

Nutrition Standards for the Meal Pattern Requirements



Age/Grade Groups

- Same age/grade groups for NSLP and SBP
 - K-5
 - 6-8
 - 9-12
- In SBP, change took effect in SY 2013-2014

Menu Planning Approach Changes

- Food-Based Menu Planning(FBMP)approach for all age/grade groups
 - NSLP operators must use FBMP beginning with SY 2012-2013
 - SBP operators must use FBMP beginning with SY 2013-2014

Lunch Meal Pattern

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups) ^b	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^b	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^c	0.5	0.5	0.5
Red/Orange ^c	0.75	0.75	1.25
Beans and peas (legumes) ^c	0.5	0.5	0.5
Starchy ^c	0.5	0.5	0.5
Other ^{c,d}	0.5	0.5	0.75
Additional Veg to Reach Total ^e	1	1	1.5
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	< 10	< 10	< 10
Sodium (mg) ^{h,i}	≤ 640	≤ 710	≤ 740
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Fruits (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

Fruits (Lunch)

- Fruits/vegetables separated into two components
- A daily serving at lunch
- May select from fresh, frozen, canned in juice/light syrup, or dried fruit options
 - No more than half the offerings may be in the form of juice, per week
 - 100% juice only
 - $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit
 - Refer to Food Buying Guide for crediting

Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Vegetables (Lunch)

- Daily serving that reflects variety over the week
- Vegetable subgroup weekly requirements for
 - Dark Green (e.g., broccoli, Romain, spinach)
 - Red/Orange (e.g., carrots, sweet potatoes, tomatoes)
 - Beans/Peas (Legumes) (e.g., kidney beans, lentils, split peas)
 - Starchy (e.g., corn, green peas, white potatoes)
 - Other (e.g., onions, green beans, cucumbers)
 - Additional vegetables to meet 5 cup weekly total

Vegetables (Lunch)

- Various preparation methods available
 - Fresh, frozen, and canned products
 - USDA Foods offers variety of no salt added or lower sodium products
- Changes in crediting of leafy greens
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable OR a meat alternate

Vegetables (Lunch)

- Mixed Vegetable Dishes
 - Combinations containing $\frac{1}{8}$ cup or more of each different vegetable subgroup may be creditable ($\frac{1}{4}$ cup leafy green = $\frac{1}{8}$ cup for crediting purposes).
 - If quantities are unknown, the mixed veggie dish counts toward the additional veggie requirements.

Vegetables (Lunch cont)

- Dry Beans and Peas may only count as a vegetable or meat/meat alternate requirement but not both in the same meal.
- “Dry” refers to mature beans, canned are acceptable
- fresh or frozen beans or peas do not qualify.

Fruits/Vegetables – Serving Sizes

- Serving Size – What needs to be provided?
 - $\frac{1}{8}$ cup?
 - $\frac{1}{4}$ cup?
 - $\frac{1}{2}$ cup?
 - More?
- Any of the above can work if you have enough of each option

Grains (Lunch)

Lunch Meal Pattern			
	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	8 (1)	8 (1)	10 (2)

Criteria for Whole Grain-Rich Foods

- Meet serving size requirements in Grains/Breads Instruction

and

- Meet at least one of the following
 - Whole grains per serving must be ≥ 8 grams
 - Product includes FDA's whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first (HUSSC criteria)

Grains (Lunch)

- Grain-Based Desserts
 - Only two ounces of grain-based desserts allowed at lunch per school week
 - Major source of solid fats and added sugars, per DGA 2010

Grains (Lunch)

- Half of the required ounce equivalents must be whole grain-rich
- For menu documentation, grain products should be rounded down to the .25 oz

Meats/Meat Alternates (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Meats/Meat Alternates (oz eq)	9 (1)	9 (1)	10 (2)

Meats/Meat Alternates (Lunch)

- Daily and weekly requirements for lunch only
 - 2 oz eq. daily for students in grades 9-12
 - 1 oz eq. daily for younger students
- A variety of meat/meat alternates is encouraged
- Soy yogurt will be allowable as meat alternate

Milk (Breakfast & Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups)¹	5 (1)	5 (1)	5 (1)

Milk (Breakfast & Lunch)

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

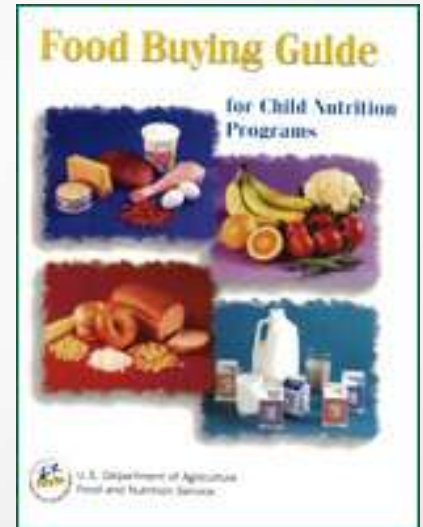
Breakfast Meal Pattern

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups) ^b	5 (1) ^e	5 (1) ^e	5 (1) ^e
Vegetables (cups) ^b	0	0	0
Dark green ^c	0	0	0
Red/Orange ^c	0	0	0
Beans and peas (legumes) ^c	0	0	0
Starchy ^c	0	0	0
Other ^{c,d}	0	0	0
Additional Veg to Reach Total ^c	0	0	0
Grains (oz eq) ^f	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	350-500	400-550	450-600
Saturated fat (% of total calories) ^b	< 10	< 10	< 10
Sodium (mg) ^{b,i}	≤ 430	≤ 470	≤ 500
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Fruits (Breakfast)

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)

Fruits (Breakfast)



- Fruits is a single component
- A daily serving must be offered at breakfast
 - At breakfast only, vegetables may be offered in place of fruits

Vegetables in SBP

- 1 cup daily fruit requirement effective July 1, 2014
- Vegetables may be substituted for fruit
- Starchy vegetables may be served if two cups of vegetables from the dark green, red/orange, legumes, and/or other subgroup have also been offered

Grains (Breakfast)

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

Grains (Breakfast)

- Offer the daily and weekly serving ranges of grains at breakfast
 - Phased-in implementation of whole grain-rich
- Schools may substitute meat/meat alternate for grains once daily grains minimum is met

Four Dietary Specifications

- Weekly average requirements
 - Calories
 - Sodium
 - Saturated fat
- Daily requirement
 - Trans fat

Calorie Ranges

- Minimum and maximum calorie (kcal) levels
 - Average over course of the week
- Grade Level K-5 (ages 5-10)
 - Breakfast : 350-500
 - Lunch : 550-650
- Grade level 6-8 (ages 11-13)
 - Breakfast: 400-500
 - Lunch: 600-700
- Grade Level 9-12 (ages 14-18)
 - Breakfast: 450-600
 - Lunch: 750-850

Sodium

Sodium Limits and Timeline

Target 1: SY 2014-15

Lunch

≤1230mg (K-5)

≤1360mg (6-8)

≤1420mg (9-12)

Breakfast

≤540mg (K-5)

≤600mg (6-8)

≤640mg (9-12)

Target 2: SY 2017-18

Lunch

≤935mg (K-5)

≤1035mg (6-8)

≤1080mg (9-12)

Breakfast

≤485mg (K-5)

≤535mg (6-8)

≤570mg (9-12)

Final target: SY 2022-23

Lunch

≤640mg (K-5)

≤710mg (6-8)

≤740mg (9-12)

Breakfast

≤430mg (K-5)

≤470mg (6-8)

≤500mg (9-12)

Sodium Reduction Efforts

- Procurement specifications and recipes will have to be modified
- USDA Foods reducing sodium in foods available to schools
 - Already reduced for products such as most canned vegetables and cheeses

Sodium Reduction Techniques

- Increase in-house preparation, scratch cooking
- USDA foods
- Menu planning
- Procurement specifications
- Nutrition labels
- Condiments
 - Alternate seasoning choices
 - Salt shakers/packets on the tables

Saturated Fat

- Limit saturated fat
 - Less than 10 percent of total calories
 - Same as current regulatory standard

Trans Fat

- Trans fat restriction
- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
 - Begins SY 2013-2014 for SBP
 - Begins SY 2012-2013 for NSLP
- Naturally-occurring trans fat excluded
 - e.g., beef, lamb, dairy products

Lunch Program Changes

- All changes to lunch went into effect July 1st, 2012 *with the following exceptions*
 - All grains must be whole grain-rich (July 1st, 2014)
 - First target (#1) for average weekly sodium limit (July 1st, 2014)
 - Target 2 goes into effect for SY 2017-2018
 - Final Target goes into effect for SY 2022-2023



Key Issues

Age/Grade Groups

- Overlap in K-5 and 6-8 meal patterns
 - A single menu can meet both patterns
 - Must meet following:
 - 8-9 oz eq grains/week
 - 9-10 oz eq meats/meat alternates/week
 - Average daily calorie range 600-650
 - Average daily sodium limit ≤ 640 mg (note: final sodium target; no sodium requirement until SY 2014-15)

Age/Grade Groups

- No overlap in grades 6-8 and 9-12 meal patterns
 - Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups
 - No allowance for this in new meal pattern

Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
 - Offer $\frac{1}{2}$ cup more fruit daily
 - Offer $\frac{1}{4}$ cup more vegetables daily
 - Need $\frac{1}{2}$ cup more red/orange, $\frac{1}{4}$ cup other, $\frac{1}{2}$ cup additional (any subgroup) some time during the week
 - These changes alone *may* meet calorie needs for the 9-12 group
 - Consider an additional oz eq of grain and/or M/MA for the older kids

Pre-K & CACFP Programs

- New school meal patterns not required
 - Schools *encouraged* to make healthier changes provided in new rule
 - CACFP & SFSP have different meal pattern requirements
 - Milk fat restriction (1% or less) *does* apply to these programs (but not SFSP)

Short and Long Weeks

- General approach is to increase or decrease required weekly quantities by 20% for each day variation from a standard 5-day week
 - Weeks with 1 or 2 days may be combined with either the previous or following week
 - *Daily* requirements apply regardless of week length

Short and Long Weeks- Examples

- Based on Lunch Meal Pattern for K-5
- Selected components/dietary specifications

	K-5 Lunch Meal Pattern		
Meal Pattern	5-day week	4-day week	7-day week
Fruits (cups)	2.5 (0.5)	2.0 (0.5)	3.5 (0.5)
Grains (oz eq)	8 (1)	6.5 (1)	11 (1)
Min-max Calories (kcal)	550-650	550-650	550-650

Multiple Offerings & Serving Lines

- Regulatory Requirement
 - “Schools that offer a variety of lunches or multiple serving lines must make all required food components available to all students, on every lunch line, in at least the minimum required amounts”
 - 210.10(k)(2) on page 4147 in Federal Register
 - More detailed guidance to come (definitions of distinct serving lines, etc.)

Salad Bars

- Excellent way to offer variety of vegetables
- If a separate serving line, must offer all components of a reimbursable meal
 - All daily and weekly requirements must be met
 - For vegetable subgroups, schools must offer, but child does not have to take subgroups
 - Variety within subgroups encouraged but not required
- Suggestions for using salad bars
 - http://teammnutrition.usda.gov/Resources/tricks_trade.pdf
 - Know the planned portion sizes
 - Pre-portion some foods
 - Use portion-controlled serving utensils

CN Labeling

- Label claims will now support the Final Rule and Meal Patterns for NSLP and SBP
 - Labels will identify whole grain-rich items in crediting statement (WGR Grains)
 - Products that include vegetable subgroups will identify those subgroups on the CN label

Chicken Stir-Fry Bowl

Ingredient Statement:

Chicken, whole grain brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

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Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 serving of WGR Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and 1/8 cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN

CN

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Net Wt.: 18 pounds



Chicken Wok Company
1234 Kluck Street Poultry, PA 12345



Questions?

Alaska Child Nutrition Programs