

Section 1: Introduction to Mississippi Cycles II

What is **MsC II**?

Mississippi Cycles II is a revision of **Mississippi Cycles**. Mississippi Cycles was developed in 1998 and funded by a Team Nutrition Grant to the Office of Child Nutrition Programs of the Mississippi Department of Education. This revision is also funded by a Team Nutrition Grant. Work on this project occurred between April 2003 and March 2005.

Mississippi Cycles II (MSC II) was designed to deliver a customized selective menu system for use in elementary and secondary schools in the state. School based menus were developed by Mississippi CNP professionals. **MsC II** menu system enables SFS Administrators and Managers to implement cost effective menus appealing to children and designed to meet established USDA nutrient standards. In addition, **MSC II** includes recipes, nutrient analysis of recipes and menus, and a means to customize the menus for school sites. The menus are based on the USDA traditional meal pattern and the Food Guide Pyramid. They follow traditional meal component guidelines and allow healthy food choices for students. **MSC II** has followed the original design with revision of recipes, addition of recipes, and revision of the menu cycle to include an additional week.

What are the benefits of **MsC II** menus?

- Documentation for meeting USDA regulations: RDA's and U.S. Dietary Guidelines

- Popular menu choices will meet nutrient goals within a weekly average
- Menu customization is possible through the use of the **MsC II Menu Customizing Chart**
- Flexibility of switching days and menu items within the same week of the **MsC II** without altering weekly averages for nutrients and cost
- Emphasis on the use of USDA commodities and food available through the Mississippi purchasing system

Two manuals are provided for MS Cycles II. Information about menus, customizing charts, recipes, implementation, tools, and the meat/meat alternate recipes are in Manual 1. Manual 2 contains the remainder of the recipes and tools.

Nutritional Analysis of MS Cycles II

The food item file is made from products from the Mississippi state cooperative purchasing program. The products are widely used ingredients in the state's Child Nutrition Programs (CNP). Information provided on each food item includes nutrient values. CNP state staff secured information from suppliers and manufacturers. This data was developed using the Lunchbytes Nutrikids™ software. Each school district will be supplied with a CD containing the database in Nutrikids™ software for **MSC II Menus** and the **MSC II Customizing Charts**.

Use of this company should not be construed as endorsement of this product over other USDA approved nutrient analysis programs

Food Item File

The food item file on the CD provided includes all the ingredients used in the recipes in the **MSC II Menus** and **MSC II Customizing Charts**. Ingredients are either on the state purchasing program or provided through the USDA Food Distribution Program.

Recipe File

The CD also contains all of the recipes in the **MSC II Recipe Book**. This includes recipes in the **MSC II Menus** and **MSC II Customizing Charts**.

Menu File

The menu file includes the elementary and secondary menus of the **MSC II** menu system. This contains daily and weekly menu analysis information. Also included in this file are the USDA Nutrient Standards chosen for each cycle menu.

Adapting for your school district

The recipes can be used to plan menus for your school district. Nutritional Analysis Protocol gives excellent guidance for this process.

How to Incorporate Nutrient Analysis into Menu Planning

You may find that some of these recipes or that the **MSC II** menu system does not work for your schools. You can make changes to the recipes or create your own menus. The data provided on the CD will help you customize your recipes or menu system.

To maintain nutritional integrity of your menus if you make any changes to the recipes or menus, you need to make these changes in your computer program. Nutrient analysis is an evaluation tool that you can use to measure the nutritive value of your recipes and menus and document your compliance with USDA regulations.

Use of files with Lunchbyte Nutrikids™

To download data from the CD to your Nutrikids™ program follow the steps in the Nutrikids™ Instruction Manual or contact technical assistance at Nutrikids™. The data will become part of your Nutrikids™ file.

Sources of the food item file are the USDA nutrient database, branded information (from Nutrikids™), and nutrient information entered by the Mississippi Department of Education.

Conversion of File for Use with Other USDA-Approved Nutrient Analysis Programs

The information on your CD can also be converted to other USDA-approved nutrient analysis programs. To determine how to convert Nutrikids™ data to other programs, refer to the software company supporting your nutrient analysis program and/or your district computer specialist.

Providing a variety of choices

One of the emphases of the menus is to provide a variety of choices in all components. Every effort was made to incorporate a wide variety of fruit and vegetable choices.

Use of this company should not be construed as endorsement of this product over other USDA approved nutrient analysis programs

Resources Used in the Development of Mississippi Cycles II

Robinson, Ann & Hankins, Brenda (Rev. 2004) *Decide to Succeed: an Orientation for New Managers*. Jackson, MS : State of Mississippi, Department of Education, Office of Child Nutrition Programs.

U. S. Department of Agriculture, Food and Nutrition Service. (1998) *A Menu Planner for Healthy School Meals*. FNS-303.

The University of Southern Mississippi (1998). *MS Cycles: A guide for School Foodservice Administrators*. Jackson, MS: State of Mississippi, Department of Education, Office of Child Nutrition Programs.

U.S. Department of Agriculture, Food and Nutrition Services (Revised 2001). *Food Buying Guide*. Washington, D.C.: USDA FNS.

Robinson, Ann, Kidd, Joan, & Ford, Sandra. (1996) *Culinary Techniques for Healthy School Meals*. University, MS: National Food Service Management Institute for the State Departments of Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee.

U.S. Department of Agriculture, Food and Nutrition Service. (2004) *Fruits and Vegetables Galore: Helping Kids Eat More*. FNS 365.

Robinson, Ann & Hankins, Brenda. (2002) *Pieces of the Puzzle: What Managers Know and Do*. Jackson, MS: State of Mississippi, Department of Education, Office of Child Nutrition Programs.

Basics at a Glance. (Revised 2002). University, MS: National Food Service Management Institute.

U. S. Department of Agriculture, Food and Nutrition Service. (2004) *Nutrient Analysis Protocols*. Washington, D. C. USDA - FNS.