



### School Meals Zoom Training – Part 1 Summer 2023

Presented by the NDE - Nutrition Services



Nebraska Department of Education



1

---

---

---

---

---

---

---

---

### Your Presenters: Nutrition Services Program Specialists

Shawn Vondracek



Erica Arter



Alli Lampman



Complete Directory of NS Staff can be found on the last page of handouts

2

---

---

---

---


---

---


---

---


### Housekeeping



Use the **Chat Box** to ask questions. We will not be answering these during the presentation.



Q/As at the end of the presentation



You will be muted during the presentation but unmuted during Q/A time.

3

---

---

---

---

---

---

---

---

### More Housekeeping Tips



The slide deck and handouts have been emailed to you and posted on the Nutrition Services Website



Handouts will be reviewed in packet order



Training Certificate for today in packet

Handout

4

---

---

---

---


---

---

---

### Training Certificate

- Certificate is in your handout packet
- Using the honor system
- Stay until the end for success and less stress *(you might miss something you need to know)*



Handout

5

---

---

---

---

---

---

---


### After training you will be able to:

Plan

- Plan Lunch and Breakfast menus that meet USDA meal pattern requirements

Identify

- Identify reimbursable meals



6

---

---

---

---

---


---

---


### Reimbursement for Meals Served to Students

School Food Authorities (SFAs) must adhere to the rules and regulations of the School Meals Program in order to receive the federal dollars

USDA provides Federal dollars (reimbursement) for meals served in schools



NE Department of Education  
Nutrition Services  
distributes these dollars



7

---

---

---

---


---

---

---

---


Schools/Institutions  
are required to meet federal regulations to receive these funds



Nutrition Service Staff conducts **Administrative Reviews (AR) & Procurement Reviews (PR)** to ensure compliance with the rules and regulations

*Due to COVID-19 the normal 5-year review cycle has been extended*

**SFA's will be notified in the fall if they will be reviewed for SY 23-24**



8

---

---

---

---

---

---

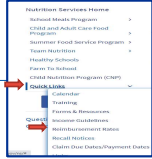
---

---

### What You Need to Know for SY23-24...

- Meals are reimbursed by the student's eligibility (**Free, Reduced, Paid**)
- Reimbursed at the **School Meals SY23-24 Rates** (released 7-7-23)

Current rates of reimbursement can be found under **Quick Links - Nutrition Services website**



#### Reimbursement Rates

July 1, 2023 - June 30, 2024

National School Breakfast Program	
Free	\$2.26
Reduced	\$2.48
Paid	\$2.58

National School Lunch Program	
Free	\$2.75
Reduced	\$2.43
Paid	\$2.38

National School Lunch Program	
	Additional Incentive (75¢ to 95¢)
Free	\$4.21
Reduced	\$2.48
Paid	\$2.42

After School Snacks	
Free	\$2.21
Reduced	\$2.36
Paid	\$2.22

Performance Base Incentive \$1.08 is added for meeting veg. subgroups and WIC requirements

Federal Register: National School Lunch, Special Milk, and School Breakfast Programs, National Average Payments/Maximum Reimbursement Rates

9

---

---

---

---

---

---

---

---



10

---

---

---

---

---

---

---

Lunch: Meal Pattern Requirements

Lunch Meal Pattern – Effective July 1, 2023

Food Component	Required Grade Groups <sup>1</sup> Minimum Amount of Food <sup>2</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit<sup>3</sup></b> Dried Fruit – 1/4 cup serving is equal to 1/2 cup of fruit	1/2 cup per day 2 1/2 cups per week	1/2 cup per day 2 1/2 cups per week	1 cup per day 5 cups per week
<b>Vegetables<sup>3,4</sup></b> 1 cup of leafy greens = 1/2 cup of vegetable <i>Required Vegetable Subgroups:</i>	3/4 cup per day 3 3/4 cups per week	3/4 cup per day 3 3/4 cups per week	1 cup per day 5 cups per week
<b>Dark Green</b> Bok Choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, romaine lettuce, and spinach	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Red/Orange</b> Acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes	3/4 cup per week	3/4 cup per week	1 1/4 cups per week
<b>Bean/Peas (Legumes)<sup>5</sup></b> Black beans, black-eyed peas (mature dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, split peas, and white beans	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Starchy</b> Black-eyed peas (not dry), corn, peas, green lima beans, water chestnuts, and white potatoes	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Other</b> Includes all other vegetables, such as artichokes, asparagus, avocados, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, onions, wax beans, and zucchini	1/2 cup per week	1/2 cup per week	3/4 cup per week

Handout

11

---

---

---

---

---

---

---

Food-Based Meal Pattern

- Requires foods to be served from different food groups called “**components**”
- Requires **portion sizes** to be based on specific **grade groups**
- Menus must meet USDA **nutrient standards**
- Failure to meet meal pattern requirements may result in non-reimbursable meals**

A row of four colorful icons representing food groups: a red apple for Fruit, a blue fish for Protein, a red milk carton for Dairy, and a green wheat stalk for Whole Grain.

12

---

---

---

---

---

---

---

### Meal Components

- Meat/Meat Alternate
- Fruits
- Vegetables
- Grains
- Milk

oseMyPlate.gov

13

---

---

---

---

---

---

---

### Required Grade Groups

- Grades K-5
- Grades 6-8
- Grades 9-12
- Grades K-8 (overlap)
  - Allows for flexibility depending on the grade groups served

14

---

---

---

---

---

---

---

### Meat/Meat Alternate

Meat/Meat Alternate	K-5	6-8	9-12
Daily Requirements	1 oz equivalent minimum (cooked)	1 oz equivalent minimum (cooked)	2 oz equivalent minimum (cooked)
Weekly Requirements*	8 oz equivalent	9 oz equivalent	10 oz equivalent

\* A week is equal to 5 days.

15

---

---

---

---

---

---

---

**Meat/Meat Alternate**

- Must be served in the main dish or the main dish and one other menu item
- For districts not offering entrée choices, the same form of meat should not be served more than **three** times/week.



16

---

---

---

---

---

---

---

**Meat/Meat Alternate Examples**

- Meats, Poultry, Seafood, Cheese, Yogurt, Eggs
- Nuts & Seeds - not to exceed 50% of daily requirement
- Dried Beans/Peas – credit as a meat alternate or as a vegetable but **cannot** credit as both in the same meal
- Tofu and Soy Yogurt can be served

17

---

---

---

---

---

---

---

**Creditable Meat Alternates**

- Cheese:** 1 oz = 1 oz  
**Dried Beans/Peas:** 1/4 cup = 1 oz  
**Cottage Cheese:** 1/4 cup = 1 oz  
**Eggs:** 1 large egg = 2 oz  
**Peanut Butter:** 2 Tbsp. = 1 oz  
**Yogurt:** 4 fl.oz or 1/2 cup = 1 oz  
**Tofu:** 2.2 oz or 1/4 cup = 1 oz



**Non-creditable items:** *bacon, canned chicken noodle soup, imitation cheese, commercial non-commodity cheese sauces or powdered mixes*

18

---

---

---

---


---

---

---

### Fruits

Fruit Component	K-5	6-8	9-12
Daily Requirements	½ cup	½ cup	1 cup
Weekly Requirements	2 ½ cups	2 ½ cups	5 cups



19

---

---

---

---


---

---

---

### Fruits continued...

- Canned in juice or light syrup
- 100% fruit juice can be served
- No more than half of fruit offerings over the week may be in the form of juice
- ¼ c. of dried fruit = ½ c. of fruit
- Minimum serving size to credit is 1/8 c.



20

---

---

---

---

---

---

---

### Fruits continued...

- Snack-type fruit products do not credit toward a reimbursable meal - *fruit leathers, fruit shapes*
- Fruit must be offered in a form students can recognize



21

---

---

---

---


---

---

---

### Vegetables

Vegetable Component	K-5	6-8	9-12
Daily Requirements	¾ cup	¾ cup	1 cup
Weekly Requirements	3 ¾ cups	3 ¾ cups	5 cups



22

---

---

---

---


---

---

---

### Vegetables continued...

- 100% vegetable juice may be served
- Canned Soup-vegetable based: 1 cup serving = ¼ cup vegetable credit unless CN-labeled
- Cooked dried beans/peas may count as a meat alternate or as a vegetable but not both
- Minimum serving size to credit: 1/8 cup



23

---

---

---

---


---

---

---

### Vegetable Subgroups

- Dark Green
- Red/Orange
- Dried Beans/Peas
- Starchy
- Other



The minimum amount to plan for each subgroup is **per week** with **no daily** requirement

Handout

24

---

---

---

---

---

---


---



**Subgroup – Dark Green**

Portion size for Grades **K-12**: ½ c. per week

Examples: Broccoli, Romaine, Spinach



25

---

---

---

---


---

---

---

**Dark Green Vegetables**

- **Raw** leafy salad greens credit at half the volume served
  - 1 cup of romaine lettuce = ½ c. of vegetable
- **Cooked** leafy greens are equal to the volume served...
  - ½ c. cooked spinach = ½ c. vegetable



26

---

---

---

---

---


---

---

**Subgroup – Red/Orange**

Portion size for Grades **K-8**: ¾ c/week  
Grades **9-12**: 1¼ c/week

Examples: Tomatoes, Carrots, Sweet Potatoes, Red Peppers



27

---

---

---

---

---


---

---

**Subgroup – Dried Beans/Peas**

Portion size for Grades **K-12:** **½ c./week**

- Also known as “legumes”
- *Examples: Vegetarian, Kidney, Navy, Pinto, Refried Beans, Split Peas, Garbanzo Beans*



28

---

---

---

---

---


---

---

**Subgroup – Starchy**

Portion size for Grades **K-12:** **½ c./week**

*Examples: Potatoes, Corn, Peas*



29

---

---

---

---

---


---

---

**Subgroup – Other**

Portion size for Grades **K-8:** **½ c./week**  
Grades **9-12:** **¾ c./week**

*Examples: Cabbage, Green Beans, Cucumbers, Iceberg Lettuce, Mushrooms, etc.*



30

---

---

---

---

---

---

---

### Mixed Vegetables/Blends

**Classic Mixed Vegetables**

- Too many veggies to offer minimum of 1/8 c. of each credit as "other"



**California Blend Vegetables**

- ¾ cup serving would provide: ¼ c. red, ¼ c. dark green, & ¼ c. "other"



31

---

---

---


---

---

---

---

### Fruit and Vegetable Bars



- Offering choices increases customer satisfaction and consumption
- Helps meet weekly sub-group requirements



32

---

---

---

---

---

---

---

### Cut versus Whole Fresh Fruits



**Fruit/Vegetable Bars for All Ages**

*If students are allowed to come back, they need a clean plate or boat*

33

---

---

---

---

---

---

---



34

---

---

---

---

---

---

---

Grains			
Grains	K-5	6-8	9-12
Daily Requirements	1 oz equivalent minimum	1 oz equivalent minimum	2 oz equivalent minimum
Weekly Requirements*	8 oz equivalent	8 oz equivalent	10 oz equivalent

\* A week is equal to 5 days.

35

---

---

---

---

---

---

---

### Grain Requirements

- 80% of grain items offered at both breakfast and lunch weekly must be whole grain-rich (WGR) or they can be 100% whole grain. Remaining 20% grain items must be enriched.
- Definition of WGR:** 50 percent of the grains in the product must be composed of whole grains (by weight).

36

---

---

---

---

---

---

---

### Whole Grain-Rich (WGR)

Three criteria to meet the definition of WGR:

1. Contains at **least 50 percent whole grains** by weight. This means that a whole grain is the **first ingredient** or if **water is the first ingredient, the second ingredient must be a whole grain.**
2. Any remaining grain ingredients are enriched.
3. Any non-creditable grain ingredients are less than 2 percent of the product formula.

37

---

---

---

---

---

---

---

### Determining Whole Grain-Rich

Documentation Examples:

1. Product Ingredient List
2. Child Nutrition (CN) label
3. Product Formulation Statement
4. School Recipe
5. FDA's whole grain health claim on package
6. Product contains at least 8 grams whole grain/ounce-equivalent

38

---

---

---

---

---

---

---

### Product Ingredient Label

Whole Grain #1

2nd Grain Ingredient

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.

CONTAINS: WHEAT, MILK

39

---

---

---

---

---

---

---

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz. eq. Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ½ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Found and Nutrition Service, USDA, XX/XX)

40

**Product Formulation Statement for Summer Grains/Breads/Servings**  
**In the Child and Adult Care Food Program, Daytime Food Service Program, and NSLP after-school meals**

(Crediting Standards Based on Grams of Creditable Grains per Grains/Breads Serving (not percent equivalent))

Program operators should include a copy of the label from the purchased product packaging in addition to the following information on an interfiled signed by an official representative. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Wheat Stale Paninche Code No.: 14005

Manufacturer: ABC Biscuit Co. Serving Size: 2 paninches - 50g (1.7 oz)

I, Doris the product manager, certify that the above information was used to calculate creditable grains:

	Yes	No
1. Does the product meet the whole grain rule criteria?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If **Yes**, I certify that the product is a Child Nutrition Act of 1966 Whole Grain Product for Child Nutrition Program (PFC) as determined if the product fits the Group A Product groups, Group H Product groups or Group I (PFC) breakfast products. Different methodologies exist to calculate the grains contribution based on creditable grains. Groups A & H use the standard of 25g creditable grains per serving. Groups I use the standard of 25g creditable grains per serving or 100% whole grain.

Indicate which **Enlight** A Group (A-I) the product belongs to: C

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION		GRAM STANDARD OF CREDITABLE GRAINS PER GRAMS/BREADS SERVING*	CREDITABLE AMOUNT
	A	B		
Whole wheat flour (30%)	15	14.75	1.0169	
Enriched flour (22%)	11	14.75	0.7657	
			<b>Total</b>	<b>1.76</b>
			<b>Total Creditable Amount*</b>	<b>1.75</b>

\* Creditable grains per portion. See the **Enlight** or specific product requirements.  
\* During times of available supply, a formula may be used to be converted to grams.  
\* Standard grains of creditable grains from the corresponding Group A-Enlight A.  
\* Total Creditable Amount must be rounded down to the nearest 0.25 grains/breads serving. Do not round up.  
\* Total weight per portion of product is equivalent to 50g (1.75 oz).

Total creditable grains per portion is 1.75 grains/breads serving.

I certify that the above information is true and correct and that a 1.75 ounce portion of the product (ready for serving) provides 1.75 grains/breads serving.


41

YIELD:		VOLUME:	
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces

Ingredients	Weight	Measure
Flour, enriched bleached	1 lb	3 ¼ cups
Flour, whole-wheat	½ lb	2 cups
Cornmeal, whole-grain	1 lb	3 ¾ cups
Salt		1 ¼ tsp
Eggs, whole	5 ¼ oz	¾ cup
Baking powder		2 Tbsp 2 tsp
Sugar	5 ¼ oz	¾ cup

42




## Product Information


### FDA Health Claim

- Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.
- Diets rich in whole grain foods and other plant foods, and low in saturated fats and cholesterol, may help reduce the risk of heart disease.

### The Whole Grain Stamp



Whole Grain Rich



100% Whole Grain

43

---

---

---

---

---

---

---

## Grain-Based Desserts



- A total of two-ounce equivalents of whole grain-rich desserts may be offered per week.
- Nutrition standards must be considered when planning these menu items.



44

---

---

---

---

---


---

---

## Determining at least 80% of the grains served are WGR

### Option 1 Lunch:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WGR</b> 2 oz. eq.	<b>WGR</b> 2 oz. eq.	<b>WGR</b> 2 oz. eq.	<b>WGR</b> 2 oz. eq.	<b>Enriched</b> 2 oz. eq.



$$\left( \frac{8 \text{ oz. eq. WGR at all meals for the week}}{10 \text{ oz. eq. All Grains (WGR \& Enriched) at all meals for the week}} \right) \times 100 = 80\%$$

45

---

---

---

---


---

---

---

### Determining at least 80% of the grains served are WGR

Option 2 Lunch:

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>WGR</b> 2 oz. eq.	<b>WGR</b> 1 oz. eq. and <b>Enriched</b> 1 oz. eq.	<b>WGR</b> 2 oz. eq.	<b>WGR</b> 1 oz. eq. and <b>Enriched</b> 1 oz. eq.	<b>WG-R</b> 2 oz. eq.

8 oz. eq. WGR at all meals for the week

10 oz. eq. All Grains (WGR & Enriched) at all meals for the week

X 100 = **80%**

46

---

---

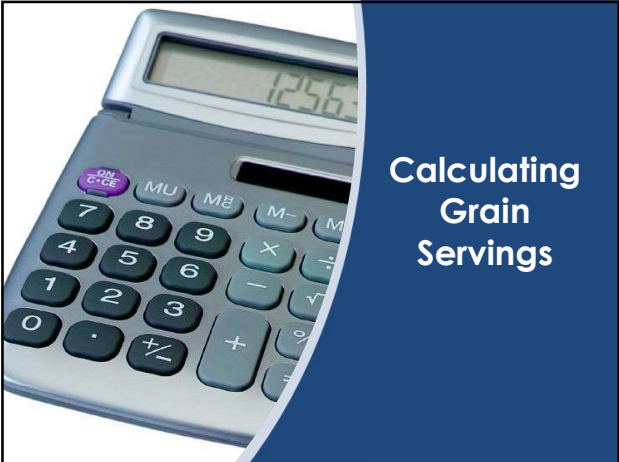
---

---

---

---

---



### Calculating Grain Servings

47

---

---

---

---

---

---

---

### How to Calculate Grain Servings

1. Determine the weight of your product:

- Package information
- Recipe information
- Weigh the item – must have a scale!

2. Refer to USDA's Grains-Breads Chart

48

---

---

---

---

---

---

---



### Grains-Bread Chart

**Grains - Breads Chart \***  
Crediting Whole Grain-Rich Products for School Meal Programs

At least 80% of grain/bread items offered at breakfast and at lunch each week must meet USDA's definition of "whole-grain-rich" (WGR). WGR product is a food that contains at least 50% or more whole grain or a 50% or more blend of whole grains/ whole meal & enriched flour/meal. 1 \*

This chart is used to determine how grain/bread items credit toward the meal pattern and the portion sized needed to credit as 1 grain serving or 1 ounce equivalent (oz eq). There are 16 grams (gm) of creditable grain ingredients in 1 oz eq.

Grain Item	Portion Size		Credits As
	Ounces	Grams	
<b>Group A</b> <ul style="list-style-type: none"><li>Bread type coating</li><li>Bread sticks (hard)</li><li>Chow Mein noodles</li><li>Savory Crackers (snack crackers &amp; ~ 8 saltines = 0.8 oz)</li><li>Croissants ( ~ 1/2 cup = 0.8 oz)</li><li>Pretzels (hard)</li><li>Stuffing (dry, note - weight applies to bread in stuffing)</li></ul>	0.8 oz	22 gm	1 oz eq
	0.6 oz	17 gm	1/2 oz eq
	0.4 oz	11 gm	1/2 oz eq
	0.2 oz	6 gm	1/2 oz eq
<b>Group B</b> <ul style="list-style-type: none"><li>Bagels</li><li>Batter type coating</li><li>Biscuits</li><li>Breads (sliced whole wheat, French, Italian)</li><li>Buns (hamburger &amp; hot dog)</li><li>Sweet Crackers (all shapes, animal crackers, &amp; ~ 4 graham crackers)</li><li>Egg roll skins</li><li>English muffins</li><li>Pita bread (whole wheat or WGR)</li><li>Pizza crust</li><li>Pretzels (soft)</li><li>Rolls (whole wheat or WGR)</li><li>Tortillas (whole wheat or whole corn)</li><li>Tortilla chips (whole wheat or whole corn)</li><li>Taco shells (whole wheat or whole corn ~ 2 hard shells)</li></ul>	1.0 oz	28 gm	1 oz eq
	0.75 oz	21 gm	1/2 oz eq
	0.5 oz	14 gm	1/2 oz eq
	0.25 oz	7 gm	1/2 oz eq

Handout

49

---

---

---

---


---

---

---

---

### Using Package information



100% Wheat Sandwich Buns

Fresh

This whole wheat bun is perfect for any hamburger build or big sandwich.

Credits as 2 oz. eq. grains

**Product Details:**

Aperture Size	5.75"
Unit Weights (oz)	1.00
Unit Weights (g)	28g
Additional Sizes	1/2, 1/4, 1/8"
Formulas	Fresh
Roaster	No
Shelf Life	7 days fresh
Pack Size	100

**Group B**

- Bagels
- Batter type coating
- Biscuits
- Breads (sliced whole wheat, French, Italian)
- Buns (hamburger & hot dog)
- Sweet Crackers (all shapes, animal crackers, & ~ 4 graham crackers)
- Egg roll skins
- English muffins
- Pita bread (whole wheat or WGR)
- Pizza crust

1.0 oz	28 gm	1 oz eq
0.75 oz	21 gm	1/2 oz eq
0.5 oz	14 gm	1/2 oz eq
0.25 oz	7 gm	1/2 oz eq

50

---

---

---

---

---



---

---

---

### How to Calculate Grain Servings if information is not available

Two basic methods:



- Weigh the product and compare to weights on the Grains-Breads Chart  
or
- Weigh the product and do a little math!

51

---

---

---

---

---

---

---

---


### Here's the Equation...

The weight of your grain item  
**divided by**  
The weight equivalent to 1 serving  
from the appropriate grain group  
**equals**  
The number of grain servings  
(round down to nearest 1/4 serving)

Weight of Grain Item

Weight Equivalent to 1 serving

The number of grain servings



---

---

---

---

---

---


---

---

52

### Here's an Example

- Homemade Cinnamon Roll - 2.5 oz
- Find Group on the G-B Chart- D
- Using the equation we just discussed:  
 $2.5 \text{ oz} \div 2.0 \text{ oz} = 1.25$
- Round down to the nearest 1/4 grain svq
- A 2.5 oz roll provides 1.25 (1 1/4) oz eq



---

---

---

---

---

---

---

---

53

### Name the Group and the Number of WG-R Servings:

Grain Item	Group	Portion Size	# of WG-R Servings
Tortilla Chips (approx. 20)	B	2 oz	2 oz eq
Blueberry Muffin	D	1.5 oz	0.75 oz eq
Snickerdoodle Cookie	C	1 oz	0.75 oz eq
Cooked Pasta	H	1 cup	2 oz eq
Chocolate Chip Granola Bar	E	1 oz	0.25 oz eq

---

---

---

---

---

---

---

---

54

NDE Nutrition Services -8/2023


18

### Milk

Minimum **daily** requirement: 8 fl. oz - grades K-12

- Must be fluid milk
- Must be served as a beverage
- Schools must offer at least two choices:  
  
Unflavored Milk – skim or 1%  
Flavored Milk – skim or 1%

**No other beverage (e.g., juice, water) can be promoted as an alternate to milk**



55

---

---

---

---

---

---

---

### Milk Substitutions

- Schools may offer a non-dairy beverage that meets USDA criteria
- If a substitution is offered, it must have the same nutritional content as cow's milk
- Approved varieties


56

---

---

---

---

---

---

---

### Water Requirement

- Drinking water must be available to students at no charge where meals are served  
– Breakfast, Lunch and Snack
- Cups are required to be available



57

---

---

---

---

---

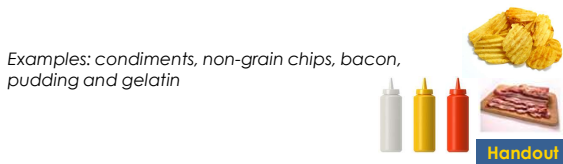
---

---

Non-Creditable Menu Items

Can be served to add variety and improve acceptability ... consider the quantity and frequency of offering as these impact:

- nutrient content
- increase food costs



58

---

---

---

---

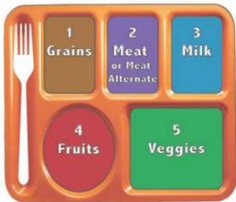
---

---

---

Crediting Combination Foods

- Cheeseburger on a Bun
- Homemade Lasagna
- Taco Salad



59

---

---

---

---

---

---

---

Review of Zoom Features

Non-verbal reactions



Annotate



60

---

---

---


---

---

---

---

### Cheeseburger with Bun (no brainer)



- Meat/ Meat Alternate
- Fruits
- Vegetables
- Grains
- Milk

61

---

---

---

---


---

---

---

### Homemade Lasagna

- Meat/ Meat Alternate
- Fruits
- Vegetables
- Grains
- Milk



62

---

---

---

---


---

---

---

### Taco Salad

- Meat/ Meat Alternate
- Fruits
- Vegetables
- Grains
- Milk



63

---

---

---

---

---

---

---

### Testing Your Knowledge of Meal Pattern Requirements

Lunch Meal Pattern – Effective July 1, 2023

Food Component	Required Grade Groups <sup>1</sup> Minimum Amount of Food <sup>2</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit<sup>2</sup></b> Dried fruit – 1/4 cup serving is equal to 1/2 cup of fruit	1/2 cup per day 2 1/2 cups per week	1/2 cup per day 2 1/2 cups per week	1 cup per day 5 cups per week
<b>Vegetables<sup>2</sup></b> 1 cup of half-cups = 1/2 cup of vegetable	3/4 cup per day 3 3/4 cups per week	3/4 cup per day 3 3/4 cups per week	1 cup per day 5 cups per week
<b>Required Vegetable Subgroups:</b>			
<b>Dark Green</b> Dark chard, broccoli, collard greens, dark green leafy lettuce, kale, mustard, romaine lettuce, and spinach	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Red/Orange</b> Acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes	2 1/4 cup per week	2 1/4 cup per week	1 1/2 cups per week
<b>Bean/Peanut Legumes<sup>2</sup></b> Black beans, black-eyed peas (not fufu), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, split peas, and white beans	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Starchy</b> Buckwheat (not hot dry), corn, quinoa, green lima beans, water chestnuts, and white potatoes	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Other</b> All kinds of other vegetables, such as artichokes, asparagus, avocados, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, kohlrabi, mushrooms, radishes, onions, and zucchini	1/2 cup per week	1/2 cup per week	3/4 cup per week

64

---

---

---

---

---

---

---

---

---

---

### Review of Zoom Features

- Non-verbal reactions
- Annotate

65

---

---

---

---

---

---

---

---

---

---

### Does this meal meet Lunch Meal Pattern Requirements for K-8? For 9-12?

WGR Corn Dog (1) (2 oz. eq. Grain and 2 oz. M/MA)  
Crinkle Cut French Fries (1/2 c.)  
Corn (1/2 c.)  
Diced Peaches (1/2 c.)  
Milk (1 cup)

YES

NO

66

---

---

---

---

---

---

---

---

---


---

Does this meal meet Lunch  
Meal Pattern Requirements for K-8?  
For 9-12?

Chicken Nuggets (4 nuggets = 2 oz. eq. Grain and 2 oz. M/MA)  
WGR Bread (1 oz. eq. Grain)  
Creamy Whipped Potatoes (1/2 c.)  
Mixed Vegetables (1/4 c.)  
Chocolate Chip Cookie (0.5 oz. eq. Grain)  
Milk (1 c.)

YES

NO



67

---

---

---

---

---

---


---

Does this meal meet Lunch  
Meal Pattern Requirements for K-8?  
For 9-12?

Nachos with Meat/Cheese (1 serving = 1 oz. eq. Grains and 2 oz. M/MA)  
Corn (1/2 c)  
Seasoned Black Beans (1/2 c)  
Apple (1)  
Milk (1 cup)

YES

NO



68

---

---

---

---

---

---

---

Does this meal meet Lunch  
Meal Pattern Requirements for K-8?  
For 9-12?

MBUSD  
It's in the bag!

**FIELD TRIP?**

\$ 3.00 Elementary School  
\$ 4.00 MBMS & MCHS  
\$ 4.00 All Reduced Students  
\$ 4.25 Adults

**MENU**  
Deli Sandwich  
Baked Chips  
Baby Carrots  
Fruit Strip  
Milk

This initiative is an equal opportunity provider and employer.

**SACK LUNCH FORM**  
Staple to Field Trip Permission Slip and  
Turn in to the school office at least  
3 DAYS BEFORE the Field Trip

FIELD TRIP DATE: \_\_\_\_\_  
SCHOOL: \_\_\_\_\_  
GRADE: \_\_\_\_\_ Room No: \_\_\_\_\_  
FIRST NAME: \_\_\_\_\_  
LAST NAME: \_\_\_\_\_  
Milk Choice (long duration) (circle 1)    WHITE    CHOCOLATE  
PAYMENT BY CHECK ☐ check # \_\_\_\_\_ \$ amount \_\_\_\_\_  
PAYMENT ON NUTRIFUND ACCOUNT ☐  
PLEASE MAKE SURE THERE IS MONEY IN YOUR CHILD'S NUTRIFUND MEAL ACCOUNT  
YOU ARE ORDERING A PRE-PAID & PRE-ORDERED MEAL. Since this meal is being prepared in order, there are no refunds if the lunch is not picked up by your child.  
Questions? Call Shannon XXXXXXXXXX

69

---

---

---

---

---

---

---

NDE Nutrition Services -8/2023

23



70

---

---

---

---

---

---

---

---

Breakfast: Meal Pattern Requirements			
Breakfast Meal Pattern - Effective July 1, 2023			
Food Component	Required Grade Groups/ Minimum Amount of Food <sup>1</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruits</b> <sup>1, 2</sup> <small>1 med fruit - 1/4 cup serving is equal to 1/2 cup of fruit</small>	1 cup per day 5 cups per week	1 cup per day 5 cups per week	1 cup per day 5 cups per week
<b>Vegetables</b> <sup>1, 3</sup> <small>Not required to be served</small>	0	0	0
<b>Grains: Grains-Breads Chart<sup>4</sup></b> <small>At least 80% of the grains offered during the week must be whole grains<sup>5</sup>.</small>	1 oz eq per day 7 oz eq per week	1 oz eq per day 8 oz eq per week	1 oz eq per day 9 oz eq per week
<b>Meat/Meat Alternates:</b> <small>Not required to be served. Cereals, cheese, canned or powdered (cheese sauce and frozen do not count). <b>Meat/Meat Alternates Examples:</b> Meat, poultry, fish (cooked w/o), cheese (aged or processed)</small>	0	0	0
<small>Egg (large)</small>	1/2 large egg	1/2 large egg	1/2 large egg
<small>Cooked dry beans/soas<sup>6</sup></small>	1/4 cup	1/4 cup	1/4 cup
<small>Yogurt &amp; Soy Yogurt (commercially prepared)</small>	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup
<small>Peanut butter or other nut/seed butter</small>	2 Tbsp	2 Tbsp	2 Tbsp
<small>Peanuts, soy nuts, tree nuts, seeds</small>	1 oz	1 oz	1 oz
<small>Tofu (commercially prepared)</small>	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup
<b>Milk (fluid):</b> <small>sterilized as a beverage or on carton or UHT; must offer two kinds. May offer unflavored or flavored low fat (1%) or fat free.</small>	8 fl oz per day	8 fl oz per day	8 fl oz per day
<b>Calories:</b> <small>(Minimum-maximum ranges)<sup>8,9</sup></small>	350-500	400-550	450-600
<b>Saturated Fat:</b> <small>(percent of total calories)<sup>8</sup></small>	< 10%	< 10%	< 10%
<b>Sodium</b> <small>(mg/gram)<sup>10</sup></small>	≤ 540	≤ 600	≤ 640
<b>Trans fat<sup>8</sup></b>			

Handout

71

---

---

---

---

---

---

---

---

### Breakfast Meal Pattern

Three Required Components

- Grain (oz. eq.) - Minimum of 1
- Fruit - 1 cup
- Milk – 8 fl. oz

72

---

---

---

---

---

---

---


---



### Required Grade Groups

- Grades K-5
- Grades 6-8
- Grades 9-12
- Grades K-8 (Overlap)
- **Grades K-12 (Overlap)**

Allows flexibility depending on the grade groups served



73

---

---

---

---

---


---

---

### Breakfast Terminology

**Food Component** – one of three required food groups that make up a breakfast

**Food Item** – a specific food offered within the three food components



74

---

---


---

---

---

---

---



### What Makes Up a Breakfast Menu?

- Consists of 3 food components
- Must contain at least 4 food items

75

---

---

---

---

---

---

---

**What Makes Up a Breakfast Menu?**

- Does the meal **offered** consist of at least four food items?
- Does the meal **offered** include the minimum required amounts of fruits, grains, and milk?
- Does the meal **selected** by the student contain at least three food items, including at least ½ cup fruit and/or vegetable?



---

---

---

---

---

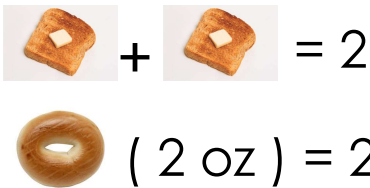
---

---

76

**Grains**

- At breakfast, can serve a double portion of the same grain item and it counts as two food items



---

---

---

---

---

---

---

77

**Meat/Meat Alternate**

- Not required to be served
- Schools have two options:
  - Substitute 1 oz of M/MA for 1 oz eq of Grain **after** daily grain requirement is met
  - Offer M/MA and consider it an “extra”



---

---

---

---

---

---

---

78

Fruits

- **100% juice** – no more than half of the fruit offered per week can be in the form of juice
- **Frozen varieties** – should not contain added sugar (exception is USDA Foods frozen fruits)
- **Canned varieties** – packed in juice or light syrup

79

---

---

---

---

---

---

---

Fruit Portion Size – 1 Cup

- Offer a variety of fruits and juices daily
- Recommend offering in ½ cup portions
- Plan at least two different fruit choices daily
- Student must select at least ½ cup
- Student must be allowed to take two-½ cup servings if desired



80

---

---

---

---

---

---

---

Vegetables

- Vegetables can be substituted for fruit
- Any variety can be served – no limit



81

---

---


---

---

---

---

---



### Grains

- **Daily** Grades K-12: 1 oz. eq.
- **Weekly** Grades K-5: 7 oz. eq.  
Grades 6-8: 8 oz. eq.  
Grades 9-12: 9 oz. eq.
- A week is equal to 5 days
- At least 80% of grains offered at breakfast weekly must be whole grain-rich.

82

---

---

---

---


---

---

---

### Transitional Standards: Whole Grains

Example: Breakfast K-12 Grade Groups:

Monday	Tuesday	Wednesday	Thursday	Friday
 WGR 2 oz. eq.	WGR 1 oz. eq. and 1 oz. M/MA	WGR 2 oz. eq.	WGR 2 oz. eq.	Enriched 1 oz. eq. and 1 oz. M/MA

7 oz. eq. WGR at all meals for the week

8 oz. eq. All Grains (WGR & Enriched) at all meals for the week

X 100 = 87.5 %

83

---

---

---

---


---

---

---

### Transitional Standards: Whole Grains

Example: Breakfast K-12 Grade Groups:

Monday	Tuesday	Wednesday	Thursday	Friday
 WGR 1 oz. eq. and Enriched 1 oz. eq.	WGR 2 oz. eq.	WGR 1 oz. eq. and Enriched 1 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.

8 oz. eq. WGR at all meals for the week

10 oz. eq. All Grains (WGR & Enriched) at all meals for the week

X 100 = 80 %

84

---

---

---

---

---

---

---

### Milk

Minimum **daily** requirement: 8 fl. oz. for K-12

- Must be served as a beverage
- Must offer at least two choices:

Unflavored Milk – *skim* or *1%*  
Flavored Milk – *skim* or *1%*



85

---

---

---

---



---

---

---

### Breakfast Reminders:

- Fruit portion size to offer - 1 cup
- At least 80% grains offered weekly must be WGR
- A reimbursable breakfast must contain at least 3 items – one must be 1/2 cup of fruit (or veggie, if substituting)



86

---

---

---

---


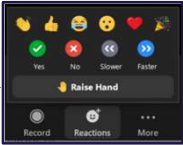
---

---

---

### Review of Zoom Features

- Non-verbal reactions
- Annotate



87

---

---

---

---

---

---

---

Does this planned meal meet Breakfast Meal Pattern Requirements?

Cereal (1 oz. eq.)


Graham Cracker ( 1 oz. eq.)

Juice (1/2 c.)

Milk (1 c.)

YES

NO



88

---

---

---

---

---

---

---

Does this planned meal meet Breakfast Meal Pattern Requirements?

Cereal (1 oz. eq.)

Egg Pattie/cheese ( 2 oz. M/MA)


Juice (1/2 c.)

Fresh Orange

Milk (1 c.)

YES

NO



89

---

---

---

---

---

---

---

Does this planned meal meet Breakfast Meal Pattern Requirements?

Waffles (1 oz. eq.)

Scrambled Eggs (1.5 oz. M/MA)

Sausage Patty (.5 oz. M/MA)


Juice (1/2 c.)

Strawberries (1/2 c.)

Milk (1 c.)

YES

NO



90

---

---

---

---

---

---

---



91

---

---

---

---

---

---

---

### USDA Nutrient Standards

**For Breakfast and for Lunch**  
Four Nutrient Standards Are Reviewed...

**Weekly average requirements for:**

- Calories
- Sodium
- Saturated Fat

**Daily requirement for:**

- Trans Fat = 0

Calories <small>Weekly Average</small>	Sodium <small>Weekly Average</small>
Dietary Specifications	
Saturated Fat <small>Weekly Average</small>	Trans Fat <small>Daily Requirement</small>

Handout

92

---

---

---

---

---

---

---

### Calories – Breakfast & Lunch

- Minimum & maximum calorie levels identified for each grade group
- Calorie values averaged for a 5-day week
- Individual days can be over/under the required levels
- Lunch values are separate from Breakfast

*(Pay attention to condiment usage and those extra items that don't count towards meal pattern requirements)*

93

---

---

---


---

---

---


---

### Transitional School Nutrition Standards




**Milk**

- Option to serve flavored, low-fat milk in NSLP and SBP
- Requires unflavored milk to be offered at each NSLP/SBP meal service



**Whole grains**

- 80% of grains offered weekly must be whole grain-rich



**Sodium**

- Breakfast: Remains the same for SY 2023-2024 (Target 1)
- Lunch only: Target 1A, 10% reduction in SY 2023-2024

94

---

---

---

---

---

---



---

### Transitional Standards: Sodium

Target 1A: Effective July 1, 2023 – Sodium (milligrams) weekly averages for breakfast and lunch  
(10% reduction for lunch from SY22-23)

	Grades K-5	Grades 6-8	Grades 9-12
Breakfast	≤ 540	≤ 600	≤ 640
Lunch	≤ 1110	≤ 1225	≤ 1280

Add flavor with seasonings



95

---

---

---

---

---

---

---



**Consider a Flavor Station in the Cafeteria**

96

---

---

---

---

---

---

---



### Limits on Unhealthy Fat

- Less than 10% of calories can come from Saturated Fat
- Food Items must not contain added Trans Fats
- Guidelines are the same for NSLP & SBP



97

---

---

---

---

---

---

---

### Meeting the Nutrient Standards

Meet the required minimum and maximum daily and weekly portion sizes for each grade group.

Meals served over a 5-day week should meet specific nutrient/caloric standards.

In planning menus, food items high in calories, fat and sodium must be limited to ensure compliance with nutrient/caloric standards.

Menus items must be supported by Nutrition Fact labels, product labels, recipes, product specification information.

Menu Planners may ensure compliance by utilizing USDA-approved software for nutrient analysis, but this is not required.

98

---

---

---

---

---

---

---



### Identifying a Reimbursable meal

### Offer vs. Serve (OVS)

### Point of Service Meal Counting

99

---

---

---

---

---

---

---

### Identifying a Reimbursable Meal

- Signage must be displayed at or near the beginning of the serving line
- Purpose – identify the components of a reimbursable meal

Create Your Own

Today's Menu

#5formaxflavor

Color Your Lunch Tray!

100

---

---

---

---

---

---

---

---

### Don't Forget Breakfast Signage

BUILD A POWER FUELED BREAKFAST

CHOOSE AT LEAST 3 ITEMS

TAKE 1/2 CUP FRUIT OR VEGETABLE

Good Morning

Grain & Entree

Milk

Fruit & Juice

MENU

Breakfast

Choose 1 milk

Choose 1 or 2 fruits

Choose one of the following:

2 servings of cereal

2 servings of toast

1 serving of cereal and 1 serving of toast

101

---

---

---

---

---

---

---

---

### Material Order Form

CSSS

COORDINATED STUDENT SUPPORT SERVICES

Nutrition Services Vision Statement

Nutrition Services provides leadership that inspires service of nutritious meals to children, students and adults.

Nutrition Services Home

School Meals Program

Seamless Summer Option

Child and Adult Care Food Program

Summer Food Service Program

Team Nutrition

Nebraska Farm To School

Child Nutrition Program (CNP)

Quick Links

Office of Coordinated Student Support Services

Staff Directory

Contact Us - Nebraska Department of Education

Facebook

Twitter

Nutrition Services References

Contact Information

Address

Mailing Address: (USPS)

Nutrition Services

PO Box 94987

Lincoln, NE 68509-4987

Shipping Address: (UPS, FedEx)

Nutrition Services

500 S 84th St

Lincoln NE 68510-2611

102

---

---

---

---

---

---

---

---

## Team Nutrition Resources for Schools

### Spotlights

Discover MyPlate en español: nutrición para el jardín de niños

Discover MyPlate: Nutrition Education for Kindergarten

### Resources

Policy

Technical Assistance & Guidance

Research, Analysis & Background

### Nutrition Education

- Digital Nutrition Resources for Kids
- Discover MyPlate: Nutrition Education for Kindergarten Family Portal
- Eating My Healthy Life
- Garden Resources
- Grades K Library
- How School Lunch Is Made and How You Can Help
- Local School Wellness Policy Outreach Toolkit
- Serving Up MyPlate: A Nursery Curriculum
- Stronger with School Meals Educational Materials
- Taste Testing Event Resources
- Team Nutrition Cookbook
- Team Nutrition Profiles
- Team Nutrition Outreach

### Menu Planning

- A Guide to School Meals in School
- Best Practices for Reducing Added Sugars at School Breakfast
- Crediting Tie Sheets in the Child Nutrition Programs
- Food Buying Guide for Child Nutrition Programs
- Guide to Professional Standards for School Nutrition Programs
- Offer Versus Serve Materials
- Offering Meals and Meat Alternatives at School Breakfast
- Offering Smoothies as Part of Breakfast School Meals
- Recipes for Healthy Kids Cookbook for Schools
- Team Nutrition Recipes
- USDA Approved Nutrition Analysis Software

### Webinars

- Procurement Strategies for School Year 2022-23 Webinar for School Food Authorities
- Team Nutrition Webinars & Training

### Great Resources

103

---

---

---

---

---

---

---

---

## Offer Versus Serve (OVS)

**Purpose:**

- Allows students to decline food items

**Goals:**

- Minimize plate waste
- Encourage schools to offer choices
- Improve customer satisfaction



**Handout**

104

---

---

---

---


---

---


---

---

## OVS Basics



- All** required components must be offered in full portions
- The meal **must** be priced as a unit
- The **STUDENT** decides which items to decline

You can not require a student to take an entrée and/or milk

105

---

---

---

---

---

---


---

---

**OVS continued...the student must select**

A reimbursable **LUNCH** must contain at least **three different components**; one must be at least a **1/2 cup** of fruit, vegetable or a combination of the two

A reimbursable **BREAKFAST** must contain at least **three food items**; one must be at least a **1/2 cup** of fruit (or veggie, if substituting)



106

---

---

---

---



---

---

---

**OVS continued...**

- **Student** charged the full price for the meal whether it contains 3, 4 or all 5 components
- **Cashier** must be able to recognize a reimbursable meal
- **Student** does not have 3 components, ask them to select more. *If student refuses, the meal cannot be claimed, and student must be charged a la carte pricing for the food items taken*



107

---

---

---

---


---

---

---

**Offer Versus Serve at Lunch**

- **Mandatory for high school**
- Optional for all other grades  
 (Nutrition Services encourages)
- Students must select at a minimum at least a **1/2 c.** of fruit and/or vegetable; may decline two components



108

---

---

---

---

---

---

---

Offer Versus Serve at Breakfast

- Required to **offer** a minimum of 3 required components
- With **OVS**, must offer **4 food items**; student may decline 1 item but must take at a minimum a ½ c. of fruit/juice/vegetable
- Optional for all grade groups



109

---

---

---

---

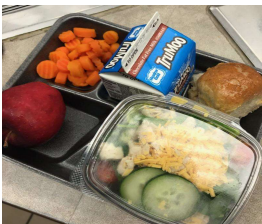
---

---

---

Schools not Implementing OVS

All students must leave the serving line with **all** food components/items in the required portion sizes



110

---

---

---

---

---

---

---

Point of Service Meal Count

Point of Service is defined as:

*“that point in the serving line where it can be accurately determined a reimbursable meal has been taken by the student”*



Handout

111

---

---

---

---

---

---

---

Point of Service (POS) continued

- Meal count must be taken at the **end of the serving line** or at a location after **all** food components have been offered
- This includes the **end of any fruit/veggie bar or food lines**



112

---

---

---

---

---

---

---

---

OVS Resources

<https://www.education.ne.gov/ns/forms-resources/national-school-lunch-program/meal-pattern-requirements/>

**Handouts**

113

---

---

---

---

---

---

---

---

OVS Resources

- USDA offers OVS Tip Sheets

**Breakfast** **Lunch** **Handouts**

114

---

---

---

---

---

---

---

---



115

---

---

---

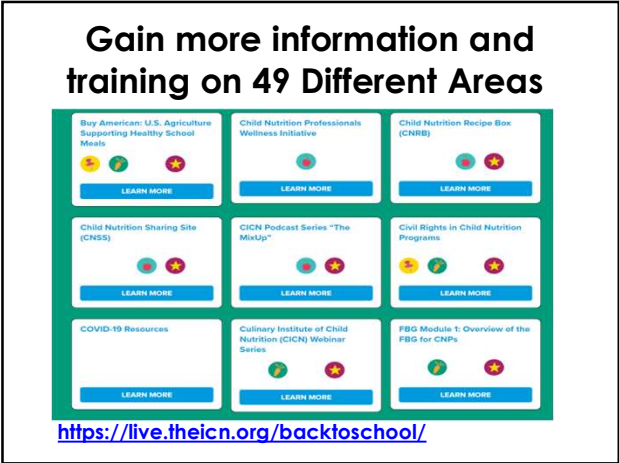
---

---

---

---

---



116

---

---

---

---

---

---

---

---



117

---

---

---

---

---

---

---

---

### Important on the Sponsor Application – 3 Contacts

**Information Must Be Up-to-Date**

**Email addresses are generated from the Sponsor Application**

**Check the box if new**

**Authorized Representative**

	Person	Secretary responsible for managing the School Nutrition Program(s)			
9. Name	School	First Name	M.I.	Last Name	
10. Email Address		State			
11. Phone	(402) 775-2588	Ext:	214	Fax:	(402) 775-5570
12. Alt Phone					
13. Title	Superintendent				
14. Check if new?					

**School Nutrition Director/Manager**

	Person	Secretary	First Name	M.I.	Last Name
15. Name	School	Principal			Coordinator
16. Email Address			lynor@nlsd.com		
17. Phone	(402) 775-2588	Ext:	218	Fax:	(402) 775-5570
18. Title			School Service Manager		
19. Check if new?					

**Chain Contact**

	Secretary	First Name	M.I.	Last Name	
20. Name	State			Secretary	
21. Email Address					
22. Phone	(402) 775-2588	Ext:		Fax:	(402) 775-5570
23. Title	Secretary				
24. Check if new?					

118

### Questions?

Contact Nutrition Services at:  
1-800-731-2233 or 402-471-2488

Click on "Contact Us" at:  
<https://www.education.ne.gov/ns/contact-us/>

119

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights 1400  
Independence Avenue, SW  
Washington, D.C. 20250-9410

(2) Fax: (833) 256-1665 or (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

120