



# USDA's Food and Nutrition Service (FNS) Bureau of Indian Education (BIE) New Standards for School Meals

## *A Webinar for BIE Funded Schools*

U.S. Department of Agriculture Food and Nutrition Service

U.S. Department of the Interior- Bureau of Indian Education

April 2012

# About the Speakers



- **Brandi Sweet (Turtle Mnt Chippewa/Metis)** is a Program Analyst in the BIE, Office of Policy, Evaluation and Post Secondary Education. She has a Master of Social Work (MSW) from Washington University in St. Louis with a concentration in Social Policy, Administration, and Economic Development in Tribal Communities. She also holds a Bachelor of Social Work degree (BSW) from the University of Montana and has worked for over five years in the U.S. Department of the Interior-Indian Affairs as a social worker and program liaison for national policy development and as a project lead on the First Lady's *Let's Move! in Indian Country*, the U.S. Dept. of Education's Green Ribbon Schools, and other BIE healthier school related assignments.



- **Sara Olson** is a Presidential Management Fellow and program analyst at FNS within the Child Nutrition Division. She recently completed her master's degree at the Harvard School of Public Health, focusing on social determinants of health and maternal/child health. She also holds a bachelor's degree in nutrition from Cornell University and worked as a registered dietitian in New York City and Boston for several years prior to coming to FNS.



# Strategy

- Presentation will be a two part strategy. The first part will present the BIE's new national policy standards that support the USDA's standard. The second part will be a presentation from the USDA on the USDA new school meal standards.
- Participants will leave with a working understanding of new standards for school meals



## Indian Affairs Manual, Part 30, Chapter 7 Education (Management) Health and Wellness Policy

- 1.3.1 Wellness Council
- 1.3.2 School Meals
- 1.3.3 Beverages and Competitive Foods
- 1.3.4 Health and Nutrition Education
- 1.3.5 Physical Activity
- 1.3.6 School Employee Wellness
- 1.3.7 Physical Education
- 1.3.8 Before and After School Programs
- 1.3.9 Traditional and Cultural Foods





[www.letsmove.gov/indiancountry](http://www.letsmove.gov/indiancountry)



# BIE Policy Questions-Contact

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# USDA's Food and Nutrition Service (FNS) New Standards for School Meals



# Overview

- Background
  - Proposed Rule
  - Major Changes
- New Meal Pattern
- Implementation Timeline
- General Provisions
- Meal Components
- Dietary Specifications
- Current Standards vs. Final Rule
- Implementation and Monitoring
- Questions/ Comments

# Background

# Proposed Rule (Jan 2011)

- Title: *Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)*
- Published: Jan. 13, 2011
- Based on 2009 IOM report, *School Meals: Building Blocks for Healthy Children*
- 133,268 total comments received
  - [www.regulations.gov](http://www.regulations.gov)

# Final Rule (Jan 2012)

- Title: *Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)*
- Published: January 26, 2012
- Effective date: July 1, 2012

# Major Changes from Proposed Rule

- Changes to breakfast phased-in gradually over 3 years
- No meat/meat alternate at breakfast
- Additional year for implementation of sodium target #2
- Students may take smaller portions of fruits and vegetables under Offer versus Serve
- Compliance based on one-week reviews of menus

# Congressional Action

Several changes from the proposed rule were required as a result of the Consolidated and Further Continuing Appropriations Act, 2012 (P.L. 112-55):

- No maximum weekly limit on starchy vegetables (or any other vegetable subgroups)
- Evaluate studies on sodium intake/human health prior to implementing 2<sup>nd</sup> and final sodium targets
- Crediting of tomato paste
- “Whole grain” definition

# New Meal Pattern

# Final Rule Meal Pattern

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
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
<u>Trans</u> fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

# Reading the Meal Pattern Chart

	Breakfast Meal Pattern			Lunch Meal Pattern		
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Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
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Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
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Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<u>Trans</u> fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

# Implementation Timeline

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 <sup>1</sup> -Target 1Target 2Final target			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, and 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					

# General Provisions

- New age/grade groups for SBP/NSLP:
  - Grades K-5, 6-8, 9-12
  - Effective SY 2013-2014 for SBP
  - Effective SY 2012-2013 for NSLP
- Food-Based Menu Planning required
- Offer vs. Serve
  - A student has to select fruit or vegetable component
  - Must select at least a  $\frac{1}{2}$  cup serving

# Meal Components

# Fruits

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades6-8 <sup>a</sup>	Grades9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
<b>Fruits (cups)<sup>c,d</sup></b>	<b>5 (1)<sup>e</sup></b>	<b>5 (1)<sup>e</sup></b>	<b>5 (1)<sup>e</sup></b>	<b>2.5 (0.5)</b>	<b>2.5 (0.5)</b>	<b>5 (1)</b>
Vegetables (cups) <sup>c,d</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
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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.					

# Fruits

- Fruits/vegetables separated into two components
- A daily serving at breakfast and lunch
- May select from fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit options
  - 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
- At breakfast only, vegetables *may* be offered in place of fruits

# Vegetables

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
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Dark green	0	0	0	0.5	0.5	0.5
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Beans/Peas (Legumes)	0	0	0	0.5	0.5	0.5
Starchy	0	0	0	0.5	0.5	0.5
Other	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
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<u>Trans</u> fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

# Vegetables

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

# Vegetables (cont'd)

- Variety of preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers a 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

# Grains

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
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Vegetables (cups) <sup>c,d</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
<b>Grains (oz eq)</b>	<b>7-10 (1)</b>	<b>8-10 (1)</b>	<b>9-10 (1)</b>	<b>8-9 (1)</b>	<b>8-10 (1)</b>	<b>10-12 (2)</b>
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
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
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<u>Trans</u> fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

# 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 met

# Grains: Lunch

- Schools must offer the daily and weekly serving ranges of grains at lunch
  - Maximums and minimums
- Initially, at least  $\frac{1}{2}$  of grains offered during the week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich

# Criteria for Whole Grain-Rich Foods

- Meet the serving size requirements in the Grains/Breads Instruction, and
- Meet at least one of the following:
  - Whole grains per serving must be  $\geq 8$  grams
  - Product includes FDA's whole grain health claim on its packaging
  - Product ingredient listing lists whole grain first (HUSSC criteria)

# Other Grain Component Issues

- Grain-Based Desserts
  - Only two creditable grain-based desserts allowed at lunch per school week
  - These items are a major source of solid fats and added sugars per DGA 2010
- Formulated Grain-Fruit Products
  - No longer able to meet grain or fruit components
- Cost and Availability Concerns
  - Many whole grain options available in USDA Foods: brown rice, whole grain pasta, oatmeal, etc

# Meat/Meat Alternates

	Breakfast Meal Pattern			Lunch Meal Pattern		
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Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
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# Meat/Meat Alternates

- 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
- Both tofu and soy yogurt will be allowable as meat alternates
  - Crediting instruction memo to follow

# Fluid Milk

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>f,g</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1.5
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
<b>Fluid milk (cups) l</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
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
<u>Trans</u> fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

# Fluid Milk

- Allowable milk options include:
  - 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 (soy, rice beverages)

# Dietary Specifications

- Calories
  - Minimum and maximum calorie levels
- Saturated Fat
  - Limit to less than ten percent of total calories
- New trans fat restriction:
  - Nutrition label or manufacturer's specifications specify zero grams per serving
- Maximum limits on sodium
  - Gradual implementation
    - Target 1: SY 2014-2015
    - Target 2: SY 2017-2018
    - Final Target: SY 2022-2023

# Sodium Reduction Timeline

Sodium Reduction in Final Rule for <u>Breakfast</u> : Timeline & Amount					
Age/ Grade Group	<u>Baseline</u> Current Average Sodium Levels As Offered (mg)	Target 1: Meet by July 1, 2014 (SY 2014-15) (mg)	Target 2: SY 2017-18 (mg)	<u>Final Target:</u> SY 2022-23 (mg)	% Change (Current Levels vs. Final Targets)
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430	-25%
6-8	629 (middle)	≤ 600	≤ 535	≤ 470	-25%
9-12	686 (high)	≤ 640	≤ 570	≤ 500	-27%

# Sodium Reduction Timeline

Sodium Reduction in Final Rule for Lunch: Timeline & Amount

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

# Sodium Reduction Efforts

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

# Timeline of Changes: A Review

# SBP Changes Effective SY 2012-2013

- Offer *only* fat-free (flavored or unflavored) and lowfat (unflavored) milk
- Saturated fat limit <10% calories

# NSLP Changes Effective SY 2012-2013

- Offer fruit daily
- Offer vegetable subgroups weekly
- Half of grains must be whole grain-rich
- Offer weekly grain ranges
- Offer weekly meat/meat alternate ranges
- Offer *only* fat-free (flavored or unflavored) and low-fat (unflavored) milk
- Calorie ranges

# NSLP Changes Effective SY 2012-2013

## cont'd

- Saturated fat limit <10% calories
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- Reimbursable meals must contain a fruit or vegetable
- State Agencies conduct weighted nutrient analysis on one week of menus

# SBP Changes Effective SY 2013-2014

- Half of grains must be whole grain-rich
- Offer weekly grain ranges
- Calorie ranges
- Zero grams of *trans* fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle
- Conduct weighted nutrient analysis on one week of menus

# NSLP Changes Effective SY 2013-2014

3-year administrative review cycle

# SBP Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Reimbursable meals must contain a fruit or vegetable

# NSLP Changes Effective SY 2014-2015

- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit

# Additional NSLP and SBP Changes

- SY 2017-2018
  - Target 2 sodium restriction
  
- SY 2022-2023
  - Final Target sodium restriction

# Current Standards vs. the Final Rule

# Comparison: Current SBP vs. Final Rule

## School Breakfast Program Meal Pattern

Food Group	Current Requirements K-12	Final Rule Requirements
Fruit	<p>½ cup per day (vegetable substitution allowed)</p>	<p>Beginning SY 2014-15, 1 cup per day (vegetable substitution allowed)</p> <p>Note: Students are allowed to select ½ cup of fruit under OVS.</p>
<p>Grains and Meat/Meat Alternate (M/MA)</p>	<p>2 grains, or 2 meat/meat alternates ,or 1 of each per day</p>	<p>Beginning SY 2013-14, min. and weekly grain ranges:</p> <p>K-5: 1 oz eq. min. daily (7-10 oz weekly)</p> <p>6-8 : 1 oz eq. min. daily (8-10 oz weekly)</p> <p>9-12 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>No separate meat/meat alternate requirement; may be substituted for grains once daily minimum grains met</p>

# Comparison: Current SBP vs. Final Rule, cont'd

<b>School Breakfast Program Meal Pattern</b>		
<b>Food Group</b>	<b>Current Requirements K-12</b>	<b>Final Rule Requirements</b>
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup daily (variety of fat contents allowed; flavor not restricted)	1 cup, must be fat-free (unflavored/flavored) or 1% low fat (unflavored) daily

# Comparison: Current NSLP vs. Final Rule

Food Group	Current Requirement	Final Rule Requirement
Fruit and Vegetables	<p><math>\frac{1}{2}</math> - <math>\frac{3}{4}</math> cup of fruit and vegetables combined per day</p>	<p><math>\frac{3}{4}</math> - 1 cup of vegetables <u>plus</u>  <math>\frac{1}{2}</math> -1 cup of fruit per day            Students allowed to select <math>\frac{1}{2}</math> cup fruit or vegetable under OVS.</p>
Vegetables	<p>No specifications as to type of vegetable subgroup</p>	<p>Weekly requirement for: dark green; red/orange; beans/peas (legumes); starchy; other (as defined in 2010 DGA)</p>

# Comparison: Current NSLP vs. Final Rule, cont'd

Food Group	Current Requirement	Final Rule Requirement
<p>Meat/Meat Alternate (M/MA)</p>	<p>1.5 – 2 oz eq. (daily minimum)</p>	<p>Daily minimum and weekly ranges:            Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)            Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly)            Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>
<p>Grains</p>	<p>8 servings per week (minimum of 1 serving per day)</p>	<p>Daily minimum &amp; weekly ranges:            Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)            Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)            Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>

# Comparison: Current NSLP vs. Final Rule, cont'd

Food Group	Current Requirement	Final Rule Requirement
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup daily (variety of fat contents allowed; flavor not restricted)	1 cup, fat-free (unflavored/flavored) or 1% low fat (unflavored) daily

# Implementation and Monitoring

- USDA/FNS Technical Assistance
  - Training and support through Team Nutrition, Regional Offices
  - Updating menu planning resources
- Financial Resources
  - Six cent reimbursement for eligible schools
  - \$47 million for each of two years to assist State agencies
- Administrative reviews
  - Three-year cycle beginning in SY 2013-14 for lunch *and* breakfast
  - Use records for 1-week meal period

# Questions and Comments