

Steps for Schools Transitioning

to the New Meal Pattern

 

1. **Review cycle menu – sample review forms available**
2. **Use the HealthierUS School Challenge menu checklist to begin modifying menus**
   * + HUSSC Application Toolkit [www.fns.usda.gov/tn/healthierus/application.html](http://www.fns.usda.gov/tn/healthierus/application.html)
3. **Work with milk vendor to switch to 1% white, skim white and/or skim flavored**
4. **Review grain/bread nutrition fact labels and work with vendor to purchase whole grain products. Modify recipes to ensure whole grains are the heaviest ingredient by weight.**

* HUSSC Whole Grain Resource [www.fns.usda.gov/tn/healthierus/application.html](http://www.fns.usda.gov/tn/healthierus/application.html)
* NFSMI Training - Whole Grains in Child Nutrition Programs [www.nfsmi.org/ResourceOverview.aspx?ID=390](http://www.nfsmi.org/ResourceOverview.aspx?ID=390)

1. **Incorporate more scratch cooking – include additional whole grains, dark green & orange vegetables and legumes into recipes.** 
   * + USDA Recipes

<http://teamnutrition.usda.gov/Resources/usda_recipes.html>

* + - USDA Recipe Finder

<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

* + - NFSMI – Culinary Techniques for Healthy School Meals [www.nfsmi.org/ResourceOverview.aspx?ID=266](http://www.nfsmi.org/ResourceOverview.aspx?ID=266)
    - Healthy Recipe Contest Submissions

[www.recipesforkidschallenge.com/submissions](http://www.recipesforkidschallenge.com/submissions)

1. **Offer a fruit/vegetable bar – serve a variety of colors**
2. **Apply for a HealthierUS School Challenge Award**