

National School Lunch & Breakfast Meal Patterns:

New Breakfast:

- There are three Grade Groups: K-5, 6-8 & 9-12
 - If combined, meal pattern and nutrient requirements must overlap
- There are three breakfast food components: fruit, grain, milk
- No meat/meat alternative required
- Must promote OVS, offering a minimum of 4 food items and the student must select 3 (One item must be a ½ cup of fruit or vegetable in 2014-2015 to be a reimbursable meal)

Fruits:

- Must offer 1 cup per day, students must take at least ½ cup in 2014-2015
- Vegetables can be used in place of all or some of the fruits
- If substituting vegetables, the first 2 cups for the week must be from the red/orange, leafy green, beans & peas (legumes), or 'other vegetables' categories first

Grains:

- 2013-2014: Half of weekly grains must be whole grain-rich
- 2014-2015: All grains must be whole grain rich
- Can still include meat and it can be counted towards 'grains' after the minimum amount of grains has been met for the day (1 oz meat = 1 oz grains)

Example:

Egg sandwich → 1.25 ounces of bread (grain), 0.75 ounces egg (protein) = counts as 2 ounces of 'grains'

| | Meal Pattern | Menu Item: Egg Sandwich |
|------------------------------------|---------------------|--|
| Daily Grains | 1 oz (minimum) | 1.25 oz (more than 1) |
| Meat/Meat Alt | None required | 0.75 oz (since 1 oz of grain is already met, the protein counts as grain) |
| Total Grains Needed per Day | 1 oz | 2 oz |
| Counts in Meal Pattern: | 1 Grain | 2 Grains |

2014-2015

| Breakfast Meal Pattern | | | |
|-------------------------------|-------|-------|-------|
| Meal Pattern | K-5 | 6-8 | 9-12 |
| Fruits (cups): | 5 (1) | 5 (1) | 5 (1) |
| Vegetables (cups): | 0 | 0 | 0 |
| Dark Green | 0 | 0 | 0 |
| Red/Orange | 0 | 0 | 0 |
| Beans & peas (legumes) | 0 | 0 | 0 |
| Starchy | 0 | 0 | 0 |
| Other | 0 | 0 | 0 |
| Grains (oz) | 7 (1) | 8 (1) | 9 (1) |
| Meats/ Meat Alternatives (oz) | 0 | 0 | 0 |
| Fluid Milk (cups) | 5 (1) | 5 (1) | 5 (1) |

| Daily Amount Based on Average for 5-day week | K-5 | 6-8 | 9-12 |
|--|---------|---------|---------|
| Calories | 350-500 | 400-550 | 450-600 |
| Saturated Fat (% of total calories) | <10% | <10% | <10% |
| Trans fat | 0 | 0 | 0 |

| Sodium Reduction: Timeline & Amount for Breakfast | **Target 1: July 1, 2014 <u>SY 2014-2015</u> | Target 2: July 1, 2017 SY 2017-2018 | Final Target: SY 2022-2023 |
|---|---|--|-------------------------------|
| K-5 | ≤540 mg/day | ≤485 mg/day | ≤430 mg/day |
| 6-8 | ≤600 mg/day | ≤535 mg/day | ≤470 mg/day |
| 9-12 | ≤640 mg/day | ≤570 mg/day | ≤500 mg/day |

Resource: http://www.fns.usda.gov/cnd/governance/regulations/7cfr220_13.pdf

2014-2015

| Lunch Meal Pattern | | | |
|---|----------------|----------------|---------------|
| Meal Pattern | K-5 | 6-8 | 9-12 |
| Fruits (cups): | 2 ½ (½) | 2 ½ (½) | 5 (1) |
| Vegetables (cups): | 3 ¾ (¾) | 3 ¾ (¾) | 5 (1) |
| Dark Green | ½ | ½ | ½ |
| Red/Orange | ¾ | ¾ | 1 ¼ |
| Beans & peas (legumes) | ½ | ½ | ½ |
| Starchy | ½ | ½ | ½ |
| Other | ½ | ½ | ¾ |
| Additional Vegetables to reach total | 1 | 1 | 1 ½ |
| Grains (oz) | 8 (1) | 8 (1) | 10 (2) |
| Meats/ Meat Alternatives (oz) | 8 (1) | 9 (1) | 10 (2) |
| Fluid Milk (cups) | 5 (1) | 5 (1) | 5 (1) |

(Maximums removed)

| Daily Amount Based on Average for 5-day week | K-5 | 6-8 | 9-12 |
|--|---------|---------|---------|
| Calories | 550-650 | 600-700 | 750-850 |
| Saturated Fat (% of total calories) | <10% | <10% | <10% |
| Trans fat | 0 | 0 | 0 |

| Sodium Reduction: Timeline & Amount for Lunches | **Target 1: July 1, 2014 SY 2014-2015 | Target 2: July 1, 2017 SY 2017-2018 | Final Target: SY 2022-2023 |
|---|--|--|-------------------------------|
| K-5 | ≤1230 mg/day | ≤935 mg/day | ≤640 mg/day |
| 6-8 | ≤1360 mg/day | ≤1035 mg/day | ≤710 mg/day |
| 9-12 | ≤1420 mg/day | ≤1080 mg/day | ≤740 mg/day |

Resource: http://www.fns.usda.gov/cnd/governance/regulations/7cfr210_13.pdf

Reference Sheet for New Sodium Regulations

2014-2015

Breakfast Sodium Targets:

| | Milk (mg sodium) | Entrée (mg sodium) | Target level (mg sodium) |
|-------------|-----------------------------|-------------------------------|-------------------------------------|
| K-5 | ~150 | ~350 | ≤540 |
| 6-8 | ~150 | ~400 | ≤600 |
| 9-12 | ~150 | ~450 | ≤640 |

*When looking at breakfast entrées, choose ones that fall between 350-450 mg sodium (depending on grade level)

Lunch Sodium Targets:

| | Milk (mg sodium) | Entrée (mg Sodium) | Target level (mg sodium) |
|-------------|-----------------------------|-------------------------------|-------------------------------------|
| K-5 | ~150 | ~700-800 | ≤1230 |
| 6-8 | ~150 | ~800-900 | ≤1360 |
| 9-12 | ~150 | ~900-1000 | ≤1420 |

*When looking for lunch entrées, choose ones that fall between 700-1000 mg of sodium (depending on grade level)