



NEW SCHOOL
LUNCH MEAL



PATTERN

OBJECTIVES

- **Review required changes to the lunch meal pattern and nutrition standards**
- **Review implementation timelines**
- **Provide resources and suggestions to implement changes**
- **Cure Lachanophobia**

TIME FRAMES FOR IMPLEMENTATION

- **New LUNCH meal pattern required for School Year 2012-2013, beginning July 1, 2012**
- **New BREAKFAST meal pattern required for School Year 2013-2014, beginning July 1, 2013 EXCEPT:**
 - **Milk requirement is effective July 1, 2012**
 - **Formulated grain-fruit products (e.g. Superdonuts) are not allowed as a fruit component effective July 1, 2012**
- **Additional \$.06 per lunch reimbursement available beginning October 1, 2012. Criteria to be determined**

OVERVIEW OF CHANGES

NEW MEAL PATTERN AND NUTRITION STANDARDS:

- **Are in alignment with Dietary Guidelines for Americans**
- **Require all LEAs to use one Food Based Meal Pattern (FBMP)**
- **Provide increased servings of vegetables, fruits, whole grains**
- **Require limits on saturated fat, trans fat and sodium (phased in over a period of time)**
- **Require LEAs to plan menus by specific grade groups**
- **Require minimum and maximum:**
 - **Calories**
 - **Meat/meat alternate servings**
 - **Grain servings**

LUNCH GRADE GROUPS

THREE GRADE GROUPS ARE REQUIRED:

GRADES K – 5

GRADES 6 – 8

GRADES 9 – 12

OTHER GRADE GROUPINGS

K-8 Schools

- **Nutrition standards for each grade group must be met even if serving the same portion size**
- **Fruit, Vegetable and Milk Component portion sizes SAME for grades K-5 and 6-8**
- **Specific overlap requirements for grains, meat/meat alternate and calorie range**

OTHER GRADE GROUPINGS

Grades 6-12

No Overlaps

Separate menus MUST be developed
for Grades 6-8 and 9-12

Preschool

New meal pattern NOT applicable,
except milk requirement

SPECIFIC REQUIREMENTS

- **EACH SERVING LINE/SERVING AREA** must have all five required components
- **EACH MENU CHOICE** must include all five required components **AND** meet daily minimum requirements **AND** weekly requirements
- Content of reimbursable meal **MUST** be identified at or near the beginning of the serving line
- **State Agency Menu Planning Template Recommended**

LUNCH MEAL PATTERN

LUNCH MEAL COMPONENTS ARE:

1. FRUITS
2. VEGETABLES
3. GRAINS
4. MEAT/MEAT ALTERNATES
5. FLUID MILK

FRUITS



FRUITS

- **Fruit is a separate component from Vegetables**
- **MUST be offered daily**

REQUIREMENTS

	K-5	6-8	9-12
Daily Minimum	½ Cup	½ Cup	1 Cup
Weekly	2½ Cups	2½ Cups	5 Cups

ALLOWABLE FRUITS

- **FRESH**
- **FROZEN WITHOUT ADDED SUGAR**
(Exemption for School Year 2012-2013 Only)
- **CANNED IN JUICE/LIGHT SYRUP**
- **DRIED**
 - **$\frac{1}{4}$ Cup Dried Fruit Counts as $\frac{1}{2}$ Cup Fruit**
- **100% JUICE**
 - **No More Than $\frac{1}{2}$ of Fruit Offerings in a Meal may be Juice**

VEGETABLES



LACHANOPHOBIA

An intense fear of vegetables



We will help you overcome your fear

VEGETABLES

VEGETABLES MUST BE OFFERED DAILY

THERE ARE WEEKLY MINIMUM REQUIREMENTS FOR EACH OF FIVE SUB GROUPS:

- **DARK GREEN-(e.g. broccoli, spinach, kale)**
- **RED/ORANGE-(e.g. carrots, sweet potatoes, tomatoes)**
- **BEANS/PEAS- (e.g. kidney beans, chick peas, lentils)**
- **STARCHY- (e.g. corn, green peas, lima beans, white potatoes)**
- **OTHER-(e.g. beets, cabbage, cucumbers, green beans)**

ADDITIONAL VEGETABLES-Vegetables from any sub group can be added to reach weekly minimum requirements

VEGETABLES

REQUIREMENTS

	K-5	6-8	9-12
Daily Minimum	$\frac{3}{4}$ Cup	$\frac{3}{4}$ Cup	1 Cup
Weekly	$3\frac{3}{4}$ Cups	$3\frac{3}{4}$ Cups	5 Cups
• Dark green	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
• Red/Orange	$\frac{3}{4}$	$\frac{3}{4}$	$1\frac{1}{4}$
• Beans/Peas	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
• Starchy	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
• Other	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{3}{4}$
• Add Veg for Total	1	1	$1\frac{1}{2}$

VEGETABLES

ADDITIONAL INFORMATION

- Vegetable subgroup minimums are WEEKLY, not daily
- After each sub-group requirement is met, any vegetable subgroup may be offered to meet the total weekly vegetable requirement
- There are no maximum amounts established for any vegetable sub group
- **Raw, leafy salad greens** count as half the volume served (e.g. 1 Cup Romaine counts as ½ cup dark green vegetable)
- **Cooked leafy greens** count equal to volume served (e.g. ½ cup cooked spinach counts as ½ dark green vegetable)

GRAINS



GRAINS

- Starting July 1, 2012 (School Year 2012-2013), at least **HALF** of the grains offered must be whole grain rich
- Starting July 1, 2014 (School Year 2014-2015), **ALL** grains must be whole grain rich
- **Whole Grain Rich Products must meet ONE of the following criteria:**
 - Whole grains per serving must be ≥ 8 grams
 - Product includes FDA's whole grain claim on package
 - Product ingredient listing indicates whole grain FIRST (If first ingredient is water, whole grain can be second ingredient)
- No more than 2 grain based desserts per week may be counted toward the grain requirement

WHOLE GRAINS

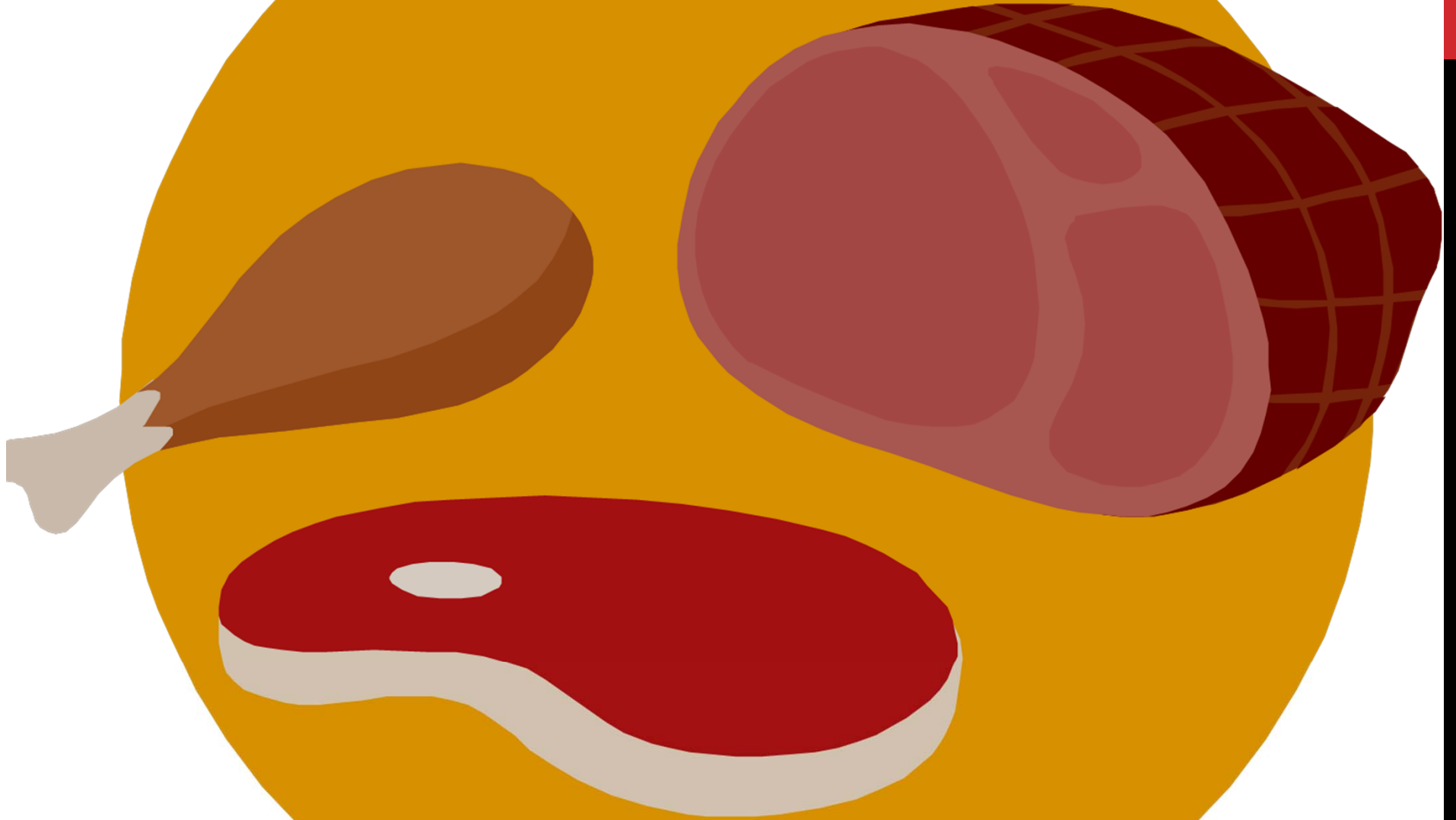
REQUIREMENTS

	K-5	6-8	9-12
Daily Minimum	1 oz. Eq.	1 oz. Eq.	2 oz. Eq.
Weekly Minimum	8 oz. Eq.	8 oz. Eq.	10 oz. Eq.
Weekly Maximum	9 oz. Eq.	10 oz. Eq.	12 oz. Eq.

Ounce (oz.) Equivalent (Eq.) based on USDA Grain/Bread Chart

- **Each menu choice must meet minimum/maximum requirements**
- **Bread Baskets are no longer allowed**

MEAT



MEAT/MEAT ALTERNATE

- **Meat, Poultry, Seafood**
- **Cheese**
- **Eggs**
- **Tofu**
- **Cooked dry beans and beans (counts as meat/meat alternate OR vegetable when served in same meal)**
- **Yogurt (plain or flavored)**
 - **4 oz. or $\frac{1}{2}$ cup equals 1 oz. meat/meat alternate**
 - **Greek or soy yogurt allowed**
- **Nuts/Seeds and their butters (Nuts/Seeds only count towards $\frac{1}{2}$ meat/meat alternate requirement)**

TOFU REQUIREMENTS

Tofu is creditable as a meat/meat alternate as follows:

- **MUST BE COMMERCIALY PREPARED PRODUCT**
- **½ cup or 2.2 oz. by weight equals 1 oz. meat/meat alternate**
- **Tofu portion must contain 5 grams protein**
- **Use products with Child Nutrition (CN) label**
- **Recipes or items containing Tofu that are not recognizable are not creditable as a meat/meat alternate**

MEAT/MEAT ALTERNATE

REQUIREMENTS

	K-5	6-8	9-12
Daily Minimum	1 oz. Eq.	1 oz. Eq.	2 oz. Eq.
Weekly Minimum	8 oz. Eq.	9 oz. Eq.	10 oz. Eq.
Weekly Maximum	10 oz. Eq.	10 oz. Eq.	12 oz. Eq.

Each menu choice must meet minimum/maximum requirements

MILK



FLUID MILK

- **Effective July 1, 2012, ONLY the following choices are allowed:**
 - **1% UNFLAVORED**
 - **FAT-FREE UNFLAVORED**
 - **FAT-FREE FLAVORED**
- **Must offer a minimum of two choices**
- ***One cup (8 fluid ounces) must be offered daily for all grade levels***
- **Same requirements apply to School Breakfast Program (SBP), After School Snack Program (ASSP) and Special Milk Program (SMP)**
- **Same requirements apply to lactose-reduced and lactose-free milk**

PORTION SIZE REQUIREMENTS FOR GRADES K-8 (COMBINING K-5 AND 6-8)

- **Portion size requirement for K-5 and 6-8 same as K-8 for:**
 - **Fruits**
 - **Vegetables**
 - **Milk**

- **Overlapping portion size requirement for:**
 - **Grains**
 - K-5:** 8-9 oz. eq. / wk.
 - 6-8:** 8-10 oz. eq. / wk.
 - **K-8: 8-9 oz. eq. / wk.**

 - **Meat/Meat Alternate (M/MA)**
 - K-5:** 8-10 oz. eq. / wk.
 - 6-8:** 9-10 oz. eq. / wk.
 - **K-8: 9-10 oz. eq. / wk.**

OFFER VS SERVE (OVS)

- **OVS required at High School; Optional at all other schools**
- **Must offer all 5 components**
- **Must offer FULL portion of each component**
- **Students must take at least 3 components**
- **Important change beginning July 1, 2012:**
 - Student **MUST SELECT** fruit or vegetable component for meal to be reimbursable
 - Student must take at least ½ cup fruit **OR** ½ cup vegetable

NUTRITION STANDARDS

The new meal pattern has requirements for 4 specific nutrients:

- **Calories**
- **Saturated Fat**
- **Trans Fat**
- **Sodium (Effective July 1, 2014)**



CALORIES

- Minimum and Maximum calories levels must be followed
- Target amounts are averaged over a 5 day week

REQUIREMENTS

	K-5	6-8	9-12
Daily Minimum Average	550	600	750
Daily Maximum Average	650	700	850

SATURATED FAT (% OF TOTAL CALORIES)

- **No change from current standards**
- **Saturated fat must be **LESS THAN 10%** of total calories based on the average of a five day week**

TRANS FAT

- **MENU ITEMS CONTAINING TRANS FAT ADDED IN MANUFACTURING OR PROCESSING ARE NOT ALLOWED**
- **THE MANUFACTURERS SPECIFICATONS OR NUTRITION FACTS LABEL MUST INDICATE:**

0 grams of trans fat per serving

SODIUM

- **1 TEASPOON OF SALT = 2132 MILLIGRAMS (MG) OF SODIUM**

- **Target Sodium levels are gradually phased in beginning July 1, 2014 (School Year 2014-2015):**
 - **Target 1-Effective July 1, 2014**
 - **Target 2-Effective July 1, 2017**
 - **Final Target-Effective July 1, 2022**

SODIUM REDUCTION SUMMARY

Sodium Reduction Phased In for Lunch: Timeline & Amount

Age/ Grade Group	<u>Baseline:</u> Current Average Sodium Levels (mg)	Target 1: SY 2014-15 (mg)	Target 2: SY 2017-18 (mg)	Final Target: SY 2022-23 (mg)	% Change (Current Levels vs. Final Targets)
K-5	1,377	≤ 1,230	≤ 935	≤ 640	-54%
6-8	1,520	≤ 1,360	≤ 1,035	≤ 710	-53%
9-12	1,588	≤ 1,420	≤ 1,080	≤ 740	-53%

NUTRITION STANDARDS FOR COMBINING K-5 AND 6-8

Combined nutrition standards for K-8 Schools are:

➤ **Calories**

K-5: 550-650 calories

6-8: 600-700 calories

➤ **K-8: 600-650 calories**

➤ **Saturated Fat**

Same standards: <10% of calories

➤ **Trans Fat**

Same standards: 0 grams of trans fat

➤ **Sodium**

Final Target: ≤ 640 mg. sodium (when final target implemented)

NUTRITION FACTS LABEL

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

COMING ATTRACTIONS!

- **Standards for the School Breakfast Program will change for School Year 2013-2014**
- **USDA will establish standards that apply to a la carte foods sold in schools**
- **Questions and Answers from New Meal Pattern Trainings will be developed and posted in SNEARS**
- **Future trainings and/or webinars:**
 - **School Breakfast Program**
 - **Cycle Menu Planning for Elementary and Secondary Schools**
 - **Financial Management for New Meal Pattern**
 - **Production Records**

WEB RESOURCES

Healthier US School Challenge (HUSSC):

www.teamnutrition.usda.gov/HealthierUS/index.html

Team Nutrition :

www.teamnutrition.usda.gov/library.html

National Food Service Management Institute:

www.nfsmi.org

Choose My Plate:

www.choosemyplate.gov

See” Web Resources” Handout (#126) for additional resources

DON'T WORRY...BE HAPPY

