU)	0.000 iu
Vitamin C	0.000 mg
Vitamin D	N/A*
Saturated Fat % of Calories	11.25%

* = Indicates missing Nutrient Information.
^ = Indicates user added nutrient.
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY. NOT FOR MONITORING PURPOSES.

Nutrition Facts	
Serving Size 1 each Serving Weight 28.350 gm	
Amounts Per Serving	
Calories	70.000 kcal
Total Fat	6.000 gm
Saturated Fat	1.000 gm
Trans Fat	0.000 gm
Cholesterol	5.000 mg
Sodium	125.000 mg
Potassium	110.000 mg
Carbohydrates	5.000 gm
Fiber	0.000 gm
Sugars	3.000 gm
Protein	0.000 gm
Iron	0.000 mg
Calcium	20.000 mg
Vitamin A (IU)	0.000 iu
Vitamin C	0.000 mg
Vitamin D	N/A*
Saturated Fat % of Calories	12.86%

* = Indicates missing Nutrient Information.
^ = Indicates user added nutrient.
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY. NOT FOR MONITORING PURPOSES.



Tips & Tricks for Compliance: Reducing Sodium

- Choose products with the lowest amount of sodium when price and quality are similar
- Train kitchen staff to not add salt to recipes unless it is listed as an ingredient
- Use herbs & spices or choose reduced or [no-sodium seasoning blends](#)
- Modify cooking methods





Resources

- [Florida Department of Agriculture and Consumer Services Meal Pattern Document](#)
- [USDA SFSP Nutrition Guide with Meal Patterns](#)
- [Child Nutrition Sharing Site - Menu Planning](#)
- [USDA Meal Planner](#)
- [SY 21-22 USDA Waivers & Flexibilities](#)
- [Health-e Pro Back in Session Resources](#)

Meal Pattern

National School Lunch & Breakfast Program

Breakfast

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week* (Minimum Per Day)			
Fruits (cups) ^{1d}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{1d}	0	0	0
Dark green ^e	0	0	0
Red/Orange ^e	0	0	0
Beans/Peas (Legumes) ^f	0	0	0
Starchy ^f	0	0	0
Other ^h	0	0	0
Additional Vegetables to Reach Total ^h	0	0	0
Grains (oz eq) ²	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	0 ^a	0 ^a	0 ^a
Fluid Milk (cups) ³	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	Grades K-5	Grades 6-8	Grades 9-12
Min-Max Calories (kcal) ^{1m}	350-500	400-550	450-600
Saturated Fat (% of total calories) ¹ⁿ	<10	<10	<10
Sodium (mg) ^{1o}	≤540mg	≤600mg	≤640mg
Trans Fat ^{1p}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week* (Minimum Per Day)			
Fruits (cups) ^{1d}	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups) ^{1d}	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green ^e	1/2	1/2	1/2
Red/Orange ^e	3/4	3/4	1 1/4
Beans/Peas (Legumes) ^f	1/2	1/2	1/2
Starchy ^f	1/2	1/2	1/2
Other ^h	1/2	1/2	3/4
Additional Vegetables to Reach Total ^h	1	1	1 1/2
Grains (oz eq) ²	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups) ³	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	Grades K-5	Grades 6-8	Grades 9-12
Min-Max Calories (kcal) ^{1m}	550-650	600-700	750-850
Saturated Fat (% of total calories) ¹ⁿ	<10	<10	<10
Sodium (mg) ^{1o}	≤1230mg	≤1360mg	≤1420mg
Trans Fat ^{1p}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

¹ Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/4 cup.

² One quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of baby 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.

³ For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitutions must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §201.18(c)(2)(ii).

⁴ Larger amounts of these vegetables may be served.

⁵ This category consists of "Other vegetables" as defined in §201.18(c)(2)(iii)(E). For the purposes of the NSLP, "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 §201.18(c)(2)(ii).

⁶ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁷ At least half of the grains offered in the NSLP & NSLP must be whole grain-rich beginning July 1, 2019 (§201.20(b)). All remaining grains served must be enriched.

⁸ There is no separate meat/meat alternate component in the NSLP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Fluid milk must be low-fat (1 percent milk fat or less) or fat-free (nonfat/evaporated or flavored). Ultrafiltered milk must be offered at each meal service.

⁹ The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

¹⁰ 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.

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Florida Department of Agriculture and Consumer Services • Nicole "Nikki" Fried, Commissioner





Tips & Tricks for Compliance: Takeaways

- Variety is key
- Be flexible
- Know what you can and can't compromise on
- Ask for student feedback
- Consider a software program to take out the guesswork

Student Feedback Form

Your feedback is very important to us. Please complete this form to let us know how we're doing.

* Required

THANK YOU

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Questions?

