

ACKNOWLEDGEMENTS	iii
ACRONYMS	v
GLOSSARY	vi
INTRODUCTION – SMI SUCCESS!	1
What's in This Manual?	1
A Companion Manual	2
What Is SMI?.....	2
Improving School Meals Involves a Roadmap.....	3
Working Toward Specific Nutrition Goals: Going Beyond Meal Patterns	3
SMI Is Important: Showing the Way	5
Schools Can Make a Difference	6
CHAPTER 1 CHOOSING A MENU PLANNING APPROACH THAT WORKS FOR YOU	7
A Comparison of the Various Menu Planning Approaches.....	7
Meeting the Nutrient Standards and the Dietary Guidelines	7
You Have Choices!.....	7
Food-Based Approaches.....	8
<i>The Traditional Food-Based Menu Planning Approach</i>	8
<i>The Enhanced Food-Based Menu Planning Approach</i>	8
Nutrient-Based Approaches	9
<i>The Nutrient Standard Menu Planning Approach</i>	9
<i>The Assisted Nutrient Standard Menu Planning Approach</i>	9
Alternate Menu Planning Approaches	10
<i>Minor Modifications</i>	10
<i>Major Changes or New Alternate Menu Planning Approach</i>	10
Comparison of Menu Planning Approaches	11
CHAPTER 2 USING A FOOD-BASED MENU PLANNING APPROACH.....	15
Advantages and Disadvantages to Implementing	
Food-Based Menu Planning Approaches.....	16
How the Two Food-Based Menu Planning Approaches Differ	17
<i>Traditional Food-Based Menu Planning</i>	17
<i>Enhanced Food-Based Menu Planning</i>	17
Available Lunch Modifications for Food-Based Menu Planning.....	18
How To Structure Your Food-Based Menus	20
Selecting the Right Age/Grade Groupings for Your Food-Based Menus	21
Serving the Appropriate Portion Sizes for Your Food-Based Menus	22
What Does It Take To Implement a Food-Based Menu Planning Approach? - A Self-Evaluation Review.....	23
CHAPTER 3 USING A NUTRIENT-BASED MENU PLANNING APPROACH	27
Importance of the Meal Structure	27
Nutrient Analysis	27
Advantages and Disadvantages to Implementing NSMP/ANSMP	28
Additional ANSMP Concerns.....	30

Meal Requirements for NSMP/ANSMP	30
Making NSMP/ANSMP Work for Your SFA or School	31
Planning Menus To Meet the Nutrition Standards	31
Selecting the Right Age/Grade Groups for Menu Planning	32
Key Points To Remember When Planning Menus	33
Meal Service and Offer Versus Serve (OVS)	35
Variations in Lunch Structure for Nutrient-Based Menu Planning Approaches.....	38
Developing Side Dish Groupings To Promote Healthy Choices	39
Determining How Many Nutrient Analyses To Conduct.....	40
Food or Theme Bars (Self-Serve).....	40
Whole Foods versus Fortification	41
Menu Substitutions.....	42
Importance of Standardized Recipes and Food Preparation Techniques	43
What Does It Take To Implement a Nutrient-Based Menu Planning Approach? - A Self-Evaluation Review	45
CHAPTER 4 DAILY PRACTICES FOR MEETING SMI NUTRITION GOALS FOR ALL MENU PLANNING APPROACHES	49
Menu Planning for Healthy School Meals.....	49
Providing Menu Choices.....	50
Developing Cycle Menus	50
Menu-Planning Practices for Healthy School Meals	51
Purchasing Practices for Healthy School Meals.....	53
Food Preparation Practices for Healthy School Meals.....	56
Meal Service Practices for Healthy School Meals	59
Ideas for Program Promotion and Improvement	60
Portion Control for Healthy School Meals	60
A La Carte Sales That Promote Healthy Choices	61
Food Safety and Sanitation Practices for Healthy School Meals	62
Using Practice-Based Strategies To Meet Nutrition Standards.....	64
Commitment and Training.....	65
CHAPTER 5 TEAM NUTRITION	67
About Team Nutrition	67
How Does Team Nutrition Work?	67
Communication Channels.....	68
What Resources Does Team Nutrition Provide?	69
Join the Team!.....	70
CHAPTER 6 PREPARING FOR AN SMI REVIEW.....	71
How Does the SMI Review Compare to a CRE Review?	71
Preparing for the Review – What You Will Need	72
The SMI Review Process – What To Expect	76
SMI RESOURCES	79
APPENDICES	87
INDEX	125