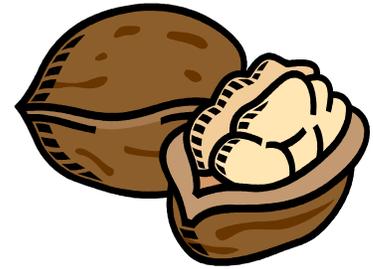


In a "Nutshell"

New Nutrition Standards and Meal Pattern Requirements For the National School Lunch Program Effective July 1, 2012 (unless noted)



Food Based Menu Planning (FBMP)

Age/Grade Groups: K-5; 6-8; 9-12 (optional K-8)

Dietary Specifications:

Weekly Calorie Ranges: Minimums & Maximums

K-5: 550-650 kcal Optional K-8: 600-650 kcal

6-8: 600-700 kcal

9-12: 750-850 kcal

Weekly Saturated Fat: <10% of total calories (current standard)

Weekly Sodium: (Target 1 not in effect until SY2014-15)

★Daily Zero Trans-fat (< 0.5 grams/serving) – excludes naturally-occurring trans-fat

Components:

Milk

- Offer a variety from only unflavored low-fat and flavored or unflavored fat-free

Fruits

- Separate component
- 1/8 cup minimum amount per serving needed to credit
- Fresh; frozen w/o added sugar (exempt SY 2012-13); canned in water, light syrup or juice; dried (credited as twice volume: 1/8 cup = 1/4 cup fruit); pasteurized, full-strength juice (includes frozen full-strength juice and limited to no more than half of fruit offerings/week)
- No maximums on fruits offered except for juice
- →Snack-type fruit products not allowed such as 100% fruit strips, leathers, drops, etc. (not even as “extras” in meals). Exemptions to Foods of Minimal Nutritional Value may only be sold as a la carte items.

Vegetables

- 1/8 cup minimum amount per serving needed to credit
- Uncooked leafy vegetables credit as half of volume (1 cup = 1/2 cup vegetable)
- Subgroups: dark green, red/orange, beans/peas/legumes, starchy, and others
- No maximum limit on subgroups (except for 100% juice – no more than half of vegetable offerings/week and menus must meet calorie ranges)
- Mixed vegetable dishes (known quantities/serving may count towards subgroups; unknown quantities may count towards “additional” requirement)

Meat/Meat Alternate (M/MA)

- Daily Minimums (1 oz eq for K-5 and 6-8; 2 oz eq for 9-12) must be met
- Weekly Maximums (8-10 oz eq for K-5; 9-10 oz eq for 6-8; 10-12 oz eq for 9-12) **cannot** be exceeded
- 1/4 oz minimum amount per serving needed to credit
- M/MA food items offered on Salad bars and/or as condiments in amounts greater than 1/4 oz per serving contribute to weekly M/MA maximum amounts
- Tofu and Soy Yogurt will now contribute as M/MA
 - ★Tofu requirements: 2.2 oz commercially prepared tofu containing at least 5 gm of protein = 1 oz eq M/MA

Components (cont.):

Grains

- Daily Minimums (1 for K-5 and 6-8; 2 for 9-12 graders) must be met

- Weekly Maximum (8-9 for K-5; 8-10 for 6-8 graders; 10-12 for 9-12 graders) **cannot** be exceeded
- For SY 2012-13 only, breading/batter does not count towards weekly maximums
- For SY 2013-14 – must convert to new ounce equivalent standards (16 gm = 1 oz eq) Reference: Updated Exhibit A
- ★Whole grain-rich:
 - Until July 1, 2014, half of all grains offered must be whole grain-rich (food item contains at least 50% whole grain)
 - After July 1, 2014, **all** grains offered must be whole grain-rich

Menu Planning:

- All offerings must meet the daily minimum requirements for all five components at lunch
- Weekly range for Grains and Meat/Meat Alternate must be met
 - Sum of all daily minimum offerings meets at least the weekly minimum requirement
 - Sum of all daily maximum offerings is equal to or less than the weekly maximum limit
- Each independent line must meet the daily and weekly requirements (including subgroups)
- The nutrient analysis should be weighted based on what is offered on each serving line
 - Includes all foods (i.e. condiments, desserts, seconds, etc.) that students have access to as part of the reimbursable meal

Offer Versus Serve (OVS)

- Students must be offered all five components at lunch in portions planned to meet the daily minimum quantities for each age/grade group
- Required at senior high schools and optional for elementary and middle/junior high schools
- If OVS is in place for elementary and/or middle/junior high schools, all students must be allowed to decline up to 2 components
- All students must select at least ½ cup fruit or vegetable or fruit/vegetable combination for one component of a reimbursable meal
- Full portions, as planned, of at least two additional components must be selected for a reimbursable meal

Child Nutrition (CN) Labels

- Will identify vegetables, if applicable, by subgroups
- Will identify whole grain-rich (WGR) and non-whole grain-rich (non-WGR) items through June 30, 2014 (effective 7/1/14, all grains must be WGR).
 - Grains = WGR items
 - Bread/bread alternate = Non-WGR items

★Nutrition labels or manufacturer’s specification sheets will be needed to document compliance.



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