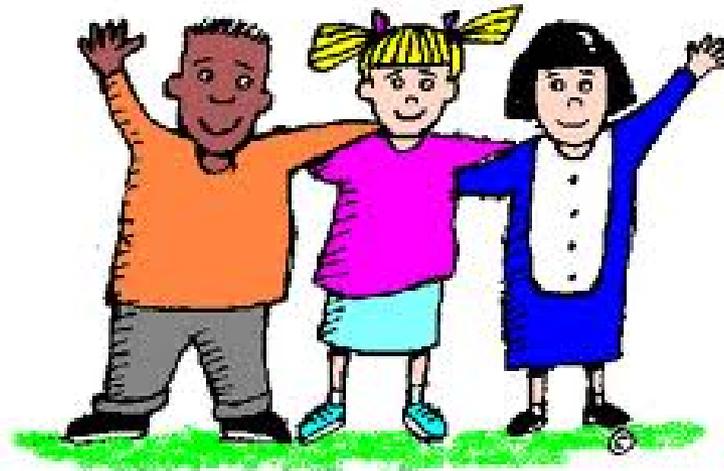




LUNCH MEAL PATTERN REQUIREMENTS

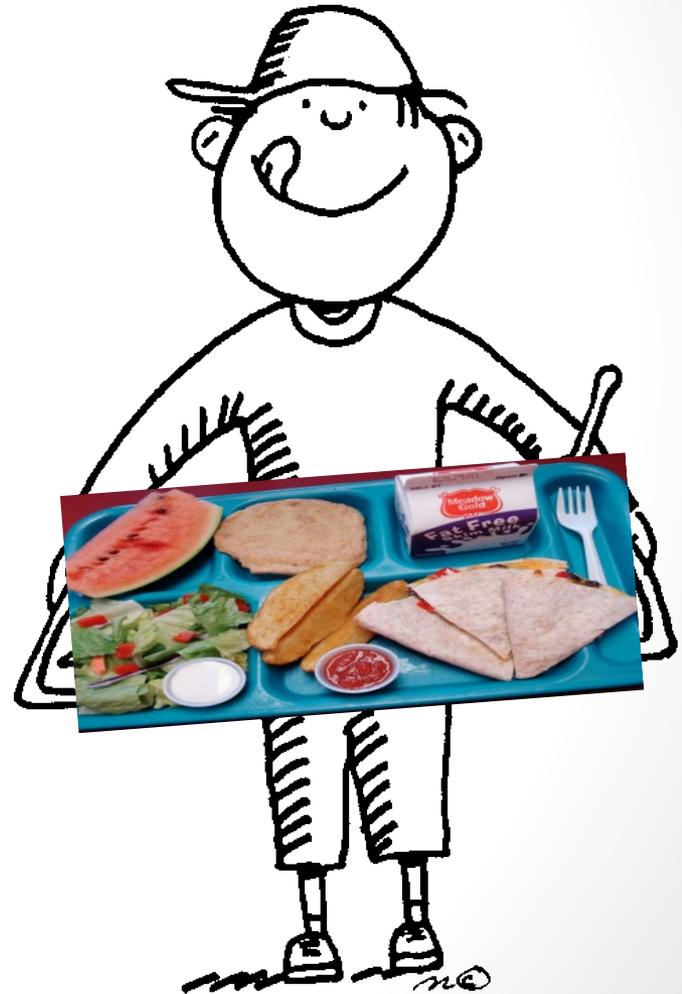
Grade Groups

- Same grade groups for NSLP and SBP:
 - K-5
 - 6-8
 - 9-12



Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk



Lunch Meal Pattern

5-day school week

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

Fruits (Lunch)

- Fruit is a separate component
- A daily serving at lunch is required
- May select from fresh, frozen, canned in juice/light syrup, or dried fruit options
 - No more than half of the weekly fruit offerings may be in the form of juice
 - 100% juice only
 - $\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of creditable fruit

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 ³ / ₄ (3 ³ / ₄)	3 ³ / ₄ (3 ³ / ₄)	5 (1)
Dark Green	1/2	1/2	1/2
Red / Orange	3/4	3/4	1 1/4
Beans/Peas (Legumes)	1/2	1/2	1/2
Starchy	1/2	1/2	1/2
Other	1/2	1/2	3/4
Additional Veg to Reach Total	1	1	1 1/2

Vegetables (Lunch)

- A daily serving that reflects variety over the week
- Vegetable subgroups are a weekly requirement



Vegetables (Lunch)

- 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
 - Half of served volume example 1 cup romaine = ½ c dark green
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable OR a meat alternate

Dark Green Vegetable Subgroup



- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress



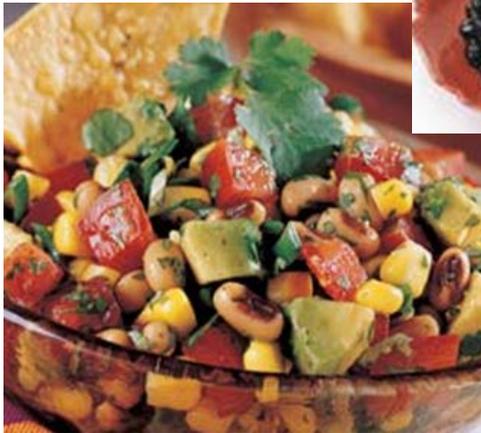
Red & Orange Vegetable Subgroup



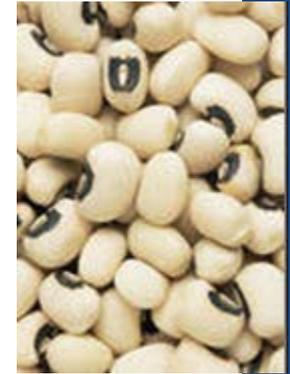
- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice



Beans/Peas (Legumes) Veg. Subgroup



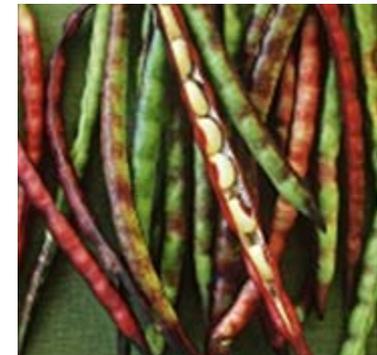
- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans



Starchy Vegetable Subgroup



- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- plantains
- potatoes
- taro
- water chestnuts



Other Vegetable Subgroup

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- parsnips
- turnips
- wax beans
- zucchini



Additional Vegetables

- Remember this is NOT a vegetable subgroup.
- Additional vegetables can come from any subgroup.



Grains (Lunch)

- Schools must offer the daily and weekly minimum serving of grains
- “Whole grain-rich” (WGR) foods must contain at least 50 percent whole grains
- All grains offered must be WGR**

Grains (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)



Whole Grain Terms

- **Whole grain:** contains same percentage of parts as original (whole) grain
- **Refined grain:** bran and germ have been removed
- **Enriched grain:** some, but not all, nutrients have been added back to a refined grain
- **Whole grain “rich”:** contains at least 50% whole grain and the remaining grain, if any, is enriched



Criteria for Whole Grain-Rich Foods

- Product ingredient listing lists whole grain first
 - If the first ingredient is water, a whole grain may be listed as the second ingredient and still meet our whole grain-rich criteria
- When using a recipe, at least 50% of the grain used must be whole grain
- Product includes FDA's whole grain health claim on its packaging

Criteria for Whole Grain-Rich Foods

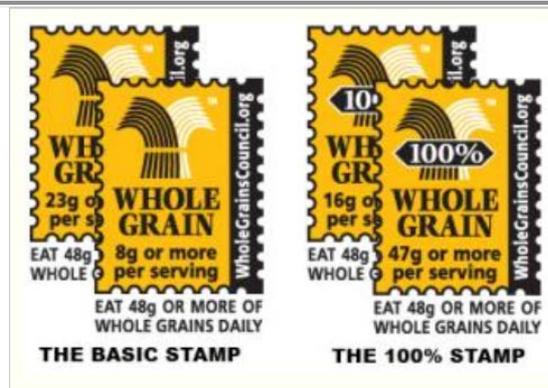
Nutrition Facts and Ingredients (Whole Wheat Bread):

Ingredients:

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEAT, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV																												
Serving Size 1 slice (38g) Servings Per Container 18 Calories 90 Calories from Fat 10	Total Fat	1g	2%	Total Carbohydrate	18g 6%																												
	Saturated Fat	0g	0%	Dietary Fiber	2g 8%																												
	Trans Fat	0g		Sugars	3g																												
	Polyunsaturated Fat	0g		Protein	4g																												
	Monounsaturated Fat	0g																															
	Cholesterol	0mg	0%																														
	Sodium	135mg	6%																														
	Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 0% • Thiamin 4%																																
	Riboflavin 2% • Niacin 0% • Folic Acid 2%																																
					Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.																												
				<table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>			Calories	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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Total Carbohydrate		300g	375g																														
Dietary Fiber		25g	30g																														
				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													



Combination Whole Grain- Rich Foods

Tac-Go®



Ingredients:

FRITTATA-Whole Eggs, Water, Pasteurized Process Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)]. Water, Cream, Sodium Phosphate, Salt, Apo-Carotenal [color], Enzymes, Silica Gel [to prevent caking]), Diced Ham--Water and Smoke Flavoring added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Whole Milk Powder, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Soy Lecithin (release agent).

WHOLE WHEAT FLOUR
TORTILLA- Whole Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital

Grains (Lunch)

- Crediting Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements
 - Memo SP 30-2012
 - Use the Grain/Bread chart for crediting
 - Food Buying Guide will be updated soon

**EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}**

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz</p>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<p>1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz</p>

GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies ³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<p>1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz</p>

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	<p>1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz</p>
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	<p>1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz</p>
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	<p>1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz</p>

GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> • Brownies ³ (plain) • Cake ³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)^{5, 6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry) ^{5, 6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola
<p>⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.</p> <p>⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.</p>	

Grains (Lunch)

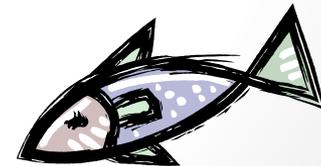
- Grain-Based Desserts
 - Only two creditable grain-based desserts allowed at lunch per school week
 - These items are a major source of solid fats and added sugars per DGA 2010

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)	8-10 (1)	9-10 (1)	10-12 (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



M/MA Reminders

- Cheese sauce from a can or powder is not creditable unless it has a CN label.
- The same MMA cannot be served more than 2 times per week.
- Common Meat Alternates:
 - Yogurt
 - Cheese
 - Eggs
 - Commercially prepared soy products like Tofu and Soy Yogurt
 - Beans, Peas (Legumes) - just remember they cannot be credited as veg in the same meal.

Milk (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)	5 (1)	5 (1)	5 (1)

Milk (Lunch)

- Allowable milk options:
 - Must be pasteurized fluid milk
 - 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)





(a.k.a Nutrient Standards)

LUNCH DIETARY SPECIFICATIONS

Four Nutrient Standards

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



Calorie Ranges

- Minimum and maximum calorie (kcal) levels
 - Average over the course of the school week

Grade Level:

K-5

Calorie Ranges:

Lunch: 550-650



Grade Level:

6-8

Calorie Ranges:

Lunch: 600-700



Grade Level:

9-12

Calorie Ranges:

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

- Read nutrition labels
- Purchase foods with low or no added salt
- Recipes must be modified to reduce sodium levels
- Reduce condiment usage:
 - No salt shakers/packets on the tables
 - Offer alternate no-salt seasonings such as salt free herb blends or salt free lemon pepper

Sodium Reminder

- Naturally occurring sodium and the nutrient analysis
 - All foods and beverages offered as part of a reimbursable meal are included in the weighted nutrient analysis
 - Including foods with naturally occurring sodium, like milk

Saturated Fat

- Less than (<) 10% of total calories from saturated fat
- Limit saturated fat by:
 - Serving lean meats such as 90% lean ground beef
 - Reducing saturated fat in recipes
 - Reducing condiment usage such as (full fat) salad dressings, butter, buttermilk, and 2% or higher dairy

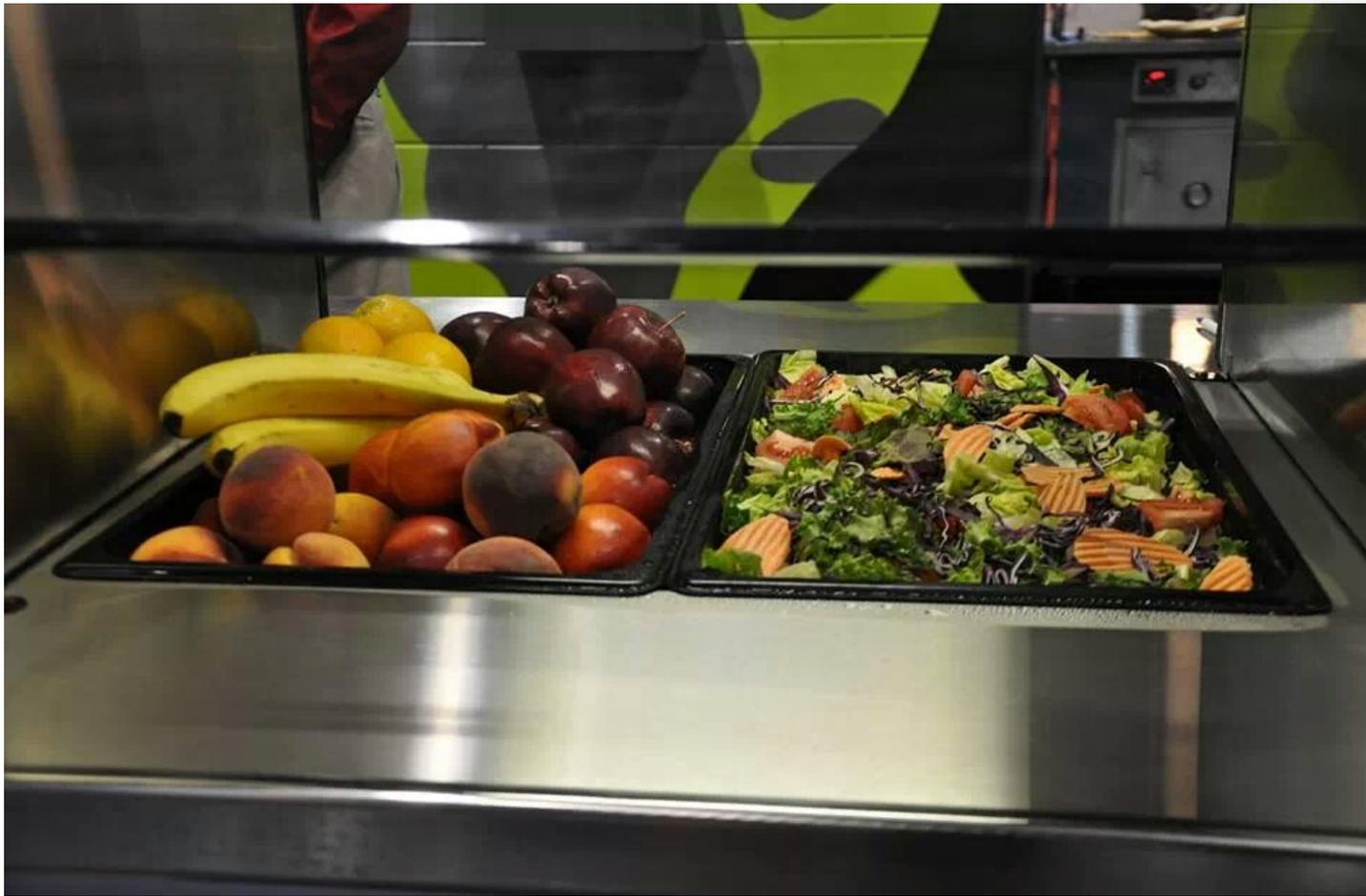
Trans Fat



A nutrition label with an arrow pointing to the 'Trans Fat 2g' line. The label is tilted and shows the following information:

Calories	
Total Fat	13g
Saturated Fat	5g
Trans Fat	2g
Cholesterol	30mg
Sodium	660mg
Total Carbohydrate	31g
Dietary Fiber	0g
Sugars	5g

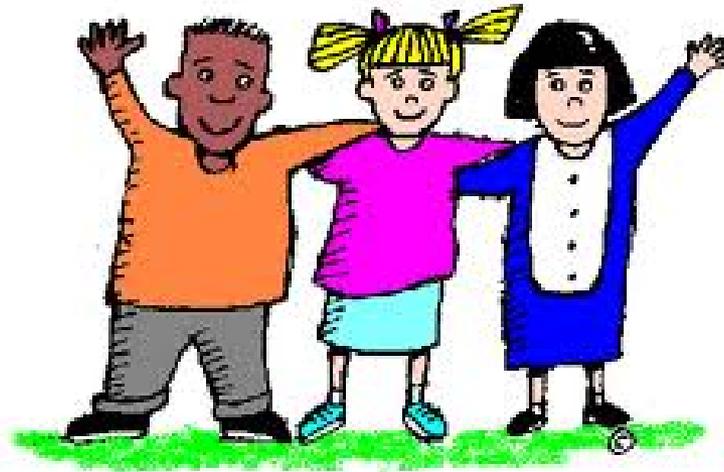
- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
 - or less than (<) 0.5 gram per serving
- Naturally-occurring trans fat excluded
 - e.g. beef, lamb, dairy products



LUNCH MENU PLANNING GRADE GROUPS

Grade Groups

- Allowable grade groups:
 - K-5
 - 6-8
 - 9-12



Grade Group - Flexibility

- K-8 grade group
- Allowed because there is overlap in the K-5 and 6-8 meal patterns and nutrient specifications.
 - K-8 menus must meet following:
 - 8-9 oz eq grains/week
 - 9-10 oz eq meat/meat alternates/week
 - Average daily calorie range 600-650
 - Average daily sodium limit \leq 1230 mg

Example of Grade Group Differences

Grade Level:
K-5

Calorie Ranges:
Lunch: 550-650



Overlaps
L: 600-650

Grade Level:
6-8

Calorie Ranges:
Lunch: 600-700



Overlaps
L: --none--

Grade Level:
9-12

Calorie Ranges:
Lunch: 750-850



Grade Groups

- There is 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

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 by adding additional grain or meat/meat alternates provided it meets the meal pattern and nutrition standards.



Lunch Menus

OTHER CONSIDERATIONS

Offering Free Food

- Typical free offerings:
 - Second Servings
 - Condiments
 - Extra Foods
 - Foods that you do not credit as a component, in other words, they are planned as extra or bonus food items
- Foods offered free of charge during a meal service will count in your dietary specification requirements.
 - Menus must stay within calories, saturated fat, sodium, trans fat requirements .
 - They will be included in your Administrative Review nutrient analysis

A La Carte Purchases

- Purchased foods including purchased seconds do not count toward meal pattern requirements or dietary specification requirements
- These items will not be included in a nutrient analysis
- These foods must meet “Smart Snack” regulations.