

Comparison of Current and New Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Jan. 2012

<b>National School Lunch Program Meal Pattern</b>		
<b>Food Group</b>	<b>Current Requirements K-12</b>	<b>New Requirements K-12</b>
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ -1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (as defined in 2010 Dietary Guidelines)</li> </ul>
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	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)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and 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)
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 Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

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<b>School Breakfast Program Meal Pattern</b>		
<b>Food Group</b>	<b>Current Requirements K-12</b>	<b>New Requirements K-12</b>
Fruit	½ cup per day (vegetable substitution allowed)	1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Daily min. and weekly ranges for grains:  Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)  Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)  Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly)  Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.
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  Variety of fat contents allowed; flavor not restricted	1 cup  Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

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<b>Nutrient Standards</b>	<b>New Standards K-12</b>		
<p><b>Sodium</b> Reduce, no set targets</p>	<p><b>Target I: SY 2014-15</b> Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)</p>	<p><b>Target 2: SY 2017-18</b> Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)</p>	<p><b>Final target: 2022-23</b> Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p><b>Calories (min. only)</b> <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)  <i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12)  <i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p><b>Calorie Ranges (min. &amp; max.)</b> <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>		
<p><b>Saturated Fat</b> &lt;10% of total calories</p>	<p><b>Saturated Fat</b> &lt;10% of total calories</p>		
<p><b>Trans Fat:</b> no limit</p>	<p><b>New specification:</b> zero grams per serving (nutrition label)</p>		