

Meal Pattern Overview

Training for School Food Service Staff



Objectives

Examine the new USDA meal pattern requirements.

Why are we here?

- School meal programs impact millions of children every day
- Obesity and food insecurity/hunger are dual threats to many of these children
- Rule informed by current nutrition science



“The Rule”

The new rule requires:

- an increase in the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk
- reduce the levels of sodium, saturated fat and trans fat
- meet the nutrition needs of school children within their calorie requirements.



Menu Planning Approach

Food-based menu planning



What is the meal pattern?

OSPI's Meal Pattern Chart

National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Weekly minimum - maximum	8–10 oz equivalent/week (1 oz daily minimum)	9–10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)
Vegetables (total) -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
Fruits -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	8-9 oz equivalent/week (1 oz daily minimum)	8-10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium** -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving

*Effective School Year 2014-15

**Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23



Age / Grade Division

Same grade groups for NSLP and SBP:

K-5

6-8

9-12

School Lunch Meal Pattern

Food Components	Grade K- 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups /wk (1 cup daily)	5 cups /wk (1 cup daily)	5 cups /wk (1 cup daily)



Meal Pattern Components

**Fruits and Vegetables are now
separate components!**

**Daily and Weekly requirements
Minimum and Maximums**



Milk

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)



Milk

- Allowable milk options:
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Lactose-reduced or lactose-free low-fat or fat-free
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes
- Milk provisions also apply to children ages 3-4

Meat or Meat Alternate

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Meat or Meat Alternates -Weekly minimum - maximum	8 – 10 oz equivalent/week (1 oz daily minimum)	9 – 10 oz equivalent/week (1 oz daily minimum)	10 -12 oz equivalent/week (2 oz daily minimum)

Meat or Meat Alternate

A variety of meat/meat alternates is encouraged

Tofu and soy yogurt will be allowable as meat alternates



Vegetables

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Vegetables (total) -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk



Vegetables

Variety of preparation methods available

Fresh, frozen, and canned products

Minimum creditable serving = $\frac{1}{8}$ c

Changes in crediting of leafy greens

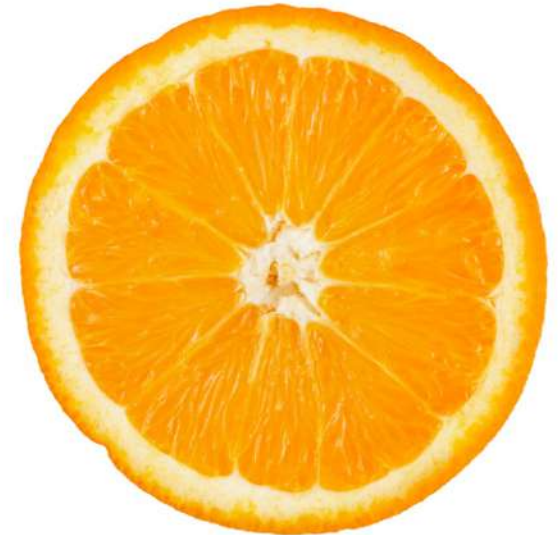
-1 cup leafy greens = $\frac{1}{2}$ cup vegetables serving

Foods from the beans/peas subgroup may be credited as a vegetable OR a meat alternate



Fruit

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Fruits -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)



Fruit

Fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit options

Exception: frozen fruit with added sugar SY 12-13
(details in SP 20-2012)

No more than half of fruit offerings may be in the form of juice

100% juice only

$\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of fruit

Refer to Food Buying Guide for crediting



Grains / Breads

Whole Grain requirements

Minimum and Maximum servings

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Grains / Breads -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	8-9 oz equivalent/week (1 oz daily minimum)	8-10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)



Dietary Specifications

Four Dietary Specifications

Calories

Sodium

Saturated Fat

Trans Fat



Dietary Specifications – Calories

Minimum and Maximum calorie levels Weekly average

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850

Dietary Specifications – Sodium

Weekly Average

Target 1: School Year 2014 - 15

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Sodium** -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*

Target 2: School Year 2017 - 18

Final Target: School Year 2022 - 23



Dietary Specifications – Saturated Fat

Weekly Average

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%

Dietary Specifications – Trans Fat

Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
(less than 0.5 gram per serving)

Naturally-occurring trans fat excluded
e.g. beef, lamb, dairy products



Identify Reimbursable Meal

“ Schools must identify near or at the beginning of the serving line(s) the food items that constitute the unit priced reimbursable meal”

Schools have discretion on how to identify these foods



“Kids need nurturing, and they get a lot of it through the lunch line...Kids get the message that regardless of their circumstances, someone cares for and feeds them.”

~ Tom Vilsack, Secretary of Agriculture

