



## Healthy School Meals

### Learning Objectives:

- Understand meal pattern requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- Learn about Transitional Standards in place for school year (SY) 2023-24 for milk, whole grains and sodium.
- Review the menu planning process for school nutrition, determine meal components and complete food production records (FPRs) properly.
- Explore recipe and menu planning resources.

### Agenda, Tuesday, July 18, 2023

### Presenter

8:00 – 8:10	<b>Welcome and Introductions</b>	School Nutrition Consultants*
8:10 – 10:00	<b>Meal Pattern Basics, Transitional Standards Meal Pattern for Milk, Whole Grain and Sodium</b>	Christine Crow Dee Murphy
10:00 – 10:15	Break	
10:15 – 10:45	<b>Menu Planning Tools and Resources</b>	Sandy Fiegen
	<ul style="list-style-type: none"> <li>• Meal Pattern Chart - NSLP and SBP - updated with sodium standards</li> <li>• Vegetable Subgroup Chart</li> <li>• USDA Vegetable and Fruit Tip Sheets</li> <li>• Exhibit A Grain/Bread Chart</li> <li>• Is My Product Whole Grain-Rich?</li> <li>• USDA Whole Grain Resource</li> <li>• USDA Foods Overview and Paid Assistance Level "PAL"</li> <li>• Menu Planning Tools – Sample Templates</li> <li>• Diet Modification Request Form</li> <li>• Preschool Meals</li> <li>• Build a Healthy Breakfast – Signage</li> <li>• USDA Food Buying Guide and Resources</li> <li>• Professional Standards Requirements</li> </ul>	
10:45 – 11:30	<b>Standardized Recipes</b>	Brenda Windmuller
	<ul style="list-style-type: none"> <li>• Why are standardized recipes required?</li> <li>• New! Culinary Recipes and Tutorials</li> <li>• Resources: USDA Standardization Guide, Iowa Gold Star, Food Buying Guide Tips</li> </ul>	
11:30 – 12:00	<b>Menu Planning Discussion</b>	Everyone/Guest Directors
	<ul style="list-style-type: none"> <li>• Describe your menu planning process</li> <li>• Do you offer a fruit and vegetable bar?</li> <li>• What menus are your students' favorites?</li> <li>• How do you introduce new menus? Do you offer taste tests?</li> </ul>	
12:00 – 12:45	<b>Lunch</b>	
12:45 – 1:30	<b>Offer versus Serve (OVS)</b>	Jean Easley
	<ul style="list-style-type: none"> <li>• OVS Tip Sheets for Breakfast and Lunch</li> <li>• Signage</li> </ul>	

1:30 – 2:30	<b>Food Production Records (FPRs)</b> <ul style="list-style-type: none"><li>• Why are records required?</li><li>• Templates: Lunch, Breakfast, Food Bar and Transport</li><li>• Review a completed example</li><li>• Checklist for FPRs</li><li>• Common errors</li></ul>	Consultant lead discussion at tables
2:30-3:15	<b>Test Your Knowledge Activity/Game</b> <ul style="list-style-type: none"><li>• Ensure understanding of meal pattern, components, items, crediting and FPRs</li></ul>	Meredith Vrchoticky/Consultants
3:15 – 3:30	<b>Wrap up/Evaluations</b> <ul style="list-style-type: none"><li>• Divide group for Day 2</li></ul>	Jean Easley

\*School Nutrition Consultants

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