

# Menu Planning for Child Nutrition Programs

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MISSISSIPPI  
DEPARTMENT OF  
EDUCATION

July 20, 2023



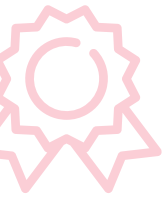
## VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens



## MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community



1

**ALL** Students Proficient and Showing Growth in All Assessed Areas



2

**EVERY** Student Graduates from High School and is Ready for College and Career



3

**EVERY** Child Has Access to a High-Quality Early Childhood Program

**EVERY** School Has Effective Teachers and Leaders

4



**EVERY** Community Effectively Uses a World-Class Data System to Improve Student Outcomes

5



**EVERY** School and District is Rated “C” or Higher

6





## State Purchasing Program

- + Product information already obtained by MDE
- + Products selected with nutrient standards in mind
- Smaller organizations may not have capacity to purchase bulk orders that are needed

## Purchasing from Distributor, manufacturer, grocery store, etc.

- Menu planner must obtain all nutrient and crediting information
- Products featured in MRS do not necessarily have the same nutrient or crediting information

## Nutrition Facts Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Product Formulation Statement

**USDA**  
United States Department of Agriculture

Food and Nutrition Service

**Product Formulation Statement for Documenting Grains in Child Nutrition Programs**  
(Crediting Standards Based on Grams of Creditable Grains (ounce equivalent))

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

Product Name: Wheat Smile Pancakes Code No.: 14005  
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes - 50g (1.75 oz.)  
 (raw dough weight may be used to calculate creditable grains)

I. Does the product meet the whole grain-rich criteria? Yes  No

II. Does the product contain non-creditable grains? Yes  No  How many grams? \_\_\_\_\_  
 (Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTB breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grains per oz eq or volume.)

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

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT <sup>1</sup>	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION <sup>2</sup>		GRAM STANDARD OF CREDITABLE GRAINS PER OZ EQ (16g or 28g) <sup>3</sup>	CREDITABLE AMOUNT
	A	B		
Whole wheat flour (30%)	15	16		0.9375
Enriched flour (22%)	11	16		0.6875
<b>Total</b>				<b>1.625</b>
<b>Total Creditable Amount<sup>4</sup></b>				<b>1.50</b>

<sup>4</sup> Creditable grains vary by Program. See the FBG for specific Program requirements.  
<sup>1</sup> Serving size X % of creditable grains in formula; serving size other than grams must be converted to grams.  
<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.  
<sup>3</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.  
 Total weight (per portion) of product as purchased 50g (1.75 oz.)  
 Total contribution of product (per portion) 1.50 oz eq

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.50 oz eq grains. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Signature \_\_\_\_\_ Title \_\_\_\_\_  
 Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Phone Number \_\_\_\_\_

**Product Formulation Statement (PFS) with ounce equivalent grains highlighted**  
September 2020

## Child Nutrition Label

CN \_\_\_\_\_  
574321

This 3.2 oz fully cooked breaded Chicken Breast patty provides 2.0 oz equivalent meat/meat alternate and 1 serving grain/bread for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 10-04)

CN \_\_\_\_\_

- When a commercial product's ingredients and nutrition facts label do not provide sufficient information to determine crediting of the product, a product formulation statement or a child nutrition label is needed!
    - Prepackaged/preprepared combination items (pizza, burritos, soup)
    - Breaded meat and poultry products
    - Processed meat (sausage, hot dogs, corn dogs, sandwich meat)
    - Some grains- if unsure of whole grain content
- \*TIP: If you do not know exactly what is in a product and the crediting information for each ingredient, you need a product formulation statement or CN label to determine crediting.

- Search the internet for manufacturer website
  - If a company commonly serves the k12 market, they will likely have their crediting documentation online.
- Directly contact manufacturer for information
- If you are purchasing all products from the state purchasing program, MDE is maintaining the appropriate ingredient documentation.



## Common High Sodium Foods:

- Frozen items
- Canned soup
- Sauces and seasonings
- Pickles
- Sausage and Luncheon Meats
- Veggies with added salt

**+** Watch for hidden sodium in vegetables!



Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (121g)	
Amount per serving	
<b>Calories</b>	<b>25</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 380mg</b>	<b>17%</b>
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vit. D 0mcg 0%	Calcium 30mg 2%
Iron 0mg 0%	Potas. 100mg 2%

**★** Key Phrase: No Salt Added



Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (120g)	
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 15mg</b>	<b>1%</b>
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg 0%	Calcium 30mg 2%
Iron 0.4mg 2%	Potassium 100mg 2%

Be careful about the serving size you select. No more than ½ of the total requirement may be met with full- strength fruit juice.

**+** Products that are not 100% juice do not meet program meal requirements!



GLUTEN FREE • **CONTAINS 48% JUICE**

**Nutrition Facts** Serv. size: 1 Bottle Amount per serving: **Calories 60**, **Total Fat** 0g (0% DV), **Sodium** 5mg (0% DV), **Total Carb.** 14g (5% DV), Total Sugars 13g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Iron (2% DV), Potas. (4% DV), Vit. A (10% DV), Vit. C (35% DV), Vit. E (10% DV). Not a significant source of sat fat, trans fat, cholest, fiber, vit. D and calcium.

WATER, APPLE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), STEVIA LEAF EXTRACT, ALPHA TOCOPHERYL ACETATE (VITAMIN E), VITAMIN A PALMITATE.  
PER 8 FL OZ: THIS PRODUCT 13g SUGAR; 100% APPLE JUICE 27g SUGAR

**★** Key Phrase: Contains 100% Juice



**CONTAINS 100% JUICE**

**Nutrition Facts** Serv. size: 1 Bottle Amount per serving: **Calories 120**, **Total Fat** 0g (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 29g (10% DV), Total Sugars 28g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Iron (6% DV), Potas. (6% DV), Vit. C (100% DV). Not a significant source of sat fat, trans fat, cholest, fiber, vit. D and calcium.

WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).

Products that contain at least 50% whole grains and the remaining 50% whole grain or enriched grain are considered whole grain rich.

Whole grain rich products must make up at least 80% of grains served.

**+** If a whole grain is not the first ingredient, it is likely not a whole grain rich product.



**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH OLEIC CANOLA AND/OR SOYBEAN OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS 2% OR LESS OF: SALT, OAT BRAN, HIGH FRUCTOSE CORN SYRUP, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEGERMINATED YELLOW CORN FLOUR, CORN SYRUP, CORN STARCH, SOY LECITHIN, SODIUM SULFITE.  
**CONTAINS WHEAT AND SOY. MAY CONTAIN TRACES OF MILK AND EGGS.**

**★** Key Phrase: 100% Whole Grain



**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).  
BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.  
**CONTAINS: WHEAT.**  
MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



## Mississippi Recipes for Success

- + Crediting information already calculated
- + Recipe already standardized
- Will need to match products if not on state purchasing program

## Menu Planner Writes Recipes

- Menu planner must obtain all nutrient and crediting information (may require math from info available in Food Buying Guide)
- Menu planner must standardize all recipes, including CCP information

**Remember: Recipes should be easily accessible and frequently referenced while cooking!**

The screenshot shows the homepage of the 'Mississippi Recipes for Success' website. At the top, there is a navigation menu with links for 'PRINTABLES & RESOURCES', 'FEATURED RECIPES', 'MENU PLANNING', 'NEWS & UPDATES', 'SEARCH HELP', and 'CONTACT'. The main header features the title 'Mississippi RECIPES for SUCCESS' in a mix of blue and red fonts, with a subtitle 'DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION'. A purple 'COOKS TOOLS' icon is also present. Below the header is a search section titled 'Find a Recipe' with a search input field and a 'SEARCH' button. Text below the search field reads 'SEARCH THE RECIPE DATABASE by ingredient, recipe name, or MRS # GET HELP WITH YOUR SEARCH'. A link for 'Summer 2020 Updates on Recipes 6.26.20' is also visible. To the right of the search section is a 'VIEW RECIPES BY MEAL COMPONENT' section with ten circular icons representing different food groups: dairy, grains, protein, vegetables, fruits, and fats. Below these icons is a link: 'LEARN MORE ABOUT THE MY PLATE PROGRAM & ICONS'. A 'Featured Recipes' section is highlighted in a dark green box, listing 'BIG HITS! SO GO ON, GIVE THEM A TRY' with three items: 'INDIVIDUAL PEPPERONI PIZZA', 'HERBED BROCCOLI', and 'ASSORTED CHEESE PLANKS'. At the bottom of the page, there is a row of white silhouettes representing various food items: a cow, a bowl, a head of cauliflower, a chicken, a pineapple, a fish, a slice of bread, and a pig. Footer text at the bottom left reads '© MISSISSIPPI RECIPES FOR SUCCESS DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION' and at the bottom right reads 'DESIGN & DEVELOPMENT BY COMMUNICATION ARTS COMPANY, JACKSON, MS'.

- Based off of the state purchasing program order guide
- Contain crediting information, portion size, and number of portions

\*If you are not using the state purchasing program, you might have to adjust the recipe to ensure proper crediting and nutrition facts, but MRS is a great tool for anyone to use!



« BACK

↓ DOWNLOAD PRINTABLE VERSION

Source: MRS 2023

MRS: 2015 – Pizza (2000s)

## MEAT LOVERS PIZZA

### MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, and 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 96 **SIZE OF PORTION:** 1 slice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)

### INGREDIENT

### MEASURE (FOR 96 SERVINGS)

Pizza, Meateaters, WGR, Precut #1109	96 slices
--------------------------------------	-----------

### DIRECTIONS

1. Keep pizza frozen until ready to bake.
2. Line 18" x 26" sheet pans with pan liners.
3. Place pizza on lined sheet pans.
4. Bake according to the directions on the package and/or case.  
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
5. 5. Portion one slice of pizza with a spatula onto a plate or tray Each portion provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, and 1/8 cup red/orange vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes.  
 Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

### NUTRIENTS PER SERVING

Calories	351	Dietary Fiber	3.00 g	Sodium	723.00 mg	Sat. Fat	7.00 g
Carbohydrates	28.00 g	Protein	21.00 g	Total Fat	17.00 g	Trans Fat	0.00 g

UPDATED: 5/16/23

DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION PROGRAMS

2015

- All recipes can be viewed online or printed in PDF form.

Source: MRS 2023

MRS: 2015 – Pizza (2000s)

## MEAT LOVERS PIZZA

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MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)

**INGREDIENT**

Pizza, Meateaters, WGR, Precut #1109

**MEASURE (FOR 96 SERVINGS)**

96 slices

- Source: Year in which recipe was last updated
- MRS: Number of recipe (record in your red book)
- Ingredient: Number on Purchasing Program Order Guide
  - 4-digit numbers= MDE product
  - 6-digit numbers= USDA product



- Meal Component Contribution: Use this information for documenting crediting in your red book

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, and 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 96 **SIZE OF PORTION:** 1 slice

**RECIPE HACCP PROCESS:** #2 - Same day service

Products available through the state purchasing program are constantly changing, which can affect crediting (and nutrients). I recommend pulling recipes at least 2 times per year to get most updated recipe.

« BACK

↓ DOWNLOAD PRINTABLE VERSION

Source: MRS 2023

MRS: 2015 – Pizza (2000s)

## MEAT LOVERS PIZZA

**MEAL COMPONENT CONTRIBUTION:**

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**NUMBER OF PORTIONS:** 96 **SIZE OF PORTION:** 1 slice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (RED/ORANGE)

**INGREDIENT**

**MEASURE (FOR 96 SERVINGS)**

Pizza, Meateaters, WGR, Precut #1109	96 slices
--------------------------------------	-----------

**DIRECTIONS**

1. Keep pizza frozen until ready to bake.
2. Line 18" x 26" sheet pans with pan liners.
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 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
5. 5. Portion one slice of pizza with a spatula onto a plate or tray Each portion provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, and 1/8 cup red/orange vegetable.  
 CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes.  
 Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

**NUTRIENTS PER SERVING**

Calories	351	Dietary Fiber	3.00 g	Sodium	723.00 mg	Sat. Fat	7.00 g
Carbohydrates	28.00 g	Protein	21.00 g	Total Fat	17.00 g	Trans Fat	0.00 g

UPDATED: 5/16/23

DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION PROGRAMS

2015

• Ingredients:

- 4 numbers represents MDE order guide
- 6 numbers represents USDA foods

- Usually, the last step in an MRS recipe will explain serving size and crediting for the item.

5. Portion one slice of pizza with a spatula onto a plate or tray Each portion provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, and 1/8 cup red/orange vegetable.

Caution: If you do not serve the portion size specified in the recipe, you will not have the same crediting and nutrition facts.

- Nutrients per serving size is based off of MDE order guide products

**NUTRIENTS PER SERVING**

Calories	351	Dietary Fiber	3.00 g	Sodium	723.00 mg	Sat. Fat	7.00 g
Carbohydrates	28.00 g	Protein	21.00 g	Total Fat	17.00 g	Trans Fat	0.00 g

Caution: If any ingredients, quantity of ingredients, or serving sizes or changes, the nutrients per serving will also change.

You will need to create standardized recipes if you are not using MRS recipes or if you make changes to current MRS recipes.

Changes that may require a new standardized recipe:

- Serving a different serving size
- Swapping ingredients (ex: using chicken for tacos instead of beef)
- Deleting ingredients
- Adding ingredients
- Utilizing ingredients that are different than what is analyzed in the recipe

## **Name of Recipe and Recipe Number**

Use for recipe identification in your red book!

## **Ingredients**

Include every ingredient used to make the recipes, including garnishes.

## **Ingredient Amounts**

Provide detailed amounts of each ingredients.

## **Instructions**

Make sure to indicate CCP information.

## **Crediting and Serving Instructions**

Use the Food Buying Guide and ingredient documentation (nutrition facts labels, product formulation statements, child nutrition labels, etc.)



- Remember: The goal of planning menus is to meet meal pattern requirements. Consider:
  - Components
    - Remember requirements for whole grain % and vegetable subgroups
  - Nutrients (sodium, saturated fat, trans fat)
  - Age/Grade group differences



The screenshot shows the 'Menu Planning' page on the Mississippi Recipes for Success website. The page has a brown background with a white content area. At the top, there is a navigation bar with links for 'PRINTABLES & RESOURCES', 'FEATURED RECIPES', 'MENU PLANNING', 'NEWS & UPDATES', 'SEARCH HELP', and 'CONTACT'. The 'MENU PLANNING' link is highlighted. Below the navigation bar, there is a search bar with the text 'SEARCH THE RECIPE DATABASE' and a search button. To the right of the search bar is a 'COOKS TOOLS' icon. The main content area features a large red illustration of a pot with various vegetables (broccoli, carrots, tomatoes, mushrooms) and a leafy green vegetable. The title 'Menu Planning' is written in a cursive font. Below the title, there are three paragraphs of text explaining the purpose and structure of the menu planning matrices. At the bottom of the content area, there are two sections: 'MENU MATRIXES' and 'RECIPE LISTS', each with a right-pointing arrow. The footer of the page contains copyright information and the name of the design and development company.

MISSISSIPPI RECIPES FOR SUCCESS

PRINTABLES & RESOURCES FEATURED RECIPES **MENU PLANNING** NEWS & UPDATES SEARCH HELP CONTACT

SEARCH THE RECIPE DATABASE

Search...  
HELP WITH SEARCH SEARCH

COOKS TOOLS

## Menu Planning

Lunch and breakfast menu matrixes were developed to help child nutrition professionals develop appealing, customized weekly menus using the Mississippi Recipes for Success recipes and meet the USDA FNS nutrition standards for the school breakfast and lunch programs.

Menu matrixes are divided into breakfast matrixes and lunch matrixes. Each age/grade group includes a sample weekly menu and a worksheet to help you plan menus for your child nutrition program. Breakfast matrix menu planning options include a menu planning tool with grain component choices ("Choices" menu) or a menu with only one grains component offered ("No Choices" menu). Lunch matrix menu planning options include a menu planning tool with meat/meat alternate component calorie ranges that rise over the week ("Ascending Ranges" menu) or meat/meat alternate component calorie ranges that are assorted throughout the week ("Mixed Ranges" menu).

The second section of this webpage is the recipes lists for matrixes. Each list includes the MRS recipe names, MRS recipe numbers, amount of calories, saturated fat and sodium for each recipe, meal component(s) the recipe meet ("credit") and amount of each meal component included in that recipe ("menu contribution"). The breakfast grain, breakfast meat/meat alternate and lunch meat/meat alternate lists are arranged by calorie levels into groups. The vegetable lists are divided into each vegetable subgroup.

- ▶ **MENU MATRIXES**
- ▶ **RECIPE LISTS**

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The menu planning matrixes are available on the **menu planning tab** of the MRS website.

▼ MENU MATRIXES

BREAKFAST	MATRIX	WORKSHEET
Grades K-5 (No Choice & Choices)	↓	↓
Grades 6-8 (No Choice & Choices)	↓	↓
Grades 9-12 (No Choice & Choices)	↓	↓

LUNCH	MATRIX	WORKSHEET
Grades K-5 (Ascending Ranges)	↓	↓
Grades K-5 (Mixed Ranges)	↓	↓
Grades 6-8 (Ascending Ranges)	↓	↓
Grades 6-8 (Mixed Ranges)	↓	↓
Grades 9-12 (Ascending Ranges)	↓	↓
Grades 9-12 (Mixed Ranges)	↓	↓

► RECIPE LISTS

- Select Matrix for appropriate grade level and meal period
- Decide if you would like to offer choices or keep the menu simple
- Ascending Ranges means that as the week progresses, you will serve higher calorie entrees
- Mixed Ranges means that you will have a mix of calorie ranges throughout the week



## LUNCH MATRIX

### Grades K-5: Ascending Ranges (550-650 CALORIES)

MEAL COMPONENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE—CHOICE #1 Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN—CHOICE #1 Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE—CHOICE #2 Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY MIN.: 3/4 cup	GRAIN—CHOICE #2 Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #1 Dark Green	Red/Orange	Peas/Beans	Starchy	Other
DAILY MIN.: 1/2 cup	VEGETABLE—CHOICE #2 Starchy	Other	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #1 Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: at least 2 options offered	FRUIT—CHOICE #2 Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	MILK —CHOICE #1 Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2 Milk	Milk	Milk	Milk	Milk
	CONDIMENTS Condiments	Condiments	Condiments	Condiments	Condiments
	DESSERT				

Please see your folder for a handout of this!

Desserts included only if needed for calories.  
Grain based desserts must be credited as a grain component; a maximum of 2 oz. eq. of grain based desserts may be menued per week.

SODIUM ALLOWANCE: Offer lunch menus that supply a weekly average of no more than the maximum sodium level for Grades K-5.  
SATURATED FAT ALLOWANCE: On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.

- While you are completing the worksheet, reference the information on the matrix. Fill in the matrix based on components and their calorie categories.
- Keep in mind: Frequently, entrée recipes will also have some type of grain. If it is enough for that day, you can just write “included in entrée” in that section.
- Choices: You do not have to offer a choice for meat/meat alternate and grains daily. K-8 menus do not have to offer a choice of fruits daily.

- Pay close attention to veggie subgroups! Easily meet veggie subgroups by offering 2 (1/2 cup) choices daily.

DAILY MIN: 3/4 cup	VEGETABLE-CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
WEEKLY MIN: 3 3/4 cups	VEGETABLE-CHOICE #2	Starchy	Other	Red/Orange	Dark Green	Starchy

Why offering two different veggies per day is a good idea:

- + Students have a larger variety of veggies to choose from
- + One full cup of the same veggie can be too much to eat and may go to waste
- +The matrix was built to ensure veggie subgroups were met if the pattern is followed correctly

▼ RECIPE LISTS		
BREAKFAST GRAINS	RECIPES	PDF
Group A (0-99 calories)	<a href="#">View List</a>	↓
Group B (100-149 calories)	<a href="#">View List</a>	↓
Group C (150-199 calories)	<a href="#">View List</a>	↓
Group D (200-299 calories)	<a href="#">View List</a>	↓
Group E (300+ calories)	<a href="#">View List</a>	↓
BREAKFAST MEAT/MEAT ALTERNATE		
Group A (0-99 calories)	<a href="#">View List</a>	↓
Group B (100+ calories)	<a href="#">View List</a>	↓
LUNCH MEAT/MEAT ALTERNATE		
Group A (0-199 calories)	<a href="#">View List</a>	↓
Group B (200-249 calories)	<a href="#">View List</a>	↓
Group C (250-299 calories)	<a href="#">View List</a>	↓
Group D (300-349 calories)	<a href="#">View List</a>	↓
Group E (350-399 calories)	<a href="#">View List</a>	↓
Group F (400+ calories)	<a href="#">View List</a>	↓
LUNCH GRAINS	<a href="#">View List</a>	↓

LUNCH GRAINS	<a href="#">View List</a>	↓
FRUITS		
Group A (0-49 calories)	<a href="#">View List</a>	↓
Group B (50-74 calories)	<a href="#">View List</a>	↓
Group C (75-99 calories)	<a href="#">View List</a>	↓
Group D (100+ calories)	<a href="#">View List</a>	↓
VEGETABLES		
Beans/Peas	<a href="#">View List</a>	↓
Dark Green	<a href="#">View List</a>	↓
Other	<a href="#">View List</a>	↓
Red/Orange	<a href="#">View List</a>	↓
Starchy	<a href="#">View List</a>	↓
MILK	<a href="#">View List</a>	↓
CONDIMENTS	<a href="#">View List</a>	↓
DESSERTS	<a href="#">View List</a>	↓

- Recipe List: Use to fill in the matrix based on food components and calorie ranges

## Menu Planning

### MENU PLANNING > RECIPE LISTS:

[BREAKFAST GRAINS](#) [BREAKFAST MEAT/MEAT ALTERNATE](#) [LUNCH MEAT/MEAT ALTERNATE](#) [LUNCH GRAINS](#) [FRUITS](#) [VEGETABLES](#) [OTHER](#)

### BREAKFAST GRAINS: GROUP A (0-99 CALORIES)

▼ [DOWNLOAD THIS RECIPE LIST](#)

RECIPE NAME	MRS.#	CAL.	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION	PDF
<a href="#">Mini Spooners Cereal</a>	8715	200	0.00	10.00	WGR,	2 oz. eq. whole grains	▼
<a href="#">Marshmallow Mateys Cereal</a>	8710	220	0.00	30.00	WGR,	2 oz. eq. whole grains	▼
<a href="#">Strawberry Yogurt Snack Mix</a>	8795	120	1.00	55.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Blueberry Vanilla Cookie Bites</a>	8785	130	0.50	70.00	WGR,	1 oz. eq. whole grains	▼
<a href="#">Oat Cereal Bar-Briggs</a>	8760	140	1.00	75.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Oat Cereal Bar-Crumbley</a>	8760	140	1.00	75.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Hot Oatmeal</a>	8740	71	0.22	78.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Yogurt Parfait - Crumb</a>	9220	289	0.53	92.00	M/MA, WGR, F,	1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup of fruit	▼
<a href="#">Waffle (1 oz. eq.)</a>	8835	70	0.00	95.00	WGR,	1 oz. eq. whole grains	▼
<a href="#">Banana Muffin-Merch</a>	8615	160	0.50	100.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Assorted Muffin Loaves</a>	8610	155	0.75	105.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Blueberry Muffin Loaf</a>	8620	150	0.50	105.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Chocolate Chip Muffin Loaf</a>	8625	160	1.00	105.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Cocoa Rice Treat Bar</a>	8750	140	0.50	110.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Fruit Flavored Cereal Bar</a>	8755	150	0.50	110.00	WGR,	1 oz. eq. whole grain	▼
<a href="#">Pancake (1 oz. eq.)</a>	8820	90	0.00	110.00	WGR,	1 oz. eq. whole grain	▼

The menu list on the website has information about calories, saturated fat, sodium, and meal pattern contribution.

Click on the item of concern to reorder the list based on nutrient content.

- Recipe list on MRS website currently broken
- MRS team working behind the scenes to fix; will hopefully have update soon
- While list is broken, consult nutrients on the bottom of the recipes that you would like to serve

**NUTRIENTS PER SERVING**

Calories	351	Dietary Fiber	3.00 g	Sodium	723.00 mg	Sat. Fat	7.00 g
Carbohydrates	28.00 g	Protein	21.00 g	Total Fat	17.00 g	Trans Fat	0.00 g



- Handouts:
  - Menu Matrix for K-5 lunch
  - Menu Matrix worksheet for K-5 lunch
  - Menu Matrix recipe list (sample recipes for use with activity)

# Menu Matrix Activity

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE—CHOICE #1	Meat/MA B	Meat/MA C	Meat/MA D	Meat/MA E	Meat/MA F
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN—CHOICE #1	Grain 2 oz.	Grain 1 oz.	Grain 2 oz.	Grain 2 oz.	Grain 2 oz.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE—CHOICE #2	<b>Our school does not offer entrée choices, so I am skipping this section.</b>				
	GRAIN—CHOICE #2					
DAILY MIN.: 3/4 cup	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #2	Starchy	Other	Red/Orange	Dark Green	Starchy
DAILY MIN.: 1/2 cup	FRUIT—CHOICE #1	Fruit B	Fruit C	Fruit C	Fruit C	Fruit D
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #2	Fruit C	Fruit B	Fruit B	Fruit B	Fruit A
DAILY MIN.: at least 2 options offered	MILK —CHOICE #1	Chocolate	Chocolate	Chocolate	Chocolate	Chocolate
	MILK —CHOICE #2	Unflavored	Unflavored	Unflavored	Unflavored	Unflavored
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	Condiments
	DESSERT	<b>Recommend only adding desserts if calories and sodium are already in desired ranges.</b>				



## SFSA Conducted Nutrient Analysis

\*this is not common for small organizations due to cost

## MDE Conducted Nutrient Analysis

- 1) Program specialist will contact school when nutrient analysis needed and/or school can submit request
- 2) Worksheet and all documentation will need to be provided by SFSA
- 3) Reports will be generated and assistance in making corrections will be provided



## Worksheet for Request for Nutritional Analysis

If you are requesting the nutritional analysis for both lunch and breakfast menus or different menus for multiple schools, please complete a worksheet for each school and meal period.

### Section A: School Information

- 1) School Name: \_\_\_\_\_
- 2) Is this menu for breakfast or lunch?  Breakfast  Lunch
- 3) What age/grade group does this menu serve? \_\_\_\_\_
- 4) Do you implement offer verses serve?  Yes  No
- 5) Who are your suppliers? Check all that apply.
  - Merchants
  - Crumbly
  - Prairie Farms
  - Briggs
  - Borden
  - Other: \_\_\_\_\_
- 6) On average, how many reimbursable meals do you serve daily for this meal period? \_\_\_\_\_

### Section B: Menu

- 1) Are you using Mississippi Recipes for Success?  Yes  No
  - \*If no, please include a copy of your standardized recipes when submitting the worksheet.*
  - \*If you changed the portion sizes or ingredients from what is stated in the MRS cookbooks, please provide that information.*

Day	Item #	Recipe Name	MRS	Serving Size	Servings
<b>Monday</b>	1				
	2				
	3				
	4				
	5				
	6				
	7				
	Milk				
	Milk				
	Condiment				
	Condiment				
	Condiment				

- Serving size: How much of the item you are serving (example: ½ cup)
- Servings: How many portions you intend to serve (example: 34 portions)

Days	Menu Choice 1	Menu Choice 2	Additional Information
<b>Example</b>	<i>Hamburger</i>	<i>Baked Ham</i>	<i>This example shows that the students can either pick up a hamburger or baked ham and a roll. They are also allowed to choose from a variety of vegetables, fruit, and milk.</i>
	<i>Green Beans</i>	<i>Whole Grain Roll</i>	
	<i>French Fries</i>	<i>Green Beans</i>	
	<i>Apples</i>	<i>French Fries</i>	
	<i>Bananas</i>	<i>Apples</i>	
	<i>Milk Selection</i>	<i>Bananas</i> <i>Milk Selection</i>	

- If you are not offering choices, this section is not needed.

## Base Menu Spreadsheet- Nutrient Information

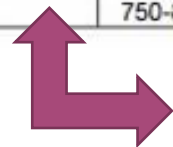
Base Menu Spreadsheet

Lunch 9-12

Weighted Values - Detailed

Page 1

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)	
Mon - 01/02/2023																	
Lunch 9-12		Total	247														
	Corn Dog Nuggets M3165	6 nuggets	80	87	12	121	0.97	0.70	29.1	0	23.32	4	3.89	11.17	3.89	0.97	0.00
	Chicken Patty Sand Baked M4150	1 each	150	230	33	496	3.21	2.02	74.8	166	2.16	3	12.28	28.03	7.39	1.35	0.01
	Carrots, Baby with Dip M5850	1/2 cup	124	22	0	85	1.02	0.11	12.0	6126	2.15	3	0.34	5.0	0.09	0.01	0.00
	Lima Beans Dried, CND M5530	1/2 cup	123	74	0	94	2.99	0.65	12.0	63	0.0	*1	3.6	10.78	1.2	0.37	0.00
	Milk, FF White 1/2 pt. PF M100	1/2 pint	50	16	1	24	0.00	0.00	57.7	101	0.24	2	1.62	2.23	0.0	0.00	0.00
	Milk, FF Choc 1/2 pint PF M120	1/2 pint	175	92	4	85	0.00	0.00	201.9	354	0.85	16	5.67	16.3	0.0	0.00	0.00
	Fresh Fruit Bowl Variety M6715	1 each	247	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
	Fresh Fruit Cup M6720	1/2 cup	247	64	0	3	1.84	0.29	8.2	169	5.41	12	0.58	16.48	0.17	0.04	0.00
	Ranch Dressing & Dip PC M8075	1 ounce	70	39	3	108	0.00	0.00	5.5	0	0.0	0	0.0	1.38	3.6	0.55	0.00
	Ketchup PC M8000	1 each	124	5	0	43	0.00	0.00	0.0	0	0.0	1	0.0	1.51	0.0	0.00	0.00
	Mustard, PC M8015	1 pouch	100	2	0	27	0.05	0.04	1.6	0	0.01	0	0.08	0.12	0.09	0.00	0.00
	Potato Rounds, Baked M6095	1/2 cup	80	43	0	102	0.66	0.12	0.0	0	1.18	0	0.33	5.26	1.97	0.33	0.00
Weighted Daily Average				758	53	1189	14.39	4.14	423.0	7100	58.46	*55	29.25	119.98	18.63	3.69	0.01
% of Calories											*28.9%	15.4%	63.3%	22.1%	4.4%	0.0%	
Nutrient Guideline				750-850		1420									<10.00		



This column contains the number of anticipated servings!



Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	785		750 - 850	100%				
Cholesterol (mg)	60							
Sodium 1 (mg)	1256		1420					
Sodium 2 (mg)	1256		1080				176	Correction Required - Sodium too High
Fiber (g)	13.79							
Iron (mg)	5.13				Missing			
Calcium (mg)	499.5				Missing			
Vitamin A (IU)	6043				Missing			
Sugars (g)	51	26.10%			Missing			
Vitamin C (mg)	71.39				Missing			
Protein (g)	33.78	17.20%			Missing			
Carbohydrate (g)	116.21	59.19%						
Total Fat (g)	22.40	25.68%						
Saturated Fat (g)	6.91	7.91%	<10.00%					
Trans Fat' (g)	0.00	0.00%						

- Keep in mind that a Sodium Interim Target 1A became effective July 1, 2023. Your reports may not have that information up-to-date yet.

## Weekly Requirements Report-Components

5 Day Week	Mon 4/10/23	Tue 4/11/23	Wed 4/12/23	Thu 4/13/23	Fri 4/14/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (<= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	2.5	Yes		5	0	0.00%	Yes
Vegetables: Minimum (cups)	1.125	0.125	1.625	1.125	1.25			5.25	3.75	Yes	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0		0	0.5	NO						
-Red/Orange	0.125	0.125	0.625	0.125	0.25		1.25	0.75	Yes						
-Legumes	0	0	0	0	0		0	0.5	NO						
-Starchy	0.5	0	0	0.5	0.5		1.5	0.5	Yes						
-Other	0.5	0	1	0.5	0.5		2.5	0.5	Yes						
Meat/Meat Alt: Minimum (oz eq)	2	2.5	2	2	2		10.5	9	Yes						
Meat/Meat Alt: Maximum (oz eq)	2	2.5	2	2	2		10.5	10	OVER						
Grain: Minimum (oz eq)	2	1.25	2	1	2		8.25	8	Yes						
Grain: Maximum (oz eq)	2	1.25	2	1	2		8.25	9	Yes						
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8.25	Weekly Whole Grain	7.25	% of Whole Grain	88%			80% whole grain rich	Yes					
	Mon 4/10/23	Tue 4/11/23	Wed 4/12/23	Thu 4/13/23	Fri 4/14/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat (1% or less) unflavored, Low-fat (1% or less) flavored	Yes	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

**\*\*Cells with this background color signify Requirements not being met!**

<b>5 Day Week</b>	Mon 4/10/23	Tue 4/11/23	Wed 4/12/23	Thu 4/13/23	Fri 4/14/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	2.5	Yes
Vegetables: Minimum (cups)	1.125	0.125	1.625	1.125	1.25			5.25	3.75	Yes
-Dark Green	0	0	0	0	0			0	0.5	NO
-Red/Orange	0.125	0.125	0.625	0.125	0.25			1.25	0.75	Yes
-Legumes	0	0	0	0	0			0	0.5	NO
-Starchy	0.5	0	0	0.5	0.5			1.5	0.5	Yes
-Other	0.5	0	1	0.5	0.5			2.5	0.5	Yes

- Obtain ingredient documentation/crediting information prior to serving the item
- Create a cycle menu of no more than 6 weeks
- Request analysis of menu prior to administrative review and make corrections to menu quickly

# Questions





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