Simplified Nutrient Assessment for Breakfast- OPTIONAL
*****Updated 7/11/13*****

-SFAs have the option of choosing to use the FNS Simplified Nutrient Assessment (SNA) for 6 cents certification (instead of a full nutrient analysis).

-The instructions for the SNA and the actual assessment are located in the final 2 tabs, after the Weekly Report for the menu worksheet.

-Nutrient Instructions provide a snapshot of the complete directions listed here.

Key Information:

-Only **average daily calories** and **% of calories from saturated fat** must be assessed.
-Estimates for calorie or saturated fat information for milk, fruit and vegetables (starchy and non-starchy) are pre-programmed.
-SFAs must provide calorie and saturated fat information for all grain (and meat/meat alternate) items, plus side items and condiments. Information can be collected from nutrition labels and product specifications.
> *-Scratch recipes should be standardized. Sources such as nutrient analysis software products or web-based tools (e.g. CNPP SuperTracker) can be used to determine calories and saturated fat for standardized recipes. SFAs are encouraged to contact their State Agencies for other potential sources for recipe analysis.*

-SFAs that have nutrient analysis software may still choose the FNS simplified assessment option if desired, but are encouraged to use their existing software.

-Hyperlinks to instructions and tools available throughout the SNA. Locations listed below.

Calories/Sugars and Fat sources typically added to Vegetables or Fruits:

Common Sources of Added Sugars:	Common Sources of Added Fats:
Icing	Butter
Brown or white sugar	Margarine
Honey or honey mustard	Vegetable oils
Marshmallows	Salad dressing
Maple, chocolate and/or fruit syrup	Mayonnaise
	Cream/whipped cream/sour cream

Fruit, Non-Starchy Vegetable, Starchy Vegetable and Milk Simplified Nutrient Assessment Section

-At the top of this section, a hyperlink labeled "Go to Instructions" takes users to key instructions.

Although fruit/juice/vegetable is ONE component in SY 2013-14, the Simplified Nutrient Assessment (SNA) does a separate calculation for Fruit, Non-Starchy Vegetables, and Starchy Vegetables. This increases accuracy without significantly increasing workload for the user.

Fruit

-Total weekly servings are NOT already calculated from earlier data entered, as they are for lunches.

-Type in the total weekly amount of fruits offered. If none offered, enter ("0").

-Select the two buttons that best apply to fruit offerings within the 5-day menu entered for the menu worksheet- percentage of offerings containing added fat and/or added sugar. Include fats and sugars used during preparation of the food as well as any additional fats and/or sugars accompanying the component.

-Default option is "Fruit not offered." User MUST SELECT another option in order to include nutrients from this food component.

-Only ONE selection can be made for added sugar, and ONE selection for added fat. Refer to the above list of commonly added ingredients to fruits for assistance. Select the *best choice.*

-Estimates are based on average/typical use of fat and sugar in fruit offerings. Fruits served with significant (more than 2 teaspoons/cup) added fat and/or sugar may be listed in column O1 ("Dessert, Side or Condiment") to report, along with total planned servings within the week, exact calorie and saturated fat values.

Fruit Example:
2 cups of fruit offered over the week
(1 cups canned in light syrup, 1 cups fresh/plain fruit)
Result: Fruit offered with added sugar 50% of the time (1 divided by 2; select "30% to 70% of the total fruit offerings)
Result: Fruit offered with added fat 0% of the time (0 divided by 2; select "less than 30% of the total fruit offerings")

Non-Starchy and Starchy Vegetables

-There is also a selection chart for both non-starchy and starchy vegetables.

- Total weekly servings are NOT already calculated from earlier data entered, as they are for lunches.

-Type in the total weekly amount of non-starchy vegetables offered over the week. If none offered, enter ("0").

-Select the button that *best* describes added fat in offered non-starchy vegetables.The default option is "Non-starchy vegetables not offered." Only ONE selection can be made- refer to the above list of common added ingredients to vegetables and select the *best choice*.

-User MUST SELECT another option in order to include nutrients from non-starchy vegetables.

-Proceed with the selection chart for STARCHY vegetables, following the same steps described above.

Vegetable Example 1:
1 cup of non-starchy vegetables offered
(1/2 cup side of spinach sauteed in olive oil and ½ cup salsa for a breakfast burrito)
Result: Non-starchy vegetables offered with added fat 50% of the time (1/2 cup divided by 1 cup; select "30% to 70% of the total dark green offerings").

Vegetable Example 2:
1 ½ cups of starchy vegetables offered
(1 cup fried hash brown potatoes, ½ cup baked potatoes wedges without added fat)
Result: Starchy vegetables offered with added fat 67% of the time (1 cup divided by 1 ½ cups; select "30% to 70% of the total starchy offerings" for fat)

Milk

-Average serving size and total weekly servings already calculated from earlier data entered.

-Select the button describing which **two** milk offerings are *most frequently served* this week. Only ONE selection can be made- refer to historical usage, inventory records, etc. and select the *best choice*. Default option is "Milk not offered." User MUST SELECT another option in order to include nutrients from this food component.

-Estimates based on average usage of standard commercial products. Milk offerings with a unique nutrient profile (e.g. reduced sugar flavored milk) may be listed in column O1 ("Side or Condiment") to report, along with total planned servings within the week, exact calorie and saturated fat values.

5 cups of milk offered over the week
Nonfat unflavored and lowfat unflavored milk daily, chocolate nonfat milk offered Fridays only.
Using inventory, offered 450 nonfat unflavored, 450 lowfat unflavored, 100 chocolate nonfat
Result: SFA would select the "nonfat unflavored & low-fat (1%) unflavored" option.

Simplified Nutrient Data Entry

-Next, scroll to the top and begin the "Grains and Meats/Meat Alternates Simplified Nutrient Data Entry" section and the "Other items" data entry section.

-All meals offered over the week have been pre-populated. These appear in column M1.

Grains and Meats/Meat Alternates Reporting

-In column M2, enter information for Grains and Meats/Meat Alternates. *This includes nutrient information for BOTH creditable grains and meat/meat alternates AND meats/meat alternates being offered as "additional" foods (not credited). **All** additional foods offered with the meal must be included for purposes of the dietary specifications.*

-Do NOT include calorie or saturated fat information for other meal components (fruits, vegetables, milk, or anything reported in the Desserts/Sides/Condiments section).

-Some double counting may occur with main dishes containing large amounts of fruits or vegetables (e.g. breakfast burrito with vegetables). *If possible to report calorie and saturated fat information for main dish and exclude vegetables/fruits it contains, this is acceptable. Otherwise, report calorie and saturated fat information in entire entrée and do not include amount of fruit/vegetables as part of weekly total.*

-In last column, enter number of servings of each Grain and Meats/Meat Alternate offered over the course of the week. Rely on production records and historical data if this is a new menu. If food item is served more than one day per week, add number of servings for all days offered.

-At the top of this section is a link to Optional Serving Size and Fraction Calculators, tools intended to help users with serving size calculations by volume or weight, adding fractions, and converting decimals to fractions.

Example 1:

Meal Name is "Breakfast burrito with fresh salsa."
Only breakfast burrito nutrient information being entered → type "Breakfast burrito" (column M2)
Breakfast burrito and salsa nutrient information → type "Breakfast burrito w/salsa"

Example 2:
Breakfast burrito offered Monday (200 servings) and Thursday (300 servings)
Result: Report 500 servings (column M5)

Example 3:
Whole-grain pancakes served w/maple syrup
Reported in Grains and Meats/Meat Alternates: 300 pancakes, each including 1 tablespoon syrup in analysis
Reported in Other Items: 300 servings of 1 packet (tablespoon) of syrup

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Sides or Condiments Nutrient Reporting

-A link at the top jumps to a chart listing calories and saturated fat for commonly used condiments, such as margarine and maple syrup.

- Enter the name of the food item (O1), calories per serving (O2), and saturated fat grams per serving (O3). Use standard rounding procedures to two decimals points.

-These items have NOT been pre-populated. User must enter names of any sides or condiments not reported previously. Information can be collected from nutrition labels, product specifications, or other sources.

-Enter the number of servings of each item offered over the course of the week (O4).

-For condiments, amounts may be entered based on a per serving basis or in bulk quantities based on weekly usage data. Total calories and saturated fat over the week is equivalent in either method of reporting. (The denominator for determining averages is the total number of MEALS served over the week [total of all numbers recorded in column O4]).

Condiments Example:
Item offered: maple syrup
Per Serving Reporting: 256 offered servings of 1 Tablespoon amounts (100 calories, 0.0 grams saturated fat per serving)
Bulk Quantity Reporting: 1 serving of 1 gallon offered over the week (25,600 calories, 0.0 grams saturated fat)

Nutrient Assessment

-Scroll to the bottom/middle of the screen (past the bottom of the Grains and Meats/Meat Alternates and Side/Condiment charts).

-This section, "Daily Amounts Based on the Average for a 5-day week," calculates daily average calories and percentage of calories from saturated fat. The values based on the entered menu are in grey boxes. The required range for the menu type is shown in the yellow boxes.

-If the menu meets requirements, the Assessment box turns Green. If the menu is within 25 calories of the required calorie range, or within half a percentage point of the saturated fat limit, the Assessment box turns Yellow. This provides SFAs an opportunity to work with their State as to why the menu is not within the range without an immediate rejection.

- If calories or saturated fat are beyond the cautionary range, the Assessment box turns Red.

- State agencies should work particularly closely with SFAs that submit menus that utilize the flexibility for assessment of grain and/or meat/meat alternate weekly maximums to provide technical assistance as needed.
-SFAs should contact their State agencies for additional information regarding the grain component flexibilities contained in FNS memorandum SP 26-2013.

- To be certified as compliant with the new school meal patterns, all menus submitted by SFAs for certification purposes MUST meet all of the dietary specifications, including calorie minimums and maximums. State agencies will carefully examine the submitted simplified nutrient assessment to ensure that the weekly average calorie maximum is not exceeded.

-Simplified Nutrient Assessment is now complete- save this file and email or print for State Agency review.