

**How USDA Foods supports Regulatory Requirements under Final Rule
“Nutrition Standards in the National School Lunch and School Breakfast Programs”**

Revised April 2012

National School Lunch Program Meal Pattern		
Food Group	New Requirements	How USDA Foods supports new requirements
Fruits	<p>½ -1 cup of fruit per day</p> <p>Note:</p> <ol style="list-style-type: none"> 1. Students are allowed to select ½ cup fruit or vegetable under OVS 2. Fruits (and vegetables) that are prepared without added solid fats, sugars, refined starches, and sodium are nutrient rich foods. 	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no added sugars.</p> <ul style="list-style-type: none"> • Canned fruits in extra light syrup. Applesauce is unsweetened. • Frozen fruits - unsweetened blueberries, whole strawberries, and apple slices without added sugar. In SY 13-14, all frozen fruits will be offered with no added sugar. • Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges • Dried fruits include raisins, cherries, (dried plums apricots, and fig pieces in fruit-nut mix)
Vegetables	<p>¾ - 1 cup of vegetable per day</p> <p>Weekly requirement for:</p> <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines) 	<p>USDA offers a wide variety of low sodium canned, frozen and fresh vegetables and tomato products.</p> <ul style="list-style-type: none"> • Red/ Orange- Fresh Baby carrots, frozen carrots, sweet potatoes(canned, fresh, frozen, bulk), tomato products • Dark green - Exploring frozen broccoli, and blends with broccoli/carrots/cauliflower. • Beans- canned and dry, including garbanzos; bulk pinto beans for processing • Starchy vegetables- No salt added canned and frozen corn, fat free potato wedges, low sodium canned and no salt added frozen peas. • Other – green beans (canned, frozen)
Meat/Meat Alternate	<p>Daily minimum and weekly ranges:</p> <p>K-5: 1 oz eq. min. daily (8-10 oz weekly)</p> <p>6-8 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>	<p>USDA offers a wide variety of nutrient dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> • Egg products- 5 lb or 30 lb cartons of liquid eggs, bulk eggs; • Reduced Fat Shredded Cheddar, reduced sodium/reduced fat American Cheese • Shredded Mozzarella; light or part skim • Lean meat, pork, poultry and fish products • Piloting lower sodium Pork Ham • Turkey Ham, lower sodium; deli breast • Chicken Fajita -lower sodium • Turkey taco filling – lower sodium
Grains	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>	<ul style="list-style-type: none"> • Whole grain pastas (spaghetti, rotini, macaroni) • Whole grain tortillas • Whole grain pancakes • Whole wheat flour • Rolled oats • Regular and quick cooking brown rice • Whole Kernel corn for further processing • Exploring whole white wheat specification
Whole Grains	<p>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.</p>	<p>USDA Foods offers whole-grain products which meet the whole grain rich requirement of >50%.</p>
Milk	<p>1 cup</p> <p>Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)</p>	

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School Breakfast Program Meal Pattern		
Food Group	New Requirements	How USDA Foods supports new requirements
Fruit	<p>1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-15.</p> <p>Students are allowed to select ½ cup of fruit under OVS.</p>	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no sugar added.</p> <ul style="list-style-type: none"> • Canned fruits in extra light syrup. Applesauce is unsweetened. • Frozen fruits - unsweetened blueberries, whole strawberries, and apple slices without added sugar. • In SY 13-14, all frozen fruits will be offered with no added sugar. • Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges • Dried fruits include raisins, cherries (dried plums apricots, and fig pieces in fruit-nut mix)
Grains	<p>Daily min. and weekly ranges for grains (meat/meat alternate substitution allowed after the daily grains minimum met):</p> <ul style="list-style-type: none"> • 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) <p>Note: Quantity required SY 2013-14.</p>	<p>USDA offers many whole grain products to help school meet the new requirements while meeting new nutrient targets:</p> <ul style="list-style-type: none"> • Whole grain tortillas • Whole grain pancakes • Whole wheat flour • Rolled oats • Regular and quick cooking brown rice • Whole Kernel corn for further processing <p>USDA offers a wide variety of nutrient dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> • Egg products; 5 lb or 30 lb cartons of liquid eggs • Reduced Fat shredded cheddar cheese • Reduced sodium and reduced fat American cheese • Shredded Mozzarella; light or part skim • Lean meats, poultry and fish products • Turkey ham, turkey deli breast • Chicken Fajita- lower sodium • Turkey taco filling – lower sodium
Whole Grains	<p>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.</p>	<p>USDA whole-grain products are whole grain rich and contain at least 50% whole grain.</p>
Milk	<p>1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>	

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Nutrient Standards	New Standards under Final Rule							
Sodium	<p>Target 1: SY 2014-15</p> <table border="1" data-bbox="352 422 826 604"> <tr> <td>Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)</td> <td>Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)</td> </tr> </table> <p>Target 2: SY 2017-18</p> <table border="1" data-bbox="352 688 826 871"> <tr> <td>Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)</td> <td>Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)</td> </tr> </table> <p>Final target: SY 2022-23</p> <table border="1" data-bbox="352 955 826 1094"> <tr> <td>Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)</td> <td>Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)</td> </tr> </table>	Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)	Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)	Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)	Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)	<ul style="list-style-type: none"> • USDA offers canned, frozen, and fresh vegetables, meat, poultry, pork, and cheeses which have reduced or low sodium levels to help school meet or exceed the SY 14-15 target. • USDA continues to dialog with industry to modify specifications. (10-15% reduction from current levels.) <p>USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.</p>
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Saturated Fat	Saturated Fat <10% of total calories	USDA offers lean meats, poultry, fish, and reduced fat cheeses.						
Trans Fat	<p>New specification: zero grams per serving (nutrition label) Note: FDA allows products with less than .5 gm per serving to count as zero.</p>	<p>USDA Foods do not contain added trans fats. Each specification will be modified to require zero trans fats:</p> <ul style="list-style-type: none"> • Peanut & Sunflower butters • Vegetable oils • Potato products • Catfish strips. • Very little naturally occurring <i>trans</i> fats in beef and cheese 						
Calories	<p>Calorie Ranges (min and max) Only food-based menu planning allowed:</p> <p>Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p> <p>Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>	USDA offers a wide variety of nutrient dense foods which are reduced or low in solid fat and added sugar, and thus provide fewer discretionary calories.						