



USDA SCHOOL MEAL REQUIREMENTS VS. THE *MICHIGAN NUTRITION STANDARDS*: A COMPARISON CHART

Comparison of the current USDA requirement to the *Michigan Nutrition Standards* and the USDA Proposed Nutrition Standards for the National School Lunch and School Breakfast Programs.



A COMPARISON CHART: BREAKFAST

	USDA FOOD BASED MENU PLANNING CURRENT REQUIREMENT	<i>MICHIGAN NUTRITION STANDARDS</i>	USDA PROPOSED HEALTHY, HUNGER FREE KIDS ACT REQUIREMENT
FRUIT	½ cup per day	<ul style="list-style-type: none"> • ½ cup combination of fruit/vegetable per day. • At least ½ fruit offerings from whole fruit. • Canned fruit must be packed in juice or light syrup. 	<ul style="list-style-type: none"> • 1 cup per day. • No more than ½ of servings as juice.
GRAINS AND MEAT/ MEAT ALTERNATE (M/MA)	2 grains or 2 M/MA or 1 of each per day	2 grains or 2 M/MA or 1 of each per day.	<ul style="list-style-type: none"> • 1.4-2 grains per day PLUS. • 1-2 M/MA per day.
WHOLE GRAINS	Encouraged	Must be offered at least 3 times per week.	At least half of the grains to be whole grain-rich.
MILK	1 cup	8 oz. serving, 1% or less. Not to exceed 28 grams of sugar per 8 oz. serving.	1 cup, fat content of milk to be 1% or less.



BELDING AREA SCHOOLS



A COMPARISON CHART: LUNCH

	USDA FOOD BASED MENU PLANNING CURRENT REQUIREMENTS	MICHIGAN NUTRITION STANDARD	USDA PROPOSED HEALTHY, HUNGER FREE KIDS ACT REQUIREMENT
FRUIT AND VEGETABLES	½ -1 cup of fruit and vegetables combined per day	<ul style="list-style-type: none"> • ½ cup vegetables plus ½ cup fruit per day. • At least 3 different fruits must be offered each week. • Juice may only be offered one time per week. Only 100% juice offered. • Three servings of fresh fruits and/or raw vegetables shall be offered per week. 	3/4 -1 cup of vegetables plus ½-1 cup of fruit per day.
VEGETABLES	No specifications as to type of vegetable	<ul style="list-style-type: none"> • At least three different vegetables must be offered each week. • Two servings of dark green vegetables per week. • One serving of orange/deep yellow vegetables per week. • Only 100% juice, no added sugar, may be offered. 	Weekly: requirement for at least ½ cup of the following: dark green and orange vegetables and legumes and limit starchy vegetables to 1 cup per week.
MEAT/ MEAT ALTERNATIVE	1.5—3 oz equivalents (daily average over 5 days week)	<ul style="list-style-type: none"> • 1 ½ oz.—3 oz. daily. • Lower fat options at least four days per week (defined as an item with less than 40% of calories from fat). 	1.6-2.4 oz. equivalents. (Daily average over 5 days week.)
GRAINS	1.8-3 oz. equivalents (daily average over 5 days week)	8-10 servings per week.	1.8-2.6 oz equivalents. (Daily average over 5 days week.) (9-13 servings per week.)
WHOLE GRAINS	Encouraged	At least half of grain serving should be whole grain choices.	• At least half of grains to be whole grain rich. (2 years post-implementation of final rule, all grains offered must be whole grain rich.)
MILK	1 cup	<ul style="list-style-type: none"> • 8 oz. Not to exceed 1% milk fat. • Not to exceed 28 grams of sugar per serving. 	<ul style="list-style-type: none"> • 1 cup fat content of milk to be 1% or less. • Only flavored milk can be fat-free flavored milk.



DAILY NUTRIENT AMOUNTS REQUIRED BY USDA PROPOSED STANDARDS

The following amounts are based on the average for a 5 Day Week.

	PROPOSED USDA BREAKFAST MEAL PATTERN UNDER THE HEALTHY, HUNGER FREE KIDS ACT			PROPOSED USDA LUNCH MEAL PATTERN UNDER THE HEALTHY, HUNGER FREE KIDS ACT		
	GRADE K-5	GRADE 6-8	GRADE 9-12	GRADE K-5	GRADE 6-8	GRADE 9-12
MIN-MAX CALORIES (KCAL)	350-500	400-550	450-600	550-650	600-700	750-850
SATURATED FAT (% OF TOTAL CALORIES)	<10	<10	<10	<10	<10	<10
SODIUM (MG)	< 430	< 470	< 500	< 640	< 710	< 740

DIFFERENCES BETWEEN THE USDA PROPOSED NATIONAL STANDARDS AND *MICHIGAN NUTRITION STANDARDS*

- The proposed USDA standards give calorie guidelines for each meal versus referring to the Daily Reference Intakes.
- Saturated fat is the same for both standards.
- The sodium requirement for the USDA proposed standards are prescriptive for each breakfast and lunch whereas the *Michigan Nutrition Standards* has a daily limit for both combined which allows for flexibility throughout the day. The total sodium is slightly lower in the proposed USDA standards which are reflective of the 2010 Dietary Guidelines for Americans. *Michigan Nutrition Standards* has a sodium goal of 1,340–1,400 mg breakfast and lunch combined. Both standards recommend a step-wise reduction in sodium over a 10 year time span. The USDA proposed standard provides specific target goals for 2 years and 4 years after implementation.

OTHER KEY DIFFERENCES FOR SCHOOL MEALS

	PROPOSED USDA STANDARD UNDER THE HEALTHY, HUNGER FREE KIDS ACT	<i>MICHIGAN NUTRITION STANDARD</i>
PROCESSED MEATS	Discouraged, and must be low in fat	Specifies that no entrée can be greater than 40% total calories from fat.
FIBER	Not specified	14-21 grams from breakfast and lunch.
LEGUMES	½ cup per week as a vegetable serving	Must be offered two times per week as a meat/ meat alternate or vegetable.

