

New Meal Pattern School Year 2012-2013

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Healthy, Hunger-Free Kids Act of 2010



- Ensure students are offered both fruits and vegetables every day of the week
- Increase offerings of whole grain-rich foods
- Offer only fat-free or low-fat milk
- Limit calories based on the age of children being served to ensure proper portion size
- Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium


New Provisions

- Grade Groupings
 - Grades K-5, 6-8, 9-12
- Food items must be identified as part of the reimbursable meal
- Offer vs. Serve
 - A student must select a fruit or vegetable component for a reimbursable meal
 - Full fruit and vegetable servings must be offered, but students may select ½ cup serving of either




New Provisions

- Five Meal Pattern Components
 - Fruit
 - Must be offered daily
 - Vegetable
 - Offer subgroups weekly
 - Grain
 - Offer weekly grain ranges; half of grains must be whole-grain rich
 - Meat/Meat Alternate
 - Offer weekly ranges
 - Milk
 - Offer only fat-free, unflavored or flavored OR low-fat unflavored



New Provisions

- Four Dietary Specifications
 - Weekly average requirements
 - Calories
 - Min-max range for each age/grade grouping
 - Sodium
 - Maximum limits for each age/grade grouping
 - Beginning SY 2013-2014
 - Saturated fat
 - Limit remains the same; <10% of total calories
 - Daily requirement
 - Trans fat
 - Limit remains the same; zero grams of trans fat per portion



	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
<i>Meal Pattern</i>	<i>Amount of Food Per Week (Minimum Per Day)</i>		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)
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 and 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
Grains (oz eq)	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)	5 (1)	5 (1)	5 (1)
<i>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week</i>			
Min-max Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 640	≤ 710	≤ 740
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

Fruits

- Fruits/vegetables are now two separate components
- Fruit choices:
 - Fresh (preferred)
 - Frozen without added sugar (current stock may be used up this year)
 - Canned in juice/light syrup
 - Dried (1/4 cup of dried fruit = ½ cup fruit)
- No more than half of fruit offerings may be juice
 - 100% juice only



Vegetables

- Weekly minimums of all vegetable subgroups are required

Meal Pattern	Lunch Meal Pattern		
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	Amount of Food Per Week (Minimum Per Day)		
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Red/Orange	0.75	0.75	1.25
Beans and 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 - Dark Green

Offer ½ cup weekly

Can Include:

Bok Choy



Kale



Spinach



Romaine



Broccoli



Dark Green Leafy Lettuce



And more...

<http://www.choosemyplate.gov/food-groups/vegetables.html>



Vegetables - Dark Green

- Crediting Leafy Greens
 - Raw leafy green vegetables count as ½ of the measured amount
 - 1 cup of raw leafy greens counts as ½ cup vegetable
 - ½ cup cooked greens counts as ½ cup vegetable



Vegetables - Red & Orange

Offer Weekly

K-5 = ¾ cup

6-8 = ¾ cup

9-12 = 1 ¼ cup

Can Include:

Butternut Squash



Sweet Potatoes



Carrots



Red Bell Peppers



Tomatoes



And more...

<http://www.choosemyplate.gov/food-groups/vegetables.html>



Vegetables - Beans and Peas

Offer ½ cup weekly

Can Include:

- Black Beans
- Split Peas
- Kidney Beans
- Pinto Beans
- Garbanzo Beans
- Edamame



And more...

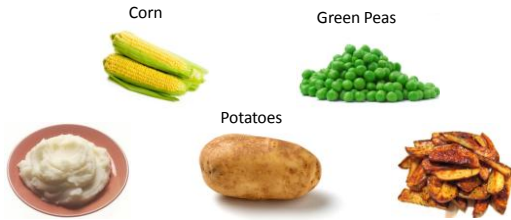
<http://www.choosemyplate.gov/food-groups/vegetables.html>



Vegetables – Starchy

Offer ½ cup weekly

Can Include:



And more...

<http://www.choosemyplate.gov/food-groups/vegetables.html>



Vegetables – Other

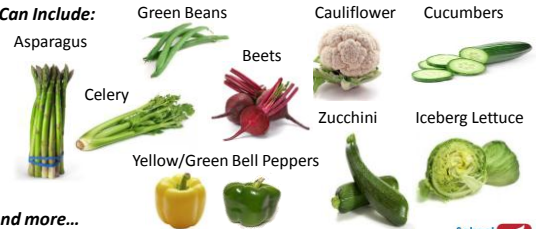
Offer Weekly

K-5 = ½ cup

6-8 = ½ cup

9-12 = ¾ cup

Can Include:



And more...

<http://www.choosemyplate.gov/food-groups/vegetables.html>



Additional Vegetables

	Total Weekly Vegetable Requirement	Minimum Weekly Subgroup Requirements	Additional Vegetables to Reach Total
Grades K-5	3 ¾ cups	2 ¾ cups	1 cup
Grades 6-8	3 ¾ cups	2 ¾ cups	1 cup
Grades 9-12	5 cups	3 ¾ cups	1 ½ cups

- Any vegetable subgroup may be offered to meet the total weekly vegetable requirement



Fruits and Vegetables

- Multiple Serving Lines
 - Each serving line must offer all the vegetable subgroups weekly
 - Vegetable subgroups can be offered multiple times each week in various serving sizes (1/8 cup minimum), however,
 - The minimum weekly serving sizes must be met AND
 - The full daily minimum must be offered, based on grade grouping
 - There are no maximums on fruit and vegetable subgroups, as long as the calories are not exceeded



Grains

- Weekly minimum and maximum quantities
- Schools must offer the daily minimums and weekly serving ranges at lunch
 - 1 grain serving daily for grades K-8
 - 2 grain servings daily for grades 9-12
- By SY 2012-13, at least half of grains offered during the week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich



Grains

- 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 ≥ 8 grams
 - Product includes FDA's whole grain health claim on its packaging
 - Product ingredient listing lists whole grain first



Grains

- 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



Meat/Meat Alternate

- Daily and weekly requirements for lunch
 - 1 oz eq. daily for students grades K-8
 - 2 oz eq. daily for students in grades 9-12
- Variety of meat/meat alternate encouraged



- Both tofu and soy yogurt will be allowable as meat alternates



Meat/Meat Alternate

- Eggs and cheese may be used to meet all or part of the Meat/Meat Alternate (M/MA) component
- Nuts or seeds may only be used to meet one-half of the component and must be paired with another M/MA to meet the full requirement
- Two tablespoons of nut and/or seed butters equals one ounce of the M/MA requirement



Fluid Milk

- Milk requirements go into effect for both breakfast and lunch in SY 2012-13
- 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



Dietary Specifications

Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
	Grades K-5	Grades 6-8	Grades 9-12
Min-max Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 640	≤ 710	≤ 740
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

- Weekly average requirements
 - Calories, saturated fat and sodium
- Daily requirement
 - Trans fat



Dietary Specifications

- Sodium
 - Maximum limits on sodium; gradual implementation

Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Sodium (mg)	Grades K-5		Grades 6-8		Grades 9-12	
	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast
Target 1 (SY 2014-2015)	≤ 1230	≤ 540	≤ 1360	≤ 600	≤ 1420	≤ 640
Target 2 (SY 2017-2018)	≤ 935	≤ 485	≤ 1035	≤ 535	≤ 1080	≤ 570
Target 3 (SY 2022-2023)	≤ 640	≤ 430	≤ 710	≤ 470	≤ 740	≤ 500

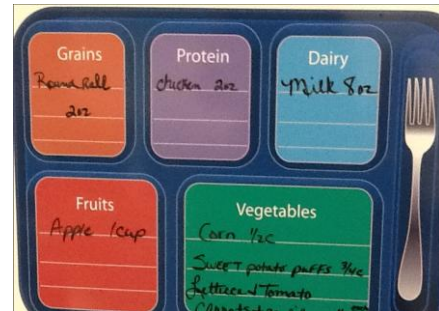


Dietary Specifications

- Saturated Fat
 - Limit remains the same; <10% of total calories
- Trans Fat
 - Nutrition label or manufacturer's specifications specify zero grams per serving
- No Total Fat Requirement



Meal Identification



Offer vs. Serve

- Must offer 5 food components:
 - Milk, fruit, vegetables, grains, meat/meat alternate
- Student may decline as many as two food **components**
- The full component serving size must be **offered** to the student
- Student must select at least $\frac{1}{2}$ cup of either a fruit or vegetable. The minimum creditable amount of a individual fruit or vegetable is $\frac{1}{8}$ cup to counts towards the minimum $\frac{1}{2}$ cup



Questions????

