

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

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

Nutrient Standards	New Standards K-12		
<p>Sodium Reduce, no set targets</p>	<p>Target I: SY 2014-15 Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)</p>	<p>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)</p>	<p>Final target: 2022-23 Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p>Calories (min. only) <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>Calorie Ranges (min. & max.) <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>Saturated Fat <10% of total calories</p>	<p>Saturated Fat <10% of total calories</p>		
<p>Trans Fat: no limit</p>	<p>New specification: zero grams per serving (nutrition label)</p>		

Jan. 2012

Implementation Timeline for Final Rule

“Nutrition Standards in the National School Lunch and School Breakfast Programs”

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005

Manufacturer: ABC Bread Company Serving Size 2 pancakes -50g (1.75oz)
 (raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes x No
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes No **How many grams:**
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
Total Creditable Amount³			2.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature

Title

Printed Name

Date

Phone Number

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A)
weights per oz equivalent

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005

Manufacturer: ABC Bread Company Serving Size: 2 pancakes 50g (1.75 oz)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No **How many grams:**
(Products with more than 0.24oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate which Exhibit A Group (A-I) the Product Belongs: C

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount ¹ A ÷ B
Pancakes	50 grams	34 grams	1.47
A. Total Creditable Amount²			1.25

¹Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g
 Total contribution of product (per portion) 1.25 oz equivalent

I further certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.25 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature

Title

Printed Name

Date

Phone Number

Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: _____ Code No.: _____

Manufacturer: _____ Case/Pack/Count/Portion/Size: _____

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
		X		
		X		
		X		
A. Total Creditable M/MA Amount¹				

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
B. Total Creditable APP Amount¹					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)					

*Percent of Protein As-Is is provided on the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

¹Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased _____

Total creditable amount of product (per portion) _____

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a _____ ounce serving of the above product (ready for serving) contains _____ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature

Title

Printed Name

Date

Phone Number

Soy Company X
Soy Protein Concentrate
Product Y

Documentation for Company X Product(s) Used as Alternate Protein Products (APP) for Child Nutrition Programs

- a) Company X certifies that Product Y meets all requirements for APP intended for use in foods manufactured for Child Nutrition Programs as described in Appendix A of 7 CFR 210, 220, 225, and 226.
- b) Company X certifies that Product Y has been processed so that some portion of the non-protein constituents have been removed by fractionating. This product is produced from soybeans by removing the majority of the soybean oil and some of the other non protein constituents.
- c) The Protein Digestibility Corrected Amino Acid Score (PDCAAS) for Product Y is 0.99. It was calculated by multiplying the lowest uncorrected amino acid score by true protein digestibility as described in the Protein Quality Evaluation Report from the Joint Expert Consultation of the Food and Agriculture Organization/World Health Organization of the United Nations, presented December 4-8, 1989, in Rome, Italy. The PDCAAS is required to be greater than 0.8 (80% of casein).
- d) The protein level of Product Y is at least 18% by weight when fully hydrated at a ratio of 2.43 parts water to one part product.
- e) The protein level of Product Y is certified to be at least 61.8% on an “as-is” basis for the as-purchased product. (*Note: Protein is often provided on a moisture free basis (mfb) which is not the information FNS requires.*)

All of the above information is required for APP and must be presented for approval.

Note: *It is also helpful to have the ingredient statement for product Y. For example, if the product is uncolored and unflavored the ingredient statement might be “soy protein concentrate” or if the product is colored and textured the ingredient statement might be “textured vegetable protein (soy flour, caramel color)”*

Short and Long Week Calculations (rounded to nearest 0.5 oz eq and 0.25 cup)

(Applies to schools who **regularly** operate on a shorter or longer weekly cycle)

- Since the dietary specifications are based on a average daily amounts, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)
- Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the “Additional Vegetable” category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement.

Three Day School Week Meal Component Adjustments

3-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)
Grains (oz eq)	4-6 (1)	5-6 (1)	5.5-6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

3-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	3 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.25	0.25	0.5
Additional Veg to Reach Total	0	0	0
Grains (oz eq)	5- 5.5 (1)	5-6 (1)	6-7 (2)
Meats/Meat Alts (oz eq)	5-6 (1)	5.5-6 (1)	6-7 (2)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Four Day School Week Meal Component Adjustments

4-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	4 (1)	4 (1)	4 (1)
Grains (oz eq)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

4-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	4 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	0.25	0.25	0.5
Grains (oz eq)	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
Meats/Meat Alts (oz eq)	6.5-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

Six Day School Week Meal Component Adjustments

6-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	6 (1)	6 (1)	6 (1)
Grains (oz eq)	8.5-12 (1)	9.5-12 (1)	11-12 (1)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

6-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	6 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	1.75	1.75	2.5
Grains (oz eq)	9.5-11 (1)	9.5-12 (1)	12-14.5 (2)
Meats/Meat Alts (oz eq)	9.5-12 (1)	11-12 (1)	12-14.5 (2)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	10-14 (1)	11-14 (1)	12.5-14(1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: February 25, 2013

MEMO CODE: SP 26-2013

SUBJECT: Extending Flexibility in the Meat/Meat Alternate and Grains
Maximums for School Year 2013-14

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

On December 20, 2012, Food and Nutrition Service (FNS) issued policy memorandum SP 11-2013 REVISED, which gave State and local operators flexibility in meeting the weekly maximums for grains and meat/meat alternates in the National School Lunch Program for compliance purposes in School Year (SY) 2012-2013. The memorandum stated that State agencies should consider any school food authority (SFA) compliant with the weekly ranges for these two components if the FNS-developed or FNS-approved Certification Tool and required supporting documentation indicate the menu is compliant with the daily and weekly *minimums*.

Since issuance of SP 11-2013, school food service operators, State agencies, industry members and other stakeholders have asked FNS to issue clear guidance to assist them with planning and procurement for SY 2013-14. Therefore, and as discussed below, this memorandum extends the flexibility in assessment of the weekly maximums for grains and meats/meat alternates through SY **2013-14 for both breakfast and lunch**.

In addition, we understand the need for longer term guidance on this issue, and are currently considering options for addressing this flexibility beyond next year. We continue to welcome input from a broad range of program stakeholders and interested parties regarding the impact of this flexibility.

IMPLEMENTATION EXPERIENCES DURING SCHOOL YEAR 2012-13

Since FNS memo SP 11-2013 was issued, we have received significant feedback from State agencies and SFAs requesting an extension of this flexibility for future years. Our State agency and SFA partners continue to identify notable operational challenges in meeting the weekly maximums for the grains and meats/meat alternates components. The three primary challenges we continue to hear about are menu planning, product availability, and student acceptance.

Menu Planning

Since grains may be served in a variety of ways in school meals, SFA menu planners have had difficulty when considering different portion sizes for grains both within single meals and across the various meals offered on a single serving line each day. Schools with multiple serving lines during meal service are reporting similar challenges. FNS encourages creativity and discretion at the local level to offer a variety of foods to students. Therefore, continuing flexibility in assessing compliance with the weekly maximums for grains and meats/meat alternates offers SFA menu planners additional assistance in planning menus and serving lines to accommodate schools with multiple meal options, as well as those serving multiple age/grade groups.

Product Availability

SFAs have continued to report that some popular grain and meat/meat alternate products are not widely available from suppliers in a useful range of serving sizes needed to stay within the weekly maximum requirements. We know that product reformulation is continuing and will be needed to allow SFAs to meet all the requirements associated with the new meal patterns. However, we also recognize that modification of some grain and meat/meat alternate products has been more challenging. The Department of Agriculture (USDA) continues its own efforts to obtain some USDA Foods in appropriate serving sizes, notably poultry.

Student Acceptability

Finally, FNS recognizes that school meals must be selected and ultimately consumed by students in order to achieve the goal of providing adequate nutrition to our nation's schoolchildren. SFAs have reported that the additional flexibility has allowed them to continue to offer to their students some favorite food items, in moderate portion sizes, during the week. For instance, schools reported increased meal acceptance in grades K-5 when they were able to offer sandwiches with 2 ounces of bread every day to students. The ability of SFAs to make more gradual changes to existing menus has facilitated the transition to full implementation of the new meal pattern.

IMPACT ON MEAL PATTERN COMPLIANCE

The weekly maximums included in the final rule for grains and meats/meat alternates were intended to help menu planners meet the weekly dietary specifications, including calories. However, as noted above, feedback from schools during this initial implementation period indicates that these component maximums have proven to be more difficult for menu planners than anticipated. The flexibility offered in SY 2012-13 through our December policy memorandum has allowed schools to develop nutritious and appealing menus without compromising the meal pattern or deviating from the recommendations of the Dietary Guidelines for Americans. In fact, SFAs have been reporting that they have been able to successfully modify their menus and are being certified by their State agencies. Using the additional flexibility on the weekly ranges, SFAs have been able to come into compliance with the new meal pattern, including calories, while continuing to maintain student acceptability.

We also have more information now regarding the content of school meals offered in recent years, due to the recent release of the School Nutrition Dietary Assessment study (SNDA IV). In SY 2009-10, before the weekly maximums for grains and meats/meat alternates were in place, the average lunch offered in high schools had 843 calories. This indicates that, with a calorie

Regional Directors

State Directors

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limit of 850 calories in the new meal pattern (on average over the course of the week), most high schools are able to offer the same amount of calories as have historically been offered, without component maximums.

NEXT STEPS

To further facilitate the transition to more nutritious and appealing meals, FNS is extending the flexibility for both breakfast and lunch through SY 2013-14. State agencies should therefore consider as compliant for certification and administrative reviews those SFAs meeting only the weekly *minimums* for the grains and meat/meat alternates components. SFAs must also continue to meet all of the remaining food components and dietary specifications, including calories. The meal patterns remain unchanged and SFA menu planners are encouraged to consider the weekly maximums for grains and meats/meat alternates as a goal that can assist in offering balanced meals that meet the calorie, sodium, and saturated fat requirements.

As implementation of the new meal pattern continues, State agencies are encouraged to work with SFAs to assist them in meeting the new requirements. We anticipate that the flexibility in compliance assessment reflected in this memorandum will continue to facilitate implementation of the new meal pattern in SY 2013-14. As previously described, feedback from SFAs and State agencies continues to be welcomed.

State agencies are reminded to distribute this memorandum to program operators immediately. SFAs should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office.

Sincerely,

Original Signed

Cynthia Long

Director

Child Nutrition Division

Michigan Department of Education
 School Nutrition Program
 Weekly minimum vegetable requirements - Lunch
 Daily Vegetable Requirement: K-8 = ¾ cup 9-12 = 1 cup

Dark Green Vegetables		Beans & Peas/Legumes	
Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c		Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c	
• Bok choy (Chinese cabbage)	• Mesclun	• Baked beans in sauce	• Lima beans (dry)
• Broccoli	• Parsley	• Bean soup	• Mung beans
• Butterhead lettuce (Boston, bibb)	• Romaine lettuce	• Black beans (turtle)	• Navy beans
• Chicory	• Spinach	• Black-eyed peas (dry)	• Pink, red beans
• Dark green leafy lettuce	• Swiss chard	• Edamame (fresh)	• Pinto beans
• Endive, escarole	• Turnip, mustard, beet, collard greens	• Garbanzo beans (chick peas)	• Refried beans
• Grape leaves	• Watercress	• Great northern beans	• Soy beans
• Kale	•	• Kidney beans	• Split peas
	•	• Lentils	• White beans
Red/Orange Vegetables		Starchy Vegetables	
Weekly req: K-5 = ¾ c 6-8 = ¾ c 9-12 = 1 ¼ c		Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c	
• Acorn squash	• Spaghetti sauce	• Cassava/Yucca	• Parsnips
• Butternut squash	• Sweet potatoes	• Corn	• Plantains
• Carrots	• Tomatoes	• Fresh cowpeas, field peas or black-eyed peas (not dried)	• Potatoes (including dehydrated)
• Hubbard squash	• Tomato juice	• Green peas	• Succotash (corn and lima beans)
• Pumpkin	• Tomato paste, puree, sauce	• Green lima beans (fresh, canned or frozen)	• Taro
• Red, orange and cherry peppers	• Yams	• Jicama	• Water chestnuts
• Salsa	•		
•	•		
•	•		
Other Vegetables			
Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ¾ c			
• Artichokes	• Kohlrabi		
• Asparagus	• Mixed vegetables (only certain blends. Check FBG)		
• Avocado	• Mushrooms		
• Bamboo shoots	• Okra		
• Bean sprouts	• Onions		
• Beets	• Pickles, olives, pepperocini		
• Brussels sprouts	• Radicchio		
• Cabbage (green/red), Napa, celery, savoy	• Radishes		
• Cauliflower	• Rutabagas		
• Celery	• Sauerkraut		
• Chinese snow peas	• Sugar snap peas		
• Cucumbers	• Summer squash (Yellow)		
• Eggplant	• Tomatillos		
• Green beans, flat Italian green beans	• Turnips		
• Green/yellow peppers/green chilies	• Wax beans		
• Iceberg lettuce	• Zucchini		
ADDITIONAL VEGETABLES TO MEET WEEKLY REQUIRED TOTAL (check FBG: includes soups and vegetable blends)			
Weekly req: K-5 = 1 c 6-8 = 1 c 9-12 = 1 ½ c			

Weekly lunch meal pattern: (minimum requirements)

Milk – all grades 5 cups

K-5 M/MA – 8 oz. equivalents (1), Grain – 8 oz. equivalents (1), Veggies ¾ c (¾), Fruits ½ c (½)

6-8 M/MA – 9 oz. equivalents (1), Grain – 8 oz. equivalents (1), Veggies ¾ c (¾), Fruits ½ c (½)

9-12 M/MA – 10 oz. equivalents (2), Grain – 10 oz. equivalents (2), Veggies 5 c (1), Fruits 5 c (1)