

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

Revised December 2013

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> <ul style="list-style-type: none"> Students must select ½ cup fruit or vegetable under OVS. <p>Frozen fruits with added sugar can be offered as outlined in SP-49-2013.</p> <p>Credit as volume offered except dried fruit counts as 2x volume.</p>	<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, and also is available in shelf stable cups. • Frozen fruits – peaches, apricots, strawberries, unsweetened blueberries, unsweetened whole strawberries, and apple slices without added sugar. • Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh • Dried fruits include raisins, cherries, fruit mix (may include dried plums, apricots, fig pieces, dates, or cranberries)
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 (see 2010 Dietary Guidelines) • Refer to Food Buying Guide for Child Nutrition Programs 	<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 - frozen broccoli, frozen chopped spinach • Beans- canned and dry; bulk pinto and garbanzo 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) • Other direct delivery fresh produce available through DoD Fresh Fruits & Vegetable Program
Meat/Meat Alternate	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p> <p>Flexibility for additional servings as outlined in SP-26-2013</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"> • Reduced-sodium mozzarella; light or part skim • Mozzarella string cheese, 1 oz stick (pilot) • Reduced-fat shredded cheddar, reduced sodium/reduced fat American cheese • Lean meat, pork, poultry and fish products • Lower sodium pork ham, turkey ham, turkey breast deli, turkey taco filling • Lower sodium chicken fajita
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> <p>Refer to SP 02-2013.</p> <p>Flexibility for additional servings as outlined in SP-26-2013</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/enriched flour blend specification • Exploring whole grain blend penne
Whole Grains	<p>SY 2013-2014, half of the grain servings must be whole grain rich. Beginning July 1, 2014, all grain products must be whole grain rich.</p>	<p>USDA Foods offers grain products that meet the whole grain criteria.</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 – see description in NSLP)</p> <p>Note: Quantity required SY 2014-15. Students must also select ½ cup fruit under OVS beginning SY 2014-15.</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, and also is available in shelf stable cups. • Frozen fruits - peaches, apricots, strawberries, unsweetened blueberries, whole strawberries, and apple slices without added sugar. • Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh • Dried fruits include raisins, cherries, (fruit-nut mix may include dried plums, apricots, and fig pieces, dates, or cranberries)
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>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 • Mozzarella string cheese, 1 oz. stick (pilot) • Lean meats, poultry and fish products • Turkey ham, turkey deli breast • Chicken Fajita- lower sodium • Turkey taco filling – lower sodium
Whole Grains	<p>Beginning July 1, 2014, all grains must meet whole grain criteria.</p>	<p>USDA grain products meet the whole grain criteria and contain at least 50% whole grain.</p>
Milk	<p>1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>	

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Nutrient Standards	New Standards Under Final Rule	How USDA Foods Supports New Requirements	
Sodium	Target 1: SY 2014-15	USDA offers canned, frozen, and fresh vegetables, meat, poultry, pork, and cheeses with reduced or low sodium levels to help school meet the SY 14-15 target.	
	<table border="1"> <tr> <td data-bbox="345 422 597 590">Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)</td> <td data-bbox="597 422 834 590">Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)</td> </tr> </table>		Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)
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	Target 2: SY 2017-18	USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.	
	<table border="1"> <tr> <td data-bbox="345 674 597 835">Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)</td> <td data-bbox="597 674 834 835">Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)</td> </tr> </table>		Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)
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Final target: SY 2022-23			
<table border="1"> <tr> <td data-bbox="345 919 597 1062">Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)</td> <td data-bbox="597 919 834 1062">Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)</td> </tr> </table>	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)	
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Saturated Fat	Saturated Fat <10% of total calories	USDA offers lean meats, poultry, fish, and reduced fat cheeses.	
Trans Fat	New specification: zero grams per serving (nutrition label) Note: FDA allows products with less than 0.5 gm per serving to count as zero. Naturally-occurring trans fat is exempted.	USDA Foods do not contain added <i>trans</i> fats. <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	Daily Average Calorie Ranges (min and max) Only food-based menu planning allowed: 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)	USDA offers a wide variety of nutrient dense foods which are reduced or low in solid fats and added sugar, thus providing fewer discretionary calories.	