

## Nutrition Standards in the National School Lunch and School Breakfast Programs – Updated Jan. 2014

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7 (1) <sup>j</sup>	8 (1) <sup>j</sup>	9 (1) <sup>j</sup>	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8 (1)	9 (1)	10 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

<sup>a</sup>In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

<sup>b</sup>Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.

<sup>c</sup>One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>d</sup>For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>e</sup>The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

<sup>f</sup>Larger amounts of these vegetables may be served.

<sup>g</sup>This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>h</sup>Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>i</sup>At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

<sup>j</sup>In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>k</sup>There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>l</sup>Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup>The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>n</sup>Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup>In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>p</sup>Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.

**Nutrition Standards in the National School Lunch and School Breakfast Programs**

ALL meal pattern and nutrition standards requirements indicated by the USDA for implementation through the 2014–2015 School Year for both the National School Lunch and School Breakfast Programs **MUST** be implemented for the 2012–2013 Contract Term with the only exception of the sodium targets, which must be implemented as required in subsequent Contract Terms, if applicable.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
<b>Fruits Component</b>							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
<b>Vegetables Component</b>							
• Offer vegetables subgroups weekly	L						
<b>Grains Component</b>							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
<b>Meats/Meat Alternates Component</b>							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
<b>Milk Component</b>							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
<b>Dietary Specifications (to be met on average over a week)</b>							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> <li>○ Target 1</li> <li>○ Target 2</li> <li>○ Final target</li> </ul>			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
<b>Menu Planning</b>							
• A single FBMP approach	L	B					
<b>Age-Grade Groups</b>							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
<b>Offer vs. Serve</b>							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
<b>Monitoring</b>							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

## Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

<p><b>Dark Green Vegetables</b></p> <ul style="list-style-type: none"> <li>▪ bok choy</li> <li>▪ broccoli</li> <li>▪ collard greens</li> <li>▪ dark green leafy lettuce</li> <li>▪ kale</li> <li>▪ mesclun</li> <li>▪ mustard greens</li> <li>▪ romaine lettuce</li> <li>▪ spinach</li> <li>▪ turnip greens</li> <li>▪ watercress</li> </ul>	<p><b>Beans and Peas*</b></p> <ul style="list-style-type: none"> <li>▪ black beans</li> <li>▪ black-eyed peas (mature, dry)</li> <li>▪ garbanzo beans (chickpeas)</li> <li>▪ kidney beans</li> <li>▪ lentils</li> <li>▪ navy beans</li> <li>▪ pinto beans</li> <li>▪ soy beans</li> <li>▪ split peas</li> <li>▪ white beans</li> </ul>
<p><b>Starchy Vegetables</b></p> <ul style="list-style-type: none"> <li>▪ cassava</li> <li>▪ corn</li> <li>▪ fresh cowpeas, field peas, or black-eyed peas (not dry)</li> <li>▪ green bananas</li> <li>▪ green peas</li> <li>▪ green lima beans</li> <li>▪ plantains</li> <li>▪ potatoes</li> <li>▪ taro</li> <li>▪ water chestnuts</li> </ul>	<p><b>Other Vegetables</b></p> <ul style="list-style-type: none"> <li>▪ artichokes</li> <li>▪ asparagus</li> <li>▪ avocado</li> <li>▪ bean sprouts</li> <li>▪ beets</li> <li>▪ Brussels sprouts</li> <li>▪ cabbage</li> <li>▪ cauliflower</li> <li>▪ celery</li> <li>▪ cucumbers</li> <li>▪ eggplant</li> <li>▪ green beans</li> </ul>
<p><b>Red &amp; Orange Vegetables</b></p> <ul style="list-style-type: none"> <li>▪ acorn squash</li> <li>▪ butternut squash</li> <li>▪ carrots</li> <li>▪ hubbard squash</li> <li>▪ pumpkin</li> <li>▪ red peppers</li> <li>▪ sweet potatoes</li> <li>▪ tomatoes</li> <li>▪ tomato juice</li> </ul>	<p><b>Other Vegetables (continued)</b></p> <ul style="list-style-type: none"> <li>▪ green peppers</li> <li>▪ iceberg (head) lettuce</li> <li>▪ mushrooms</li> <li>▪ okra</li> <li>▪ onions</li> <li>▪ parsnips</li> <li>▪ turnips</li> <li>▪ wax beans</li> <li>▪ zucchini</li> </ul>

\*For more information on Beans and Peas, refer to <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>.