Nutrition Standards in the School Meal Programs: Updates & Clarifications

Michigan Department of Education
Office of School Support Services – School Nutrition Programs
June 2012

Overview

- Background
  - Law Requirements
  - Changes from Proposed Rule
- New Meal Pattern
- Implementation
  - Timeline
- General Provisions
- Meal Components
- Dietary Specifications
- Current Standards vs. Final Rule
- Offer vs. Serve
- Questions/Comments

Background

Law Requirements

- Sec. 9
  - National School Lunch Act
    - Meals must reflect the Dietary Guidelines
- Sec. 201
  - Healthy, Hunger-Free Kids Act of 2010
    - Regulations based on recommendations from the Institute of Medicine (IOM)

Final Rule (January 2012)

- Title
  - Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)
- Published
  - January 26, 2012
- Effective date
  - July 1, 2012

Significance of this Rule

- School meal programs impact millions of children every day
- Obesity and food insecurity/hunger are dual threats to many of these children
- Rule aligns with current nutrition science

Major Changes from Proposed Rule

- Changes to breakfast phased-in gradually over 3 years
- No meat/meat alternate at breakfast
- Additional year for implementation of sodium target #2
- Students may take smaller portions of fruits and vegetables under Offer versus Serve
- Compliance based on 1-week review of menus

New Meal Pattern

Reading the Meal Pattern Chart

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	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	3¾ (¾)	3¾ (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)

Reading the Meal Pattern Chart

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	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	3¾ (¾)	3¾ (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)

Implementation Timeline

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						

Lunch Program Changes

- All changes to lunch go into effect July 1, 2012, *with the following exceptions:*
  - 3-year administrative review cycle (July 1, 2013)
  - All grains must be whole grain-rich (July 1, 2014)
  - First target (#1) for average weekly sodium limit (July 1, 2014)
    - Target 2 goes into effect for SY 2017-2018
    - Final Target goes into effect for SY 2022-2023

Breakfast Program Changes SY 2012-13

- No changes to breakfast effective July 1, 2012
- Schools continue with current meal pattern/menu approaches
- *Exceptions:*
  - Milk requirement, which is already in effect (fat & flavor)
  - Formulated grain-fruit products not creditable

Breakfast Program Changes SY 2013-14

- New meal pattern goes into effect

General Provisions

Menu Planning Approach Changes

- Food-Based Menu Planning approach for all age/grade groups
  - NSLP operators must use FBMP
    - Beginning SY 2012-2013
  - SBP operators must use FBMP
    - Beginning SY 2013-14

Age/Grade Groups

- Same age/grade groups for NSLP and SBP
  - K-5
  - 6-8
  - 9-12
- In the SBP, the change takes effect in SY 2013-2014 to ease burden on program operators

Meal Identification

- Identify content of reimbursable meal near or at beginning of serving line(s)
  - School discretion on how to identify these foods
- Assures students do not unintentionally purchase a la carte items

Overview of Requirements and Clarifications

Lunch Requirements

Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk

Fruits (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food[b] Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

Forms of Allowable Fruits in School Meals

- Fresh
- Frozen without sugar
- Canned in water, light syrup or juice
- Dried
- Pasteurized, full-strength juice

Fruits: Clarifications

- No added sugar allowed in frozen fruit
  - Exemption until July 1, 2013, for lunch
  - Sugar added in preparation allowed, but discouraged
- School Breakfast Program
  - Frozen fruit w/sugar allowed until 2014-15

Fruits: Clarifications on Juice

- No more than half of fruit or vegetable offerings may be in the form of juice
  - Weekly limit; no daily limit
- Juice credits as volume served
- Frozen 100% fruit juice w/o sugar can credit
- 100% fruit and vegetable juice blends
  - Credit based on first ingredient

Fruits: Clarifications

- Dried fruit processed with sugar is allowed
  - Schools should be aware of maximum calorie limits
  - Credits as twice volume served - i.e. 1/8 cup raisins credit as ¼ cup
- Snack - type fruit products may not credit
  - **Allowed**: whole dried fruit, whole dried fruit pieces
  - **Not Allowed**: 100% fruit strips, fruit drops, fruit leather

Fruits: Clarifications

- Can serve ½ cup of fruit pieces and ½ cup fruit juice to meet daily requirement
- Can offer a combination of fruits to meet fruit component
  - ½ cup pineapple tidbits + ½ cup fresh fruit cup

Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (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	1	1.5

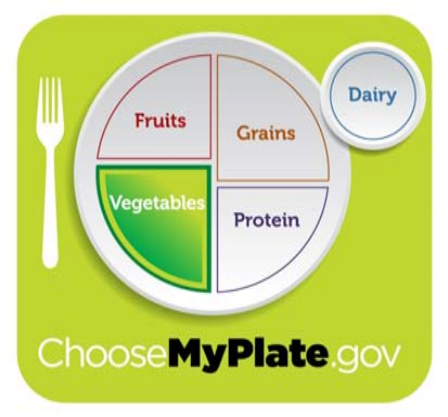
Vegetables

- Daily lunch serving reflects variety over week
- Vegetable subgroup weekly requirements for
  - Dark Green (e.g., broccoli, collard greens)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (Legumes) (e.g., kidney beans, lentils, chickpeas)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers)
  - Additional vegetables to meet 5 cup weekly total

Vegetables

- Variety of preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers a variety of no salt added or lower sodium products
- Changes in crediting of leafy greens
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable *OR* a meat alternate

Vegetable Activity



Dark Green and Red/Orange Vegetables

- Dark Green
  - bok choy
  - broccoli
  - collard greens
  - dark green leafy lettuce
  - kale
  - mesclun
  - mustard greens
  - romaine lettuce
  - spinach
  - turnip greens
  - watercress

- Red/Orange
  - acorn squash
  - butternut squash
  - carrots
  - hubbard squash
  - pumpkin
  - sweet potatoes
  - tomatoes
  - red bell peppers

Subgroups will be identified in upcoming FBG revision

Dry Beans and Peas

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans (mature)
- split peas
- white beans

Dry Beans and Peas: Clarifications

- May only count a serving towards vegetable or meat/meat alternate requirement (but not both in the same meal)
  - Menu planner determines how they credit in advance (not at POS)
- “Dry” refers to mature beans
  - Canned and frozen mature beans acceptable
  - Fresh beans or peas do not qualify

Starchy Vegetables

- Corn (white and yellow)
- Green peas
- Cowpeas, field peas, black-eyed peas (fresh, not dried)
- White potatoes
- Water chestnuts

Vegetables: Clarifications

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
  - Minimum quantity is ¼ cup
- No maximum limits on subgroups
  - Exception: Juice
- Categorizing unusual vegetables:

http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersandRepFoods.pdf

Vegetables: Clarifications

- Mixed Vegetable Dishes
  - Combinations containing ¼ cup or more of each different veggie subgroups may credit toward appropriate subgroups
  - If quantities of each are unknown, the dish counts toward the “additional” requirement

Vegetables: Clarifications

- Mixed salads
  - If mixed salad contains different vegetable subgroups (romaine/iceberg blend) and quantities are 1/4 cup or more, can credit to respective subgroup
  - If quantities of each are unknown, the total volume credits as “additional” requirement
  - *<u>Remember: ¼ cup of uncooked leafy greens credit as 1/8 cup</u>

How would a salad containing ¼ cup of iceberg lettuce and ¼ cup of romaine credit?

Salad Bars - Clarifications

- May be located after the POS, as long as a system is in place to ensure each student selects a reimbursable meal
- Must ensure portions meet meal pattern requirements
- May use salad bar to meet weekly vegetable subgroup requirement
  - salad bar offerings must be listed on production records to count toward meal pattern requirements

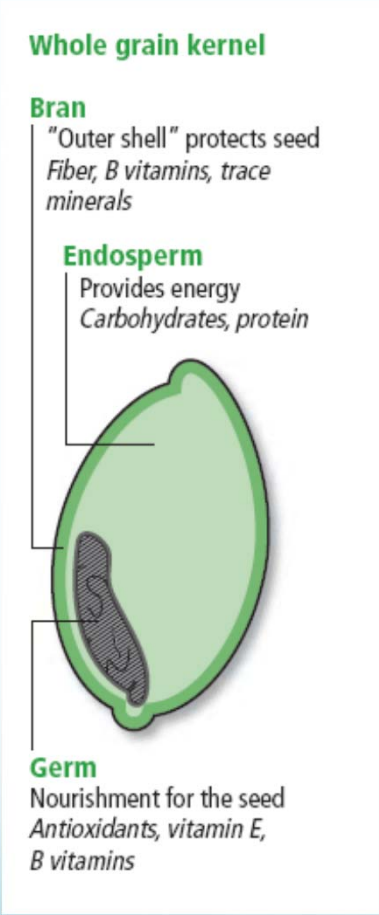
Grains (Lunch)

Lunch Meal Pattern			
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

Grains: Lunch

- Schools must offer daily and weekly serving ranges of grains at lunch
  - Maximums and minimums
- Initially, at least half of grains offered during week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich

What is a Whole Grain?



- Consists of entire grain seed or kernel
  - Bran
  - Germ
  - Endosperm
- Many B vitamins, fiber, and antioxidants are removed when grains are refined

Criteria for Whole Grain-Rich Foods

- Meet serving size requirements in Grains/Breads Instruction and
- Meet at least 1 of the following
  - Whole grains per serving must be ≥ 8 grams
  - Product includes FDA's whole grain health claim on its packaging
  - Product ingredient listing lists whole grain first (HUSSC criteria)

Grains: Clarifications

- Each reimbursable meal must meet the daily grain minimum
- No *daily* grain maximum – only weekly maximum
- New crediting guidance
  - SP 30-2012: Grains Requirements for the NSLP and SBP

Formulated Grain-Fruit Products

- Highly fortified grain products, specific nutrient profile as defined in Appendix A of 7 CFR 220
- Effective July 1, 2012, will no longer credit toward fruit component
- Can continue to credit as grains, but schools are discouraged due to high calorie, high sugar content
- Does not affect energy bars, granola bars, cereal bars

Other Grain Component Issues

- Grain-Based Desserts
  - Only 2 creditable grain-based desserts allowed at lunch per school week
  - These items are major source of solid fats and added sugars, per DGA 2010
- Cost and Availability Concerns
  - Important to note that many whole grain options available in USDA Foods: brown rice, whole grain pasta, oatmeal, etc.

Meats/Meat Alternates (Lunch)

Lunch Meal Pattern			
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)

Meats/Meat Alternates

- Daily and weekly requirements for lunch only
  - 2 oz eq daily for students in grades 9-12
  - 1 oz eq daily for younger students
- Variety of meat/meat alternates encouraged
- Tofu and soy yogurt will be allowable as meat alternate
  - Crediting instruction memo to follow

Meats/Meat Alternates: Clarifications

- Minimum creditable amount of M/MA is 0.25 ounce equivalent
- Tofu
  - May credit in NSLP & SBP only (not CACFP, nor SFSP)
  - 2.2 ounces of commercially prepared tofu containing at least 5 g of protein credits as 1 oz eq M/MA
  - When crediting processed tofu products, need to obtain documentation from manufacturer, to determine if the tofu in the product meets requirements outlined in SP 16-2012

Milk (Breakfast and Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups) [1]	5 (1)	5 (1)	5 (1)

Fluid Milk

- Allowable milk options include
  - Fat-free (unflavored or flavored)
  - Low-fat (unflavored only)
  - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least 2 choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Students *may* decline milk component under OVS
- Milk provisions also apply to children ages 3-4

Milk: Clarification

- Rule does not change fluid milk substitution rule 7 CFR 210.10(d)(3)

- Special Milk Program
  - Milk fat restriction applies
  - Limit on flavored milk recommended, but not required
  - Variety requirement does not apply

Breakfast Requirements

Breakfast Meal Components

- Fruits
- Grains
- Milk

Fruits (Breakfast)

Breakfast Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)

Fruit (Breakfast)

- Fruit is a single component
- Vegetables may be offered in place of fruits
  - First 2 cups must be from non-starchy vegetables
  - For example, in order to serve hash browns, the weekly menu must include 2 cups of non-starchy vegetables

Fruit (Breakfast)

- School Breakfast Program
  - Frozen fruit w/sugar allowed until 2014-15

Grains (Breakfast)

	Breakfast Meal Pattern		
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food Per Week (Minimum Per Day)**		
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)

Grains (Breakfast)

- Offer the daily and weekly serving ranges of grains at breakfast
  - Phased-in implementation of whole grain-rich beginning 2013-14
- Schools *may* substitute meat/meat alternate for grains once daily grains minimum is met
  - Must first offer 1 oz eq grains ***daily***, then can offer M/MA

Four Dietary Specifications (Lunch and Breakfast)

Four Dietary Specifications

- Weekly average requirements
  - Calories
  - Sodium
  - Saturated fat
- Daily requirement
  - Trans fat

Calorie Ranges

- Minimum and maximum calorie (kcal) levels
  - Average over course of the week
- Effective SY 2013-14 for SBP
- Effective SY 2012-13 for NSLP

Grade Level:
K-5 (ages 5-10)
Calorie Ranges:
Breakfast: 350-500
Lunch: 550-650

Grade Level:
6-8 (Ages 11-13)
Calorie Ranges:
Breakfast: 400-500
Lunch: 600-700

Grade Level:
9-12 (Ages 14-18)
Calorie Ranges:
Breakfast: 450-600
Lunch: 750-850

Calorie Ranges: Clarifications

- Calorie maximums may not be waived for RCCIs or any other schools.

Sodium

Sodium Limits and Timeline		
Target 1: SY 2014-15	**Target 2: SY 2017-18**	**Final target: SY 2022-23**
Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)	Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)
Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12	Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)

Sodium

- Naturally occurring sodium (i.e. milk) and nutrient analysis

Sodium Reduction Efforts

- Procurement specifications and recipes will be modified
- Technical assistance and training resources will be available
- USDA Foods reducing sodium in foods available to schools
  - Already reduced for products such as most cheeses

Saturated Fat

- Limit saturated fat
  - Less than 10 percent of total calories
  - Same as current regulatory standard

- No total fat standard

Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
  - Begins SY 2013-2014 for SBP
  - Begins SY 2012-2013 for NSLP
- Naturally-occurring trans fat excluded
  - e.g. beef, lamb, dairy products
- Mixed dishes
  - e.g. beef and bean burritos

Trans Fat: Clarification

- SFAs must rely on nutrition facts labels and manufacturer specifications to assess the amount of trans fat in menus
  - Must use Nutrition Facts Panel or spec sheets to determine if there are 0 g of trans fat per serving
  - Nutrient analysis software may not have complete trans fat data

Nutrient Analysis

- Calculation is a weighted average of what is offered on each serving line
- Planned vs Offered Meals

Menu Planning

Age/Grade Groups

Grade Level:
K-5 (ages 5-10)

Calorie Ranges:
Breakfast: 350-500
Lunch: 550-650

Overlaps
B: 400-500
L: 600-650

Grade Level:
6-8 (Ages 11-13)

Calorie Ranges:
Breakfast: 400-500
Lunch: 600-700

Overlaps
B: 450-500
L: ---

Grade Level:
9-12 (Ages 14-18)

Calorie Ranges:
Breakfast: 450-600
Lunch: 750-850

Age/Grade Groups

- Overlap in K-5 and 6-8 meal patterns
  - A single menu can meet both patterns
  - Must meet following:
    - 8-9 oz eq grains/week
    - 9-10 oz eq meats/meat alternates/week
    - Average daily calorie range 600-650

Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer ½ cup more fruit daily
  - Offer ¼ cup more vegetables daily
    - Need ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) some time during the week
  - These changes alone *may* meet calorie needs for the 9-12 group
    - Consider an additional oz eq of grain and/or M/MA for the older kids

Age/Grade Groups: Clarifications

- The term “age/grade groups” refers to grade groups only. School should plan menus based on the grade levels of students
- Pre-K meal pattern is not changing and schools must serve meals that meet *current* meal pattern to these students
  - Schools may serve a single menu to Pre-K and grades K-5, if both meal pattern requirements are met.

Short and Long Weeks: Clarifications

- Nutrient Analysis will not change, as it is averaged
- For Occasional Short Weeks
  - Menus do not have to be adjusted
  - Must be consistent with intent of meal pattern

Multiple Offerings: Daily Minimum

- All offerings must meet the daily minimum requirement
  - For example, when offering pizza and a sandwich for Grades 9-12 on a daily basis, both the pizza and sandwich should contain 2 oz eq grains
  - Average of the Grain or M/MA ounce equivalents offered cannot meet the daily minimum requirement

Multiple Offerings: Weekly Ranges

- Weekly range for Grains and M/MA:
  - Sum of all daily *minimum* offerings meets at least the weekly *minimum* requirement
  - Sum of all daily *maximum* offerings is equal to or less than the weekly *maximum* limit.

Multiple Offerings: Clarifications

- Each independent line must meet the daily and weekly requirements (including subgroups)
  - If different stations available for selecting components, then all the stations as a whole must meet the daily and weekly requirements.
- The nutrient analysis should be weighted based on what is offered on each serving line

Offer versus Serve

OVS: Clarifications

- Lunch: Must take at least 3 of 5 components
- Breakfast: Must take 3 components of 4 offered items
- Number of components that may be declined at lunch the same for all age/grade groups
  - SFAs can no longer choose for elementary and middle schools

OVS - What Must be Taken

- Must take at least ½ cup serving of the fruit or vegetable component
- Can take ½ cup of fruit or vegetable, but must take full components of other selected components

Examples: Meeting the ½ Cup Fruit or Vegetable Requirement

- Student can select smaller portions of same vegetable or fruit
  - ¼ cup applesauce + ¼ apple slices = ½ cup fruit
- Student can select ¼ cup fruit and ¼ cup of vegetables
  - ¼ cup strawberries + ¼ cup dry beans and peas = ½ cup fruit *or* vegetable
- Student can select a dish containing a ½ cup *mixture* of fruits and vegetables
  - ½ cup carrot raisin salad = ½ cup fruit or vegetable

What Counts as a Full Component?

- Minimum daily servings must be offered
- Depends on how menu planner designates a full component
  - For example, if menu planner offers pasta with a breadstick as an entrée, the full component would include both the pasta and the breadstick

Meal Identification

- All menu items on serving line must be identifiable, labeled, or listed, at the beginning of serving line and prior to POS
- MDE may authorize alternatives to Point of Service lunch counts
  - Must be labeled well
  - Must be a system in place to ensure all meals are reimbursable

Special Diets

- Meals for children with medical disabilities are not affected by new nutrition standards
- Optional accommodations must be consistent with new nutrition standards
- New standards do not impact fluid milk substitution rule

Special Circumstances

- Field trips
- Older students in lower grades
- Other circumstances?

Grains

Grain Requirements for the NSLP and SBP SP 30-2012

- Addresses the new implementation of “ounce equivalencies” (oz eq) in the school meal programs and defines “whole grain-rich”
- Quantities of grains are based on ounce equivalencies in a manner that is consistent with the DGAs and MyPlate food guidance system
- Beginning **July 1, 2013**, all grains must be credited using “oz eq” method
- To facilitate transition, SFAs should continue to use current grains crediting method through SY 2012-2013
  - Section 3 Grains/Breads of the Food Buying Guide
  - FCS Instruction 783-REV.2

Ounce Equivalent Standards

- Baked goods = must have 16 g creditable grain
  - Breads
  - Biscuits
  - Bagels
- Cereal grains = 1 oz or 28 g of dry product, or cooked volume of ½ cup
  - Oats
  - Pasta
  - Brown rice
- RTE cereals = 28 g or 1 oz of product
  - 1 cup of flakes or rounds
  - 1 ¼ cups puffed cereal
  - ¼ cup granola

Counting Grains

- All grains are counted towards min/max requirements
- To facilitate implementation, battered and/or breaded products will not count towards weekly maximum in SY 2012-13
  - Must count these products toward weekly maximum beginning SY 2013-14
- ¼ of an oz eq is the smallest amount that can credit towards the quantities of grains
- Multiple items may be combined to meet daily minimum

Counting Grains

- Bran and germ are not creditable
- If the product contains enriched ingredients or the product itself is enriched, it must meet the FDA standards for enrichment

Updated Exhibit A

- Exhibit A contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria
- Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains
- Exhibit A provides ounce equivalent information for a range of products commonly offered in schools

Whole Grain-Rich Requirements for Lunch

- Beginning July 1, 2012 through June 30, 2014, half of the grains offered during the school week must meet the whole grain-rich criteria

- Beginning July 1, 2014, all grains must meet the whole grain-rich criteria

Whole Grain-Rich Requirements for Breakfast

- Beginning July 1, 2013 through June 30, 2014, (SY 2013- 2014) half of the grains offered during the school week must meet the whole grain-rich criteria

- Beginning July 1, 2014, all grains must meet the whole grain-rich criteria

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations whole grain-rich products are:

- Foods that contain 100% whole grain

  OR

- Foods that contain a blend of whole grain meal and/or flour and enriched meal and/or flour

Note: Whole grain-rich products must contain at least 50% whole grains and the remaining grain content must be enriched.

Whole Grain-Rich Checklist

- **Meets Element 1 criteria**: The food item must meet the oz eq requirements as defined in Exhibit A

AND

- **Meets one of Element 2 criteria:**
  1. Groups A-G must contain 8 or more grams of whole grains per oz equiv. For Groups H and I, volumes/weights must be offered
  2. Contains FDA health claim:

     "Diets rich in whole grain foods and other plant foods and low in total fat, sat fat, and cholesterol reduce the risk of heart disease and some cancers."
  3. Whole grain is first ingredient

Evaluating Mixed vs Non-mixed Dishes

- Non-mixed dishes (breads, cereals)
  - Whole grain ingredient must be primary ingredient by weight
  - Water excepted
  - Multiple whole grains could be added up to exceed the first ingredient by weight
- Mixed dishes (pizzas, corn dogs)
  - Whole grain must be primary grain ingredient
  - Example: Pizza crust, corn dog breading

Evaluating Flour Blends

- When flour blends are listed in the ingredient list and grouped together, schools must know if the whole grain content is at least 8 g per oz eq or that the weight is greater than the ingredient listed after the blend
- For example:

  Flour blend (ww flour, enriched flour), sugar, cinnamon, etc.

  <u>Whole wheat flour must weigh more than the sugar</u>

Evaluating RTE Cereals

- Must list whole grain ingredient as primary ingredient and <u>must be fortified</u>
- Crediting: 1 oz eq =
  - 1 cup or 1 ounce flakes and rounds
  - 1.25 cups or 1 ounce puffed cereal
  - ¼ cup or 1 ounce granola

Incorporating Grains into School Menus

- Encourage grain variety
- Grain-based desserts limited to 2 oz eq/week
  - These items are a major source of solid fats and added sugars per the 2010 DGAs
- Offer grains low in added sugar, sodium and saturated fat

Some Examples of Whole Grain Ingredients

- Whole wheat
- Cracked wheat, crushed wheat
- Graham flour
- Whole oats/oatmeal
- Whole corn
- Brown rice & wild rice
- Whole rye
- Whole grain barley
- Buckwheat groats/whole buckwheat flour
- Quinoa
- Wheat or rye berries

Products/Ingredients that Are *Not* Whole Grains

- Flour, white flour, wheat flour, all-purpose flour, unbleached flour, self-rising flour
- Durum flour, semolina
- Grits, corn grits, hominy grits
- Degerminated corn meal
- Enriched flour, rice flour
- Farina
- Couscous

Adding Whole Grains to School Meals

- Whole grain-rich pretzels
- Whole grain-rich pita pockets
- Whole grain-rich cornbread
- Whole grain-rich crackers or cookies
- Whole grain-rich tortillas or taco shells
- Whole grain-rich pasta
- Whole grain-rich ready-to-eat or cooked breakfast cereals
- Whole grain-rich granola or granola bars
- Whole grain-rich pancakes or waffles
- Whole grain-rich bagels, breads, rolls, buns, or muffins

Grain Label-Reading Activity

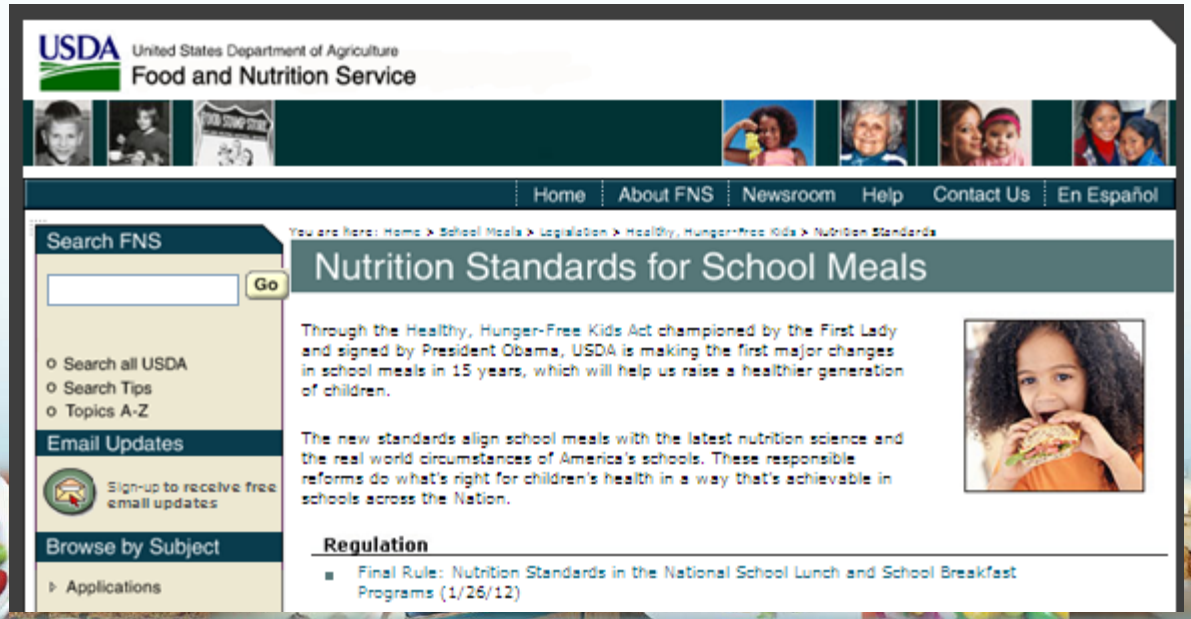
Resources

USDA Website

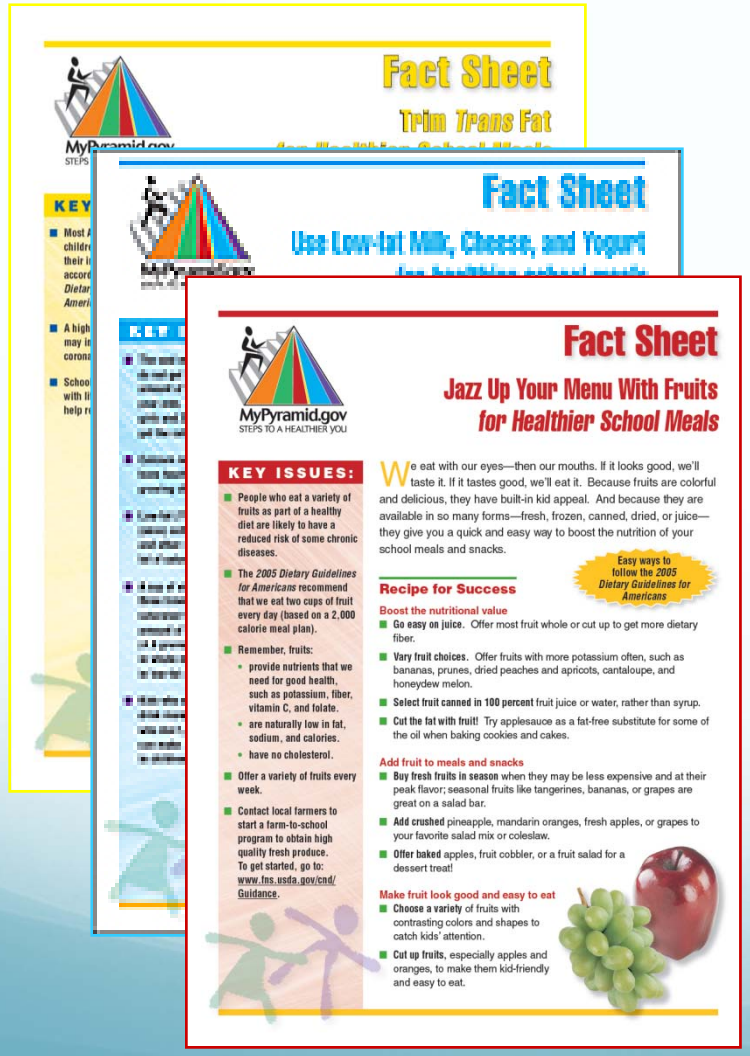
- For current updated information, go to the

  Nutrition Standards for School Meals webpage

http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

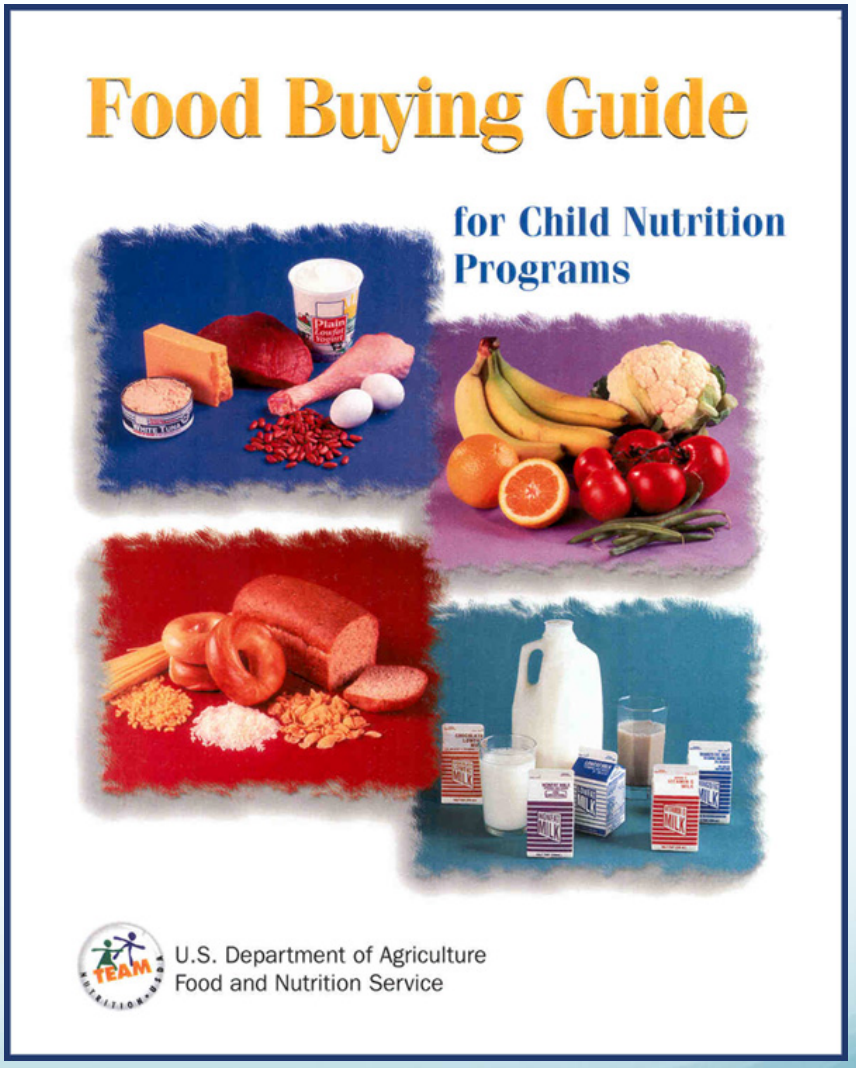


Fact Sheets for Healthier School Meals
Revisions coming soon!



- Low-fat and fat-free milk, cheese, and yogurt
- Fruits and Vegetables
- *Trans* Fat, Cholesterol, saturated Fats
- Whole Grains
- Sodium
- Dry Beans and Peas
- Fiber-Rich Foods
- Meeting Challenge of Rising Food Costs

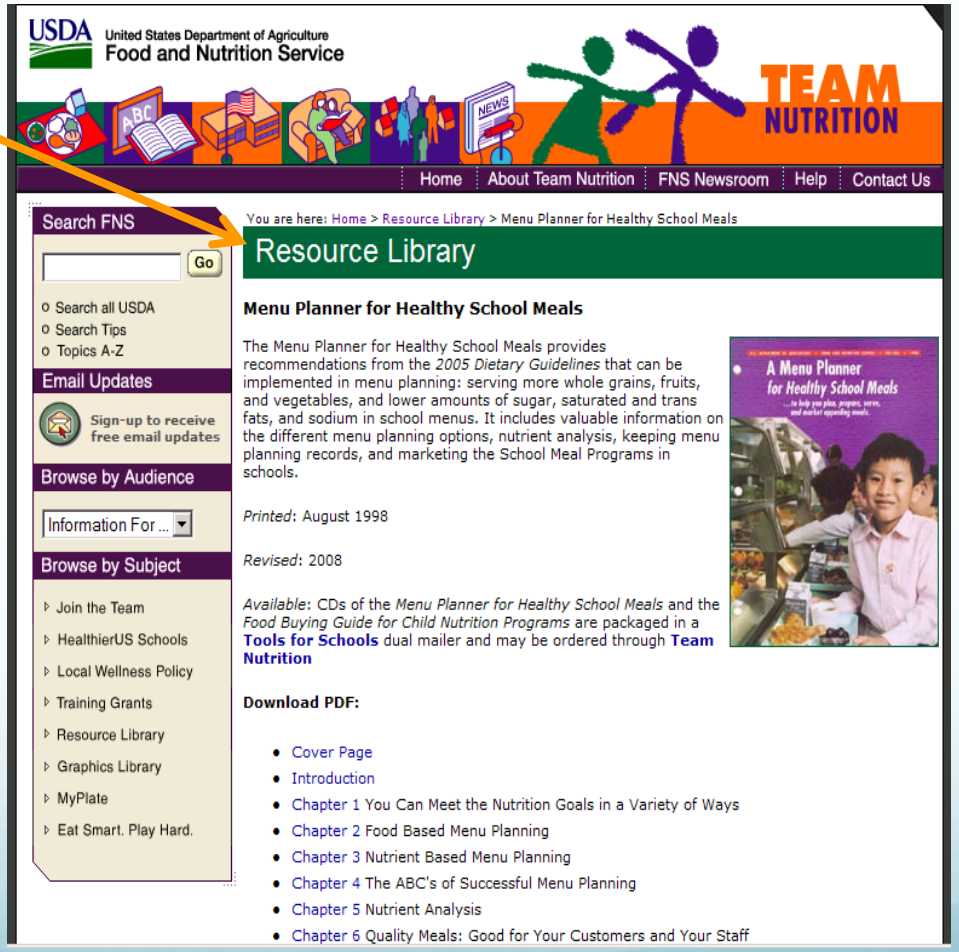
Update the Food Buying Guide



www.fns.usda.gov/tn/Resources/foodbuyingguide.html

Food Buying Guide Calculator
fbg.nfsmi.org

Menu Planner for Healthy School Meals



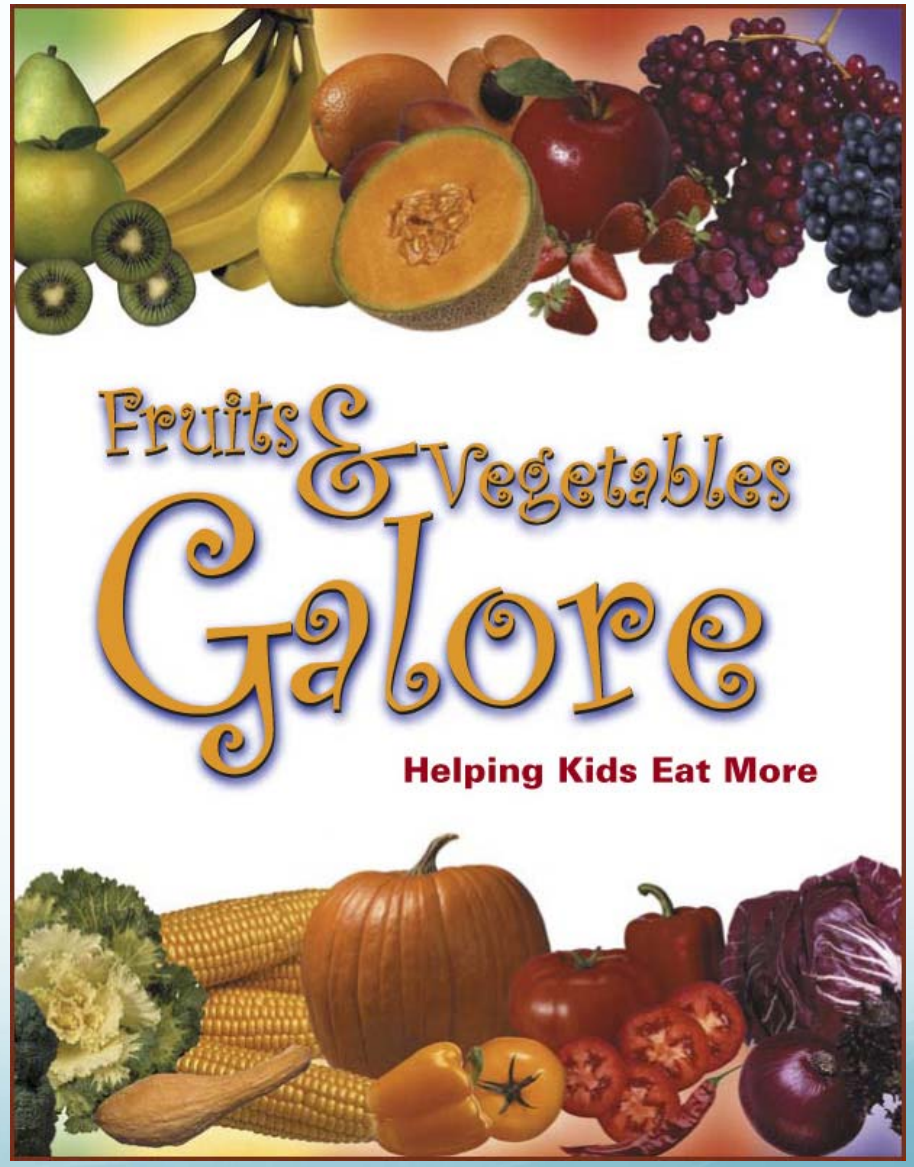
RECIPES FOR HEALTHY KIDS

Available Now
from
Team Nutrition

Make Half your Plate Fruits & Vegetables Poster

Available Now from Team Nutrition

Fruits and Vegetables Galore: Helping Kids Eat More



Choose My Plate Resources

http://www.choosemyplate.gov/food-groups/

Available from the National Food Service Management Institute (NFSMI)

Whole Grains in Child Nutrition Programs

Healthy Meals Resource System

http://healthymeals.nal.usda.gov

Menu Planning (http://healthymeals.nal.usda.gov/menu-planning)
Use these tools to plan menus with ease! Includes special sections on beans, fruits, vegetables, whole grains, and sodium reduction.

Recipes (http://healthymeals.nal.usda.gov/recipes)
Find quantity recipes for school food service from a variety of sources, including the searchable Recipe Finder database!

Healthy Meals Resource System at NAL

USDA United States Department of Agriculture

Healthy Meals Resource System

TEAM NUTRITION

Home | About HMRS | News | Topics A-Z | Get Connected | Chefs Move to Schools | Help | Contact Us

Search HMRS

Go

- Search all USDA
- Advanced Search
- Search Tips

Browse by Subject

- Recipes
- Menu Planning
- Resource Library
- HealthierUS School Challenge Resources
- Chefs Move to Schools
- Farm to School
- Local Wellness Policy Resources
- State Sharing Center
- Professional & Career Resources

Education and Training Materials Database

Back to Search Results | New Search | SHARE

Basic Information

Menu Planning Tools

Developer: South Dakota Department of Education and Cultural Affairs
Publication Date: 2003
Copyright Status: Not Copyrighted
Availability: Available in full text online

Image courtesy of South Dakota Department of Education and Cultural Affairs

Abstract: Menu Planning Tools is a 10-hour training session composed of 5 sections for use by participants in an instructor-led training session. These materials were developed as part of a Team Nutrition grant awarded to the South Dakota Department of Education & Cultural Affairs, Child & Adult Nutrition Services.

Detailed Information

Target Audience: Nutrition Education: All Ages
Format: Kits

Review

Special Interest: Material geared toward special needs and interests of intended target group
Scope: Scope of information appropriate for target audience and essential topics discussed in appropriate detail
Ideas Summarized: All major ideas summarized or reviewed to re-inforce key concepts; summaries easily identified

Print Review

Overall Review: Menu Planning Tools discusses the criteria for implementing offer versus serve and gives guidance on crediting grains/bread and developing standardized recipes among other topics. Suggestions for recipe analysis are also included.

Borrowing Information

Coming Soon!

Online Training Modules

http://healthymeals.nal.usda.gov/mealpattern

Best Practices Sharing Center at HMRS

http://healthymeals.nal.usda.gov/best-practices

USDA United States Department of Agriculture

Healthy Meals Resource System

TEAM NUTRITION

Home | About HMRS | News | Topics A-Z | Get Connected | Chefs Move to Schools | Help | Contact Us

Search HMRS

Go

- Search all USDA
- Advanced Search
- Search Tips

Browse by Subject

- Recipes
- Menu Planning
- Resource Library
- HealthierUS School Challenge Resources
- Farm to School
- Local Wellness Policy Resources
- State Sharing Center
- Professional & Career Resources

Best Practices Sharing Center

Welcome to the Best Practices Sharing Center! This database is intended for School Food Authorities (SFAs) and State Agencies (SAs) to share resources and tools to serve healthy menus that meet school meal regulations.

Materials may be submitted via email to hmrs@ars.usda.gov. In the body of the email, please provide the developer name and subject areas that the resource covers.

Search the Sharing Center

Topic: Select a topic...

and / or

Format: Select a format...

and / or

Audience: Select an audience...:

and / or

Developer: Select a developer...

Search Reset

Last Modified: Feb-29-2012

HMRS Home | NAL Home | USDA | Team Nutrition | FNS | FNIC | Web Policies and Important Links
FOIA | Accessibility Statement | Privacy Policy | Non-Discrimination Statement | Information Quality | USA.gov | White House

State Resource Sharing

Questions?

Please contact the School Nutrition Programs Office at 517-373-3347

Or

Email your questions to:

mde-schoolnutrition@michigan.gov

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

National School Lunch Program Meal Pattern		
Food Group	**Current Requirements K-12**	**New Requirements K-12**
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables plus 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: • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
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)

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

School Breakfast Program Meal Pattern		
Food Group	**Current Requirements K-12**	**New Requirements K-12**
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)

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		
Sodium Reduce, no set targets	**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	**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	**Final target: 2022-23** Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)
Calories (min. only) *Traditional Menu Planning* Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12) *Enhanced Menu Planning* Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12) *Nutrient Based Menu Planning* Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)	**Calorie Ranges (min. & 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)		
Saturated Fat <10% of total calories	**Saturated Fat** <10% of total calories		
Trans Fat: no limit	**New specification:** zero grams per serving (nutrition label)		

Salmon

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	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	3¾ (¾)	3¾ (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 trans fat per serving.					

[a]In 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 ⅛ cup.
[c]One 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.
[d]For 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).
[e]The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
[f]Larger 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).
[h]Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[i]At 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).
[j]In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
[k]There 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.
[l]Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
[m]The 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).
[n]Discretionary 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.
[o]In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
[p]Final 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

Yellow

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 o Target 1 o Target 2 o Final target			L, B			L, B	L, B
• Zero grams of trans 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					

Yellow

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)

Sodium Reduction: Timeline & Amount				
Age/Grade Group	**Baseline: Average Current Sodium Levels As Offered[1] (mg)**	**Target 1: July 1, 2014 SY 2014-2015 (mg)**	**Target 2: July 1, 2017 SY 2017-2018 (mg)**	**Final Target: July 1, 2022 SY 2022-2023 (mg)**
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
National School Lunch Program				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

[1]SNDA-III

United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: April 27, 2012

MEMO CODE: SP 10-2012 - REVISED

SUBJECT: Questions & Answers on the Final Rule, "Nutrition Standards in the National School Lunch and School Breakfast Programs"

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Attached are Questions & Answers on the final rule to update the school meals offered under the National School Lunch and School Breakfast Programs, as required by the Healthy, Hunger-Free Kids Act of 2010. This guidance addresses the final rule overall, and includes questions on general and specific aspects of the new meal requirements. We will revise this document periodically to issue additional Questions & Answers as they arise during the implementation of the new meal requirements. These Questions & Answers and other materials related to the new meal requirements are available on a special webpage on the FNS website: http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

We appreciate all you do for the School Meal Programs and look forward to working with you to improve the nutrition of America's children. States should contact their FNS regional office with additional questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Ivory

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs"

Questions & Answers for Program Operators – Revised 4/26/12

(New or Revised Q/As are italicized)

General:

1. Why is USDA setting new meal patterns and dietary specifications for school meals?

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). This historic legislation marked the most comprehensive changes to the school nutrition environment in more than a generation. The last update to school meals standards was over 15 years ago. Since that time, tremendous advancements in our understanding of human nutrition have occurred. In response to that reality, the HHFKA required USDA to update school meal nutrition standards to reflect the most current dietary science.

The timing of this legislation and USDA's standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. If left unaddressed, health experts tell us that our current generation of children may well have a shorter lifespan than their parents. Additionally, during 2010 over 17 million households in the United States, representing over 32 million adults and over 16 million children, struggled to put enough food on the table. For many of these children, a school meal is the only nutritious source of food they can count on.

2. What are the main differences between the proposed and final rules?

The final rule makes significant improvements to school meals, while modifying several key proposed requirements to address public comments regarding cost, timing/implementation, food waste, and administrative burden. The final rule, in comparison to the proposed rule:

- Phases-in changes to the breakfast program gradually over a three-year period
- Does not require a meat/meat alternate at breakfast daily
- Does not restrict starchy vegetables, and establishes weekly minimums for all vegetable subgroups
- Reduces the required weekly grains amounts at lunch
- Allows students to take smaller portions of the fruits and vegetables components (at least ½ cup of either) under Offer versus Serve
- Provides an additional year for the implementation of the second sodium target
- Requires State agencies to assess compliance with the new meal requirements based on the review of one week of menus (instead of two weeks as proposed)

Ivory

- Allows schools to continue the current tomato paste crediting practice of crediting by whole food equivalency

3. How are the new meal patterns and dietary specifications different from current requirements?

The key changes to the meals for children in grades K and above are:

NSLP

- A daily serving of fruits
- A daily serving of vegetables plus a weekly requirement for dark green, red/orange, beans/pea (legumes), starchy, and "other" vegetables Increased quantity of combined fruits and vegetables
- Weekly meat/meat alternate ranges plus a daily requirement
- In the first year of implementation, at least half of the grains offered during the school week must be whole grain-rich

SBP

- Meat/meat alternate may be offered after minimum grains requirement is met
- In the second year of rule implementation, at least half of the grains offered during the school week must be whole grain-rich
- In the third year of implementation, fruit quantity increase at breakfast
- Breakfast is included in administrative reviews

NSLP and SBP

- One food-based menu planning approach and same age/grade groups
- Fruits and vegetables are two separate food components
- Daily fruits requirement
- Under Offer versus Serve, student must select at least ½ cup of the fruits or the vegetables component as part of the reimbursable meal
- Weekly grains ranges plus daily minimum requirement
- On the third year of rule implementation, all grains offered during the school week must be whole grain-rich
- Fat-free (unflavored or flavored) and unflavored low-fat milk only
- Calorie minimum and maximum levels
- Intermediate (Target 1 and Target 2) and final sodium reductions
- Trans fat limit
- Limit on saturated fat only (not on total fat)
- 3-year administrative review cycle

Ivory

4. **When will the changes take place?**

The new lunch meal pattern is effective July 1, 2012, the beginning of SY 2012-2013. With the exception of the new milk requirement, changes to the breakfast program will be phased-in beginning July 1, 2013 (SY 2013-2014). See the implementation chart in the FNS website, http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

5. **Does this rule impact the meals for children with disabilities?**

The meals for children with recognized medical disabilities that restrict their diet are not affected by the new meal patterns and dietary specifications and continue to be based on a medical statement from a licensed physician.

Optional accommodations for children with special dietary needs (without recognized medical disabilities) must be consistent with the new meal patterns and dietary specifications.

Fruits and Vegetables:

1. **What forms of fruits are required?**

Schools may offer fruits that are fresh; frozen without sugar; canned in light syrup, water or fruit juice; or dried. Pasteurized, full-strength fruit juice may also be offered (it is credited to meet no more than one-half of the fruits component *offered over the week*). Required quantities are established in the meal patterns for lunch and breakfast. *Note: Frozen fruit with added sugar allowed temporarily in SY 2012-2013 only. See memorandum SP 20-2012.*

2. **What types of vegetables are required?**

Over the course of the week, schools must offer all vegetable subgroups established in the 2010 Dietary Guidelines for Americans: dark green, red/orange, dry beans/peas (legumes), starchy, and "other" vegetables (as defined in the Dietary Guidelines). Required minimum weekly quantities for each subgroup are established in the lunch meal pattern. Pasteurized, full-strength vegetable juice is also allowable (it is credited to meet no more than one-half of the vegetables component).We plan to release additional guidance to assist school food authorities in classifying vegetables in the appropriate subgroup. Vegetables are an option for breakfast.

Ivory

3. **Where are kinds of vegetables in each of the required vegetable subgroups identified?**

Section 210.10(c)(2)(iii) of the regulations identifies the required vegetable subgroups. It is important to note that the term "other vegetables" refers to a specific vegetable subgroup that is listed in the 2010 Dietary Guidelines for Americans as well as online under www.ChooseMyPlate.gov.

4. **How can schools minimize food waste while requiring students to take a fruit or a vegetable as part of the meal?**

Under Offer versus Serve, schools must offer enough for each child to take the full required amount of each component, but a student may take smaller portions of the fruits and vegetables components, if desired. Students must select at least ½ cup daily of the fruits or the vegetables components for a meal to be considered reimbursable under Offer versus Serve in the NSLP and SBP.

5. **Are schools required to offer the vegetable subgroups at lunch in any specific sequence during the week?**

No. The menu planner decides when and how to offer the required vegetable subgroups at lunch.

6. **Is a school that offers vegetables in place of fruits at breakfast required to offer the vegetable subgroups in any particular sequence to ensure that the first two cups of any such substitution are from the vegetable subgroups that are under-consumed?**

The SBP does not have a total vegetable or a weekly vegetable subgroups requirement. If a school chooses to offer vegetables in place of fruits, it must plan how and when to offer them. As long as at least two cups of the red/orange, dark green, legumes, or "other" vegetable subgroups are offered over the course of the week, it does not matter what day of the week the starchy vegetables are included in the menu.

7. **At breakfast, must the student select only one fruit or may the student select a combination of fruit choices to meet the required fruit component for the reimbursable meal?**

Students may select a single fruit type or a combination of fruits to meet the required fruit component. Under Offer versus Serve, however, the student must select at least ½ cup of any fruit or combination of fruits to have a reimbursable meal.

Ivory

8. What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

The minimum creditable serving size for a fruit or a vegetable is 1/8 cup. However, ½ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer versus Serve. There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded.

9. Can vegetable juice blends contribute toward a vegetable subgroup?

Full strength vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup. Vegetable juice blends containing vegetables from more than one subgroup may contribute to the "additional" vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend may credit toward the "orange/red" vegetable subgroup. However, a full-strength vegetable juice blend containing carrots, spinach, tomato and watercress, may only credit toward the "additional" vegetable subgroup.

10. How do leafy salad greens credit toward meal pattern requirements?

Raw and cooked greens credit differently. Raw, leafy salad greens credit at half the volume served, which is consistent with the Dietary Guidelines for Americans. For example, a ½ cup of Romaine Lettuce contributes ¼ cup toward the "dark green" vegetable subgroup. Cooked leafy greens such as sautéed spinach are credited by volume as served; for example, ½ cup of cooked spinach credits as ½ cup of dark green vegetables.

11. How does dried fruit credit toward the meal pattern requirements?

Whole dried fruit and whole dried fruit pieces credit at twice the volume served. For example, a ¼ cup of raisins contributes ½ cup fruit toward the fruit requirement, as recommended by the Dietary Guidelines for Americans.

12. Do 100% fruit strips, fruit drops or other snack-type fruit or vegetable products contribute toward meal pattern requirements?

No. Only whole dried fruit, whole dried fruit pieces, fresh, frozen or canned fruits; vegetables; or full-strength juice may contribute toward fruits and vegetables components. Effective July 1, 2012 (SY 2012-2013), reimbursable meals must not credit snack-type fruit products that may have been previously credited.

13. Will CN-Labeled Products that include vegetables provide crediting information for vegetable subgroups?

Yes. CN Labels will be revised to document the creditable amounts of the vegetable subgroups required by the final rule: dark green; red/orange, beans/peas (legumes), starchy, and "other."

Ivory

New Questions:

14. Is the limit on juice a daily or a weekly limit?

The juice limit will apply weekly to support menu planning flexibility. No more than half of the weekly offering for the fruit component or the vegetable component may be in the form of full-strength juice.

15. May a school serve 1/2 cup fruit pieces and 1/2 cup fruit juice?

Yes. The juice requirement that allows juice to be offered for ½ of the fruits offered is a weekly requirement. Therefore, schools could serve ½ cup fruit pieces and ½ cup fruit juice on one or more days as long as the total weekly juice offering does not exceed ½ of the total fruit offerings for the entire week.

16. Can 100-percent fruit and vegetable juice blends contribute to the reimbursable meal?

Yes. If the first ingredient in the 100-percent juice blend is fruit juice, then the 100-percent juice blend can contribute to the fruit requirement. If the first ingredient is a vegetable juice, then the 100-percent juice blend can contribute to the "other" or the "additional" vegetable requirement, depending on the needs of the menu planner.

17. The rule states that juice may be used for only 1/2 of the fruit component. Since the fruit component for grades K-5 and 6-8 is 1/2 cup daily, does that mean that only 1/4 cup juice can be served?

No. The provision that limits juice to no more than ½ of the fruits offered applies over the week. Therefore, schools could serve larger quantities of fruit juice one or two days a week, as long as the total weekly juice offering does not exceed ½ of the total fruit offerings for the entire week.

18. Does the limit on juice to half of the fruit component mean that if I serve 4 ounces of juice to my elementary students I can only credit two ounces toward the fruit component?

No, juice may be credited as the volume served, so 4 ounces will credit as ½ cup. However, no more than half of the fruit or vegetable offerings over the week may be in the form of juice. Also, all juice must be 100% full-strength juice; diluted juice is no longer allowed.

19. Is frozen 100% fruit juice without added sugar allowed under the new guidelines?

Yes. Frozen 100% fruit juice without added sugar can be used. 100% juice (served liquid or frozen) may be used to meet up to half of the fruit component of the meal pattern requirements for school lunch or school breakfast.

20. Is frozen fruit with added sugar allowed?

Ivory

If schools have an existing inventory, they may continue to offer frozen fruit with added sugar in the NSLP in SY 2012-13 only. This temporary exemption applies to products acquired through USDA Foods as well as those purchased commercially. Beginning July 1, 2013, all frozen fruit served in the NSLP must contain no added sugars. Please see memorandum SP 20-2012 issued February 24, 2012, for additional guidance.

The fruit requirements in the SBP take effect in SY 2014-15. Until then, frozen fruit with added sugar may be offered in the SBP.

21. Is dried fruit with sugar coating allowed?

Yes. Dried fruit is sometimes processed with sugar to keep the fruit pieces separated. Although these types of products are allowed, schools must be aware of the maximum calorie limits when offering any food with added sugar.

22. If a school meets the fruit requirement for breakfast, can they add a serving of hash browns as an "extra?"

There is no vegetable requirement in the SBP. In order to serve starchy vegetables in place of fruits at breakfast, a school has to first offer 2 cups of non-starchy vegetables per week from the dark green, red/orange, beans/ peas (legumes) or "Other vegetables" subgroups as defined in § 210.10(c)(2)(iii). Therefore, to offer hash browns or other starchy vegetables, the weekly planned menu must include 2 cups of non-starchy vegetables.

23. If the fruit requirement at breakfast is 1 cup, may ½ cup each of fruits and vegetables be served at breakfast? For example: ½ cup juice and ½ cup beans?

Yes, as long as the first 2 cups per week of vegetables substituted for fruit are from the dark green, red/orange, beans/ peas (legumes) or "Other vegetables" subgroups as defined in section 210.10(c)(2)(iii).

24. May a salad bar with fruits and vegetables that is offered as part of the reimbursable meal be located after the point of service (POS)?

The memo on salad bars (SP 02-2010 – Revised) states "To ensure that each student's selections from the salad bar meet the required portions for an entrée or food/menu item, the POS must be stationed after the salad bar. If a school is not able to position the salad bar in a location prior to the POS, SAs may authorize alternatives to the POS lunch counts." If the fruits and vegetables are located in an approved location beyond the POS, there must be a system in place to ensure that each reimbursable meal selected by the student includes a fruit or a vegetable, and that the total of any fruit or vegetable item selected under OVS equals at least 1/2 cup.

25. Are schools that offer salad bars required use to specific size serving utensils to meet quantity requirements?

Ivory

Schools are not required to use specific serving size utensils but may do so to encourage children to take appropriate food amounts. However, regardless of the serving utensils used, food service staff must ensure that the portions on the student's tray meet the meal pattern requirements. This may be done by training the cashiers to visually identify the correct portions, or by pre-portioning the food items.

26. Is a mixed salad required to consist of all dark green vegetables or can iceberg lettuce be part of the mix?

Iceberg lettuce is not considered a dark green vegetable, but a salad that consists of a variety of dark leafy greens (such as spinach or romaine lettuce) counts toward the dark green subgroup. If the mixed salad contains different vegetable subgroups and the quantities of each subgroup are known, they can be credited toward each subgroup. If the quantities are not known, a mixed salad counts toward the additional vegetables requirement. (Remember that uncooked, leafy greens count as half of the offering and 1/8 cup is the minimum creditable quantity that may be offered).

27. May a school offer a daily salad bar line that offers multiple vegetable subgroups every day as a way to meet the weekly vegetable subgroup requirement?

Yes, this is acceptable if the salad bar is available to all children each day and offers all of the required weekly subgroups over the course of the week.

28. Do the vegetable subgroups offered on a daily salad bar need to be itemized on the production records? Do all of these items need to be listed on the menu?

Yes. Section 210.10(a)(3) of the regulations requires that production records and menu records for the meals show how the meals offered contribute to the required food components and food quantities. These records must be examined by the State agency during the administrative review to ensure the meals offered are reimbursable.

29. If a school has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?

Yes, this ensures that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected. For example, a child who picks the pizza line consistently would have access to all vegetable subgroups throughout the week. (See Question #3 under the topic Multiple Offerings.) Another solution could be to offer a centrally located garden bar or salad bar that all students can access after they pass through the serving lines.

30. Can the vegetable subgroups be offered a couple of different times over the week in small amounts that add up to the required amount for the full week?

Ivory

Yes, schools can break up the subgroup requirement across the week as long as the week's menu as a whole meets the full subgroup requirements, AND each day the school offers the full daily vegetable minimum. Keep in mind that the minimum creditable amount is 1/8 cup. Example: one day a school offers a ½ cup of bean/corn salsa that includes ¼ cup of beans per serving, and another day that week the school offers a bean burrito that supplies another ¼ cup of beans. This example assumes that school is providing additional vegetable with each of these meals to meet the minimum daily requirement for vegetables (1 cup for grades 9-12 and ¾ cup for lower grades).

31. Are there maximum limits on the amount of vegetable subgroups offered at lunch?

No; schools must offer at least the minimum quantities of all the vegetable subgroups required in the NSLP meal pattern. There is only a maximum limit on the amount of juice that may be offered under the fruits and the vegetable components. No more than half of the fruits or vegetables offered over the week may be in the form of juice.

32. How may beans/peas (legumes) be used in school meals?

Dry/mature beans and peas may be offered as a meat alternate or as a vegetable, at the discretion of the menu planner. However, one serving may not count toward both food components in the same meal. For example, one serving of refried beans can be offered as a vegetable in one meal and as a meat/meat alternate on another occasion. The refried beans offered as a vegetable count toward the weekly beans/peas requirement, but not toward the meat/meat alternate weekly range. Menu planners must determine in advance how to count beans/peas in a meal. For additional guidance on beans and peas, see: http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html

33. May a school use a food product that contains a non-creditable amount of vegetables (less than 1/8 cup)?

Yes, but the school must offer vegetables in the required amounts over the course of the week from other sources to meet the daily and weekly vegetable requirements.

34. How should schools credit a vegetable mixture toward the vegetable subgroup requirements?

Vegetable combinations from the same subgroup (e.g., carrots and sweet potatoes are red/orange vegetables) may count toward that single vegetable subgroup. Vegetable combinations that contain at least 1/8 cup each of different vegetable subgroups (e.g., carrots and corn) may credit each one toward the appropriate subgroups. If the quantities of the different vegetables are not known, the vegetable mixture counts as "additional vegetables."

35. Where may I find information to help me categorize unusual vegetables?

See the following resources:

Ivory

http://www.choosemyplate.gov/food-groups/vegetables.html
http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf

Meat/Meat Alternate:

1. **Is a daily meat/meat alternate required at breakfast?**

No; schools have discretion to offer a meat/meat alternate after the minimum daily grains requirement (1 oz. eq.) is met.

2. **Are schools required to offer tofu as part of the lunch menu?**

No; the final rule allows schools the option to offer commercially-prepared tofu as a meat alternate.

3. **Is regular yogurt still creditable as a meat/meat alternate?**

Yes. There have been no crediting changes to meat/meat alternate options other than the ones specifically identified in the final rule.

4. **Is soy yogurt or tofu yogurt creditable as a meat/meat alternate?**

Tofu yogurt is not creditable; however, ½ cup of soy yogurt (4.0 fluid ounces) may credit as 1.0 ounce equivalent meat alternate.

New Questions:

5. ***Is tofu creditable as a meat/meat alternate in the CACFP and SFSP?***

No. Tofu will credit in the NSLP and SBP only, beginning July 1, 2012.
In the school meal programs, 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.

6. ***How does tofu credit in a combination dish?***

Firm tofu that meets FNS requirements for tofu can be diced into miso soup and credited toward the meat alternate component – it is recognizable as the meat substitute. The miso ingredient, dissolved into the broth of the miso soup, is a fermented soy product which does not credit – it is not tofu.

Similarly, a soft tofu, pureed into a soup, does not credit because it is not recognizable and does not represent a meat substitute. Therefore, the blended tofu is not creditable. Finally, noodles made from tofu do not represent a meat substitute and are not composed of grains. This explains why the noodles are not credited for either component.

Ivory

7. ***Can an SFA rely on the nutrition facts panel alone to evaluate a meat analog, such as a soy burger or tofu sausage?***

When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces by weight. However, the additional ingredients beyond the tofu in a meat substitute such as tofu sausage are also included on the nutrition label. Therefore, the protein amount listed on the label for the meat substitute does not necessarily indicate the protein of the tofu for verification of FNS tofu requirements. This information would need to be obtained from the tofu manufacturer.

Grains:

1. **How will schools identify whole grain-rich products?**

Until the whole grain content of food products is required on a product label by the Food and Drug Administration (FDA), schools must evaluate a grain product using the two-element criterion developed by the Institute of Medicine and set forth in the final rule:

Element #1. A serving of the food item must meet portion size requirements for the Grains/Breads component as defined in FNS guidance.

AND

Element #2. The food must meet at least one of the following:

a. The whole grains per serving (based on minimum serving sizes specified for grains/breads in FNS guidance) must be ≥ 8 grams. This may be determined from information provided on the product packaging or by the manufacturer, if available. Also, manufacturers currently may apply for a Child Nutrition Label for qualifying products to indicate the number of grains/breads servings that are whole grain-rich.

b. The product includes the following Food and Drug Administration (FDA)-approved whole grain health claim on its packaging. "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

c. Product ingredient listing lists whole grain first, specifically:
I. Non-mixed dishes (e.g., breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)
II. Mixed dishes (e.g., pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list)

Ivory

The product ingredient listing (Element #2c of the above criterion) is a practical way for schools to identify whole grain-rich products because manufacturers are not required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory. Detailed instructions for this method appear in the *HealthierUS School Challenge Whole Grains Resource* guide, which is available online at http://teamnutrition.usda.gov/healthierUS/HUSSCkit_pp25-35.pdf. FNS will provide additional guidance as necessary.

Revised Question:

2. **Does the *50 percent* guideline for whole grain-rich apply to the grain content of the product or to the weight of the product?**

The *50 percent* guideline for whole grain-rich requires that if the food item is a grain-based product (bread, cereal, etc), it must contain *50 percent* or more whole grains by weight *or* have a whole grain listed as the first ingredient on the ingredient label. If the food item is a mixed dish product (lasagna, stir fry, etc), a whole grain must be the primary *grain* ingredient by weight.

3. **Will the Child Nutrition Labeling program specify if whole grains are in a product?**

Yes; the Child Nutrition Labeling program is being updated to report the whole grain-rich contributions to the grains component.

4. **Can schools exceed the upper range of the grains component?**

No. The grain ranges are the minimum and maximum schools may offer. They are intended to help schools offer age-appropriate meals within the required calorie ranges.

5. **Does a school have to offer a whole grain rich item every day?**

Schools must offer at least a minimum amount of grains daily to meet the required weekly range. In SY 2012-2013 and SY 2013-2014 for lunch, and in SY 2013-2014 for breakfasts, half of the grains offered weekly must be whole grain-rich. During this period, the menu planner has discretion to decide when and how to offer whole grain-rich items, as long as the applicable whole grains-rich requirement is met. We encourage menu planners to offer whole grain-rich items often to facilitate student acceptability and transition to all whole grain-rich products in SY 2014-2015 for lunches and breakfasts. At that time, schools must offer only whole-grain rich products daily and weekly.

Revised Question:

6. ***Are CN-labeled products that contribute to the Grains component now required to be whole grain-rich?***

Ivory

Temporary approvals (expiring June 30, 2014) will be issued for CN Label applications containing crediting for non-WGR grains. Those claims will continue to report, "provides X.X servings of bread or bread alternate" so that program operators may distinguish between WGR claims and non-WGR claims. This effort seeks to provide adequate time for manufacturers to reformulate products to meet the WGR requirements by June 30, 2014.

Products containing items with both WGR and non-WGR claims (i.e. non-WGR breaded patties on WGR sandwich bun) will report this by using both the terms Grains (for WGR items) and bread or bread alternate (for non-WGR items). These products will also receive temporary approvals (expiring June 30, 2014).

7. Does the removal of formulated grain-fruit products include energy/granola bars?

No. Formulated grain-fruit products were specifically defined in the school breakfast regulations (appendix A to 7 CFR 220). The final rule removes from the regulations the portion of appendix A that deals with formulated grain-fruit products. These products are highly fortified and have a specific nutrient profile. To credit them in the school breakfast program, they required approval from FNS and a statement on the label saying they met a grain and fruit serving. The removal of formulated grain-fruit products does not prohibit the use of energy bars, granola bars, cereal bars, breakfast bars, fortified cereals, or cereals with fruit to be credited toward the meal pattern.

New Questions:

8. Do I have to serve a minimum of 1 ounce equivalent (oz eq) of grains with every breakfast offered, or can I serve some meals that have only meat/meat alternates?

The minimum daily requirement for grains in the School Breakfast Program is 1 oz eq daily for all grade groups. Every reimbursable breakfast offered must contain at least 1 oz eq grains. Further, in order to offer a meat/meat alternate at any given breakfast meal, a school must first meet the daily grains minimum (1 oz eq).

9. If a school offers a choice of grains in combination food items daily (e.g., crust for pizza, sandwich roll, etc), must all of these bread items provide the minimum daily grains requirement OR must at least one grain offered daily provide the minimum?

Every reimbursable meal offered must meet the daily minimum requirements for all components. Therefore, if a pizza contains adequate grains to meet the minimum daily requirement, but a sandwich roll does not, the sandwich meal must contain another grain in order to meet to minimum daily grains requirement.

10. Can I serve more than two ounce equivalents (oz eq) of grains on any given day? For example, could I serve a 3 oz eq item such as a pizza?

Ivory

Yes, there is a daily grains minimum but not a daily maximum. However, the weekly grains maximum and the average daily calorie maximums cannot be exceeded. For more specific information on multiple offerings, refer to Question # 1 under the topic Multiple Offerings.

11. May a school offer a formulated grain-fruit product to meet the grains component?

The final rule disallows the use of formulated grain-fruit products to meet the grain and fruit components at breakfast beginning July 1, 2012. However, if a school wishes to use these products to count toward the grains component, this is acceptable, provided that inclusion of these products does not cause the menu to exceed the average weekly calorie and saturated fat limits. Formulated grain-fruit products do not credit toward the fruits component.

Be aware that at lunch, however, these products may be considered a dessert and there is a limit of up to two grain-based desserts per week (total of 2 ounce equivalents). SFAs should refer to the Grains Guidance to determine which grain products are considered dessert items and included in the weekly dessert limit.

12. Are fully cooked grain and pasta items whose nutrition label has water as the first ingredient, followed by a whole grain, considered whole grain-rich?

Yes. In accordance with the 2010 Dietary Guidelines, a grain-based product is also considered whole grain-rich if water is listed as the first ingredient on the ingredient label and a whole grain is listed as the second ingredient on the ingredient label.

13. Will all grains served on the serving line have to be whole-grain rich or only those which are counted toward the reimbursable meal?

All grains offered in amounts of 0.25 oz eq or greater (the minimum creditable amount) must be included in the calculation of daily and weekly grain offerings, as well as the dietary specifications (calories, saturated fat, and sodium). Due to the phase-in of the whole grain-rich requirement at breakfast and lunch, for the first two years of implementation, non-whole grain-rich grains may be offered on the serving line. Beginning July 1, 2014, all grains offered in creditable amounts on the serving line must be whole grain-rich. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Milk:

1. **What types of milk are allowed?**

Only fat-free (unflavored and flavored) and low-fat (1%) milk (unflavored) may be offered as part of the reimbursable meal.

2. **Does the final rule impact the current provision on non-dairy milk substitutes for children with special dietary needs?**

Ivory

No. Required (disability accommodations) and optional (parent requested) milk substitutes are considered meal exceptions and are not subject to this final rule. Milk substitutes must meet the regulatory standards outlined in 7 CFR 210.10(d)(3), which do not address fat or flavor/sugar restrictions.

However, milk substitutes offered as part of the reimbursable meal must be included in weighted nutrient analysis and, therefore, are subject to the overall weekly average fat limit and calorie ranges. We do not expect that they are offered frequently enough to have a significant impact on the overall nutrient analysis.

New Question:

3. ***Does the requirement to offer unflavored/flavored fat-free milk or unflavored low-fat milk apply to the Special Milk Program (SMP)? Is a variety of fluid milk required in SMP?***

Only the milk fat restriction (fat-free and low-fat milk only) applies to the SMP. This policy is consistent with memorandum FNS-29-2011, which implemented the Healthy, Hunger-Free Kids Act milk provision regarding milk in the meal programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act in an effort to reduce childhood obesity. The other milk requirements, such as the limit on flavored milk and the requirement to offer a variety of fluid milk, do not apply to the SMP. However, if an SMP operator chooses to offer flavored milk, we recommend consistency with the final rule on school meals. Additionally, SMP operators may offer only one of the allowable milk types (e.g., plain fat-free milk only). FNS will codify the nutritional requirements for milk in the SMP in a separate regulatory action.

Ivory

Sodium:

1. What is the sodium requirement and when will schools have to meet it?

See the following chart for deadlines and corresponding maximum limits. Implementation of the second and final targets is subject to USDA's review of data on the relationship between sodium intake and human health, as required by the FY 2012 Agriculture Appropriations Act.

Sodium Limits and Timeline		
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	**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	**Final target: 2022-23** Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12) Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)

2. How is USDA facilitating implementation of the sodium requirement?

The final rule extends the timeline to meet the second intermediate sodium target (Target 2). With this change, program operators have five years instead of four (until the School Year beginning July 1, 2017) to reach the second intermediate sodium target. Extending the timeline to meet Target 2 also gives the food industry more time to reformulate products, and gives school children more time to grow accustomed to foods with less salty flavor.

USDA is also facilitating implementation of the sodium requirement by offering low-sodium products through USDA Foods. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. The sodium content in most cheese products has been reduced, and there is wide availability of frozen vegetables and meats without added salt.

Trans Fat:

1. Does the trans fat ban apply to naturally occurring trans fat in beef?

No. Naturally occurring trans fat found in products such as beef, lamb, and dairy products made with whole milk is excluded from this ban.

Ivory

New Questions:

2. ***How can a menu planner ensure meeting the trans fat requirement with a mixed dish (e.g., beef burrito) that may have both added and naturally occurring trans fat?***

For commercially prepared products, schools must refer to the nutrition facts panel or manufacturer's specifications to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat (e.g., beef) and added/synthetic trans fat (partially hydrogenated oil), the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring versus if any of the ingredients contain added (synthetic) trans fat.

3. ***Can I use software to determine the amounts of trans fat in our menus?***

No. Trans fat is not required in the State Agency nutrient analysis of the one-week menu in an approved software program. Software may be used for trans fat analyses for informational purposes; however, currently, nutrient databases do not have complete data for trans fat. As more trans fat information becomes available, it will be included in the Child Nutrition Database, required by all USDA-approved software. Therefore, SFAs must rely on nutrition facts labels and manufacturer specifications.

Calories:

1. ***May RCCIs obtain a waiver on the calorie maximums if the residents are engaged in high energy, physical work?***

No. The National School Lunch Act (NSLA) does not allow FNS to waive the nutrition standards (meal patterns and dietary specifications). To meet the calorie needs of the RCCI participants, the operator may increase the calories provided through other meal services such as snacks and dinner.

Meal patterns:

1. ***How do I serve meals in RCCIs and small K-12 schools?***

If it is not possible to use the established age/grade groups, program operators have some flexibility. The breakfast meal requirements for all grades (K-12) overlap, so a menu planner may offer the same food quantities to all children. However, the calorie range that fits all grade groups is quite narrow (450-500 calories) and the planner must meet the sodium limit for the youngest grade group when the sodium limits begin to go into effect.

Ivory

At lunch, there is overlap for grades K-5 and 6-8; therefore, a single menu can be used to meet the needs of children in grades K-8. The daily minimum requirements for food components are identical. However, in order to accommodate the average daily nutrient limits and weekly minimums/maximums for both grains and meat/meat alternates, menu planners must work within the following parameters: 8-9 oz eq grains/week, 9-10 oz eq meats/meat alternates/week, average daily calorie range 600-650, and average daily sodium limit ≤640 mg (the final target for SY 2022-23).

However, menu planners must adapt in order to offer menus that meet requirements for grades 6-8 and 9-12 in a single school, since one single menu with the same amounts of food will not work. Additionally, the new meal pattern does not allow for schools with a grade configuration with one grade above or below the grade grouping to follow the predominant grade group requirements (as was previously allowable). However, modest adaptations can be made to menus to accommodate both grade groups in a single school.

One way to ease menu planning for these 2 grade groups within one school is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group. For the older children (grades 9-12), the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the 6-8 group, schools must make available to the older children: ½ cup more fruit daily, ¼ cup more vegetables daily and across the week: ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) vegetables.

An alternate suggestion is to make the full 1 cup fruit and vegetables required for grades 9-12 available to both grade-groups (same menu plan for these 2 food components), if such offerings do not exceed the calorie limit for the 6-8 grade group. One potential method of doing so would be offering a salad bar to all students. Or, to meet the additional calorie needs of the 9-12 grade group, consider an additional ounce equivalent of grain or meat/meat alternate served to the older children (e.g., additional bread option, larger entrée serving size).

2. ***How will schools with a shorter or longer school week implement the new meal pattern requirements?***

Schools that regularly serve lunch 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent (1/5) for each additional day. When schools regularly operate less than 5 days per week, they must decrease the weekly quantity by approximately 20 percent (1/5) for each day less than five.

For schools with occasional decreases in the school week length due to holidays, etc., the menus do not have to be adjusted, but menu planners must plan their menus in a way that is consistent with the intent of the meal patterns. Planners should make sure they do not consistently fail to offer certain vegetable subgroups, or offer meat/meat alternates and/grains in portions that would exceed the weekly requirements.

Please see attached charts for appropriate quantities for varying school week length.

Ivory

3. ***When menu planners adjust the vegetable subgroup requirement in the NSLP meal pattern for a 4, 6 or 7 –day school week, will they be able to round the resulting figures/numbers (i.e. 0.5 and 0.75 cups)?***

Please see attached charts for appropriate quantities for varying school week length.

4. ***In a school serving Pre-K to grade 5 students, must the manager plan a separate menu for the Pre-K students?***

Menu planners must meet the meal requirements for students in grades K-5 using the new meal pattern in the final rule. For Pre-K students, menu planners must follow existing meal pattern requirements (the meal pattern for the Pre-K group remains unchanged). A menu planner may choose to use a single menu to meet the meal requirements for both Pre-K and grades K-5 if able to ensure both the Pre-K and K-5 meal requirements are met. SFAs should consult with their State Agencies if they have questions on whether their menu meets requirements for both groups.

5. ***When are year-round schools including RCCIs required to comply with the new meal pattern?***

All SFAs, including RCCIs, must follow the new meal pattern effective July 1, 2012.

6. ***The new meal patterns refer to "age/grade groups." Should we determine which ages apply to each grade group?***

No. The term "age/grade groups" refers to grade groupings only. The classification of grade groups K-5, 6-8, and 9-12 was based on nutritional needs of children and the ages that typically correspond with these grade levels (ages 5-10 for grades K-5, ages 11-13 for grades 6-8, and ages 14-18 for grades 9-12). Schools should therefore plan menus based on the grade levels of students. For specific guidance, SFAs are encouraged to consult with their State Agency to determine appropriate grade groups for such a school.

Multiple Offerings:

1. ***For menu planning purposes, when multiple choice menus are served, how are minimums and maximums calculated?***

The daily minimum requirement applies to fruits, vegetables, grains, meat/meat alternates, and milk (all 5 components) at lunch, and fruits, grains, and milk (all 3 components) at breakfast. For menu planning purposes, all offerings must meet the minimum requirement (be equal to or above that amount).

Ivory

Example 1: In grades 9-12 the minimum daily grain requirement is 2 ounce equivalents. So if a student is offered a choice between a pizza with 2 ounce equivalents of grain OR a stir fry with a 1 ounce equivalent of grains, only 1 of those offerings meets the 2 ounce minimum. The student would need to have another ounce equivalent offered with the stir fry, such as a side item, in order to meet the daily grains minimum.

A weekly range requirement applies to both the grain and meat/meat alternate components. For menu planning purposes, SFAs must offer a weekly menu such that the sum of all daily minimum offerings meets at least the weekly minimum requirement. For grades K-5 and 6-8, the daily grains minimum is only 1 oz eq and the weekly grains minimum is 8 oz eq. Offering a minimum of only 1 oz eq daily would only total 5 oz eq across the week. So on some days, schools would have to offer ***more*** *than 1 oz eq of grains as a* ***minimum*** *offering. The same applies to the weekly minimum amount of meat/meat alternate.*

Example 2a: If a grade K-5 school offers a 1 oz eq grain item (salad) and a 3 oz eq grain item (pizza) every day (and instructs the student to select one option only), the minimum weekly offering is 5 oz eq grain (1 oz eq x 5 days). This menu would not meet the required weekly minimum of 8 oz eq.

SFAs must also plan their menus so that the sum of the daily maximum offerings for grains and meat/meat alternates is equal to or less than the weekly maximum limit. Therefore, the sum of daily minimums must meet the weekly minimum requirement AND sum of daily maximums must meet the weekly maximum requirement.

Example 2b: If every day a grade 9-12 school offered an item with 3 oz eq of grain (even if other items with lower weights were also options), this would add to a total of a possible 15 oz eq offered over the week (child could select that 3oz grain item every day). This menu would not meet the required weekly maximum of 12 oz eq.

2. ***When serving multiple choice menus, is every grain choice required to be whole grain-rich?***

No. The whole grain-rich requirement is determined on a weekly basis. Half of the ounce equivalents of grain offerings must be whole grain-rich for SY 2012-2013 and SY 2013-2014 in NSLP and SY 2013-2014 in SBP. Therefore, not every grain item must be whole grain-rich if there are enough ounce equivalents of grain offered throughout the week that are whole grain-rich. Although SFAs are not required to serve a whole grain-rich item daily, they are encouraged to do so to prepare students for the shift to all whole grain-rich grains beginning SY 2014-2015.

3. ***When multiple serving lines are used in a school, must each line meet the weekly vegetable subgroup requirement?***

In most cafeteria set-ups, yes. As required in section 210.10(k)(2), each independent line must meet the daily and weekly requirements (including subgroups), in order to ensure that a child is able to take a reimbursable meal every day in any line they may choose.

Ivory

If the school sets up serving stations, where a student is able to go to several different places to select different components of the meal (e.g., first goes to a salad bar, then goes into a pasta station, etc) before passing the point of service, then all of the stations as a whole must meet the daily component and weekly vegetable subgroup requirements.

Offer versus Serve (OVS):

1. **How will OVS be implemented under the final rule?**

OVS continues to be a requirement in the NSLP for senior high schools, and is an option for lower grade schools. It is also an option for the school food authority for all schools in the SBP. Under OVS, schools must offer all the required food components and quantities, and students are required to select at least 3 full components in the NSLP and SBP, with exceptions as noted below:

NSLP: In the NSLP, schools must offer 5 food components (milk, fruits, vegetables, grains, meat/meat alternates). Students are allowed to decline 2 of the 5 required food components, but must select at least ½ cup of either a fruit or vegetable. Students must select the other food components in the quantities planned.

SBP: In order to carry out the OVS option in the SBP, schools must offer 3 food components (milk, fruits and grains) that consist of a minimum of 4 food items. Students are allowed to decline 1 food item but must select at least ½ cup of fruit. Students must select the other food components in the quantities planned.

New Questions:

2. ***Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ½ cup of a dish containing a mixture of fruits and vegetables?***

Yes, a student may select a ½ cup that consists of different fruits (e.g., fruit salad), or different vegetables (e.g., mixed vegetables) or a combination of only fruits and vegetables (e.g., carrot/raisin salad). Keep in mind that the ½ cup allowance for fruit or vegetables may be used only once for either the fruits or the vegetables component in a meal, so the other food components selected by the student under OVS must be full components.

3. ***Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ¼ cup fruit and ¼ cup vegetable?***

Yes. Although fruits and vegetables are separate components in the meal patterns, the OVS requirement to select at least ½ cup of fruits or vegetables daily for a reimbursable meal may be met if the student selects ¼ cup of fruits and ¼ vegetables. This is another way to promote the consumption of fruits and vegetables among children. The student would not be required

Ivory

to select additional fruits or vegetables if the reimbursable meal under OVS includes two other components in full.

4. May students take a smaller portion of both fruits and vegetables under OVS?

Under OVS, students must select at least ½ cup of either the fruit or the vegetable component, or a ½ cup combination of both components (¼ cup fruits and ¼ cup vegetables), for a reimbursable meal. If a student selects only three components, and two of these three components are fruits and vegetables, the student may select ½ cup of either the fruit or vegetable, but then must select the full component of the other.

For example, if a student in grades 9-12 selects just milk, fruit and vegetables, the student may take ½ cup of the vegetable but must take the full 1 cup offering of the fruit. However, if the student selects another full component, such as a grain or meat/meat alternate, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3rd component in the reimbursable meal.

5. Must the SFA prepare full servings of both fruits and vegetables for every student when OVS is in place?

SFAs must plan meals in the NSLP and SBP to meet all meal requirements and provide required amounts of food for all students. Menu planners should take into account participation and selection trends to determine what and how much food to offer students. Careful menu planning will ensure that students have access to all the required food components for the reimbursable meal and minimize food waste.

6. The regulations allow students to decline two components at lunch. Does this remove the SFA's option to choose the number of components that may be declined in elementary and junior high/middle school?

Yes. The number of components that may be declined at lunch under OVS is the same for all age/grade groups.

USDA Foods:

1. Will the products provided by USDA Foods enable schools to offer meals that meet the new requirements?

USDA Foods are better than ever. Fruits, vegetables, whole grains, and healthy sources of protein are available to help schools create meals that are consistent with the new meal requirements. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. A variety of frozen fruits and vegetables without added sugar or salt are also available. The program also offers reduced sodium and

Ivory

reduced-fat processed and blended cheeses (including cheddar and mozzarella), fajita strips, and beef products. Other healthy food choices available from USDA Foods are listed on their website: www.fns.usda.gov/fdd

Schools can convert their USDA Foods into ready-to-use end products. Establishing the nutrient standards for processed end products, and sharing their standards with processors, is the responsibility of the school/SFA that orders the end product.

2. How quickly will the USDA Foods catalog be updated to provide foods that support the new meal requirements?

FNS is working with the Agricultural Marketing Service (AMS) and the Farm Service Agency (FSA) to revise specifications as necessary, and update the fact sheets to reflect those changes. Over the past few years, FNS has improved product specifications to reduce sodium, fat and added sugars to help schools meet their nutrition goals as well as the Healthier US School Challenge criteria. For more information and resources, please visit FDD's webpage: www.fns.usda.gov/fdd.

3. Will State agencies have an opportunity to adjust USDA Foods orders already placed for School Year 2013?

Yes. State agencies will have an opportunity to adjust School Year 2013 orders placed prior to the final rule publication up until April 1, when the first solicitations occur.

4. How will USDA Foods help schools implement the changes to the NSLP and SBP meal pattern?

USDA Foods help stretch food budgets and meet the new meal pattern requirements. These food items currently account for 15 to 20 percent of the food served on the lunch line. Over the past few years, USDA has improved product specifications to reduce sodium, fat and added sugars in USDA food items, to help schools meet the new nutrition standards. FNS is working with USDA's Agricultural Marketing Service (AMS) and Farm Service Agency (FSA) to revise product specifications as necessary, and update the USDA Foods fact sheets to reflect those changes. For example, AMS is revising its specifications to require frozen fruits without added sugars. USDA will continue to offer low sodium or no added salt canned and frozen vegetables, and many meat, poultry, and cheese items already contain less than 480 mg of sodium per serving. All necessary changes are expected to be in effect prior to the School Year 2013-14 purchases. For more information and resources, please visit FDD's webpage: www.fns.usda.gov/FDD.

5. With the new whole grain requirement, why is the USDA Foods program continuing to offer enriched flour, rice, and pasta products, instead of exclusively whole grain products?

Since the final rule allows time (two years) for schools/students to make the transition to an exclusive use of whole grain-rich products, USDA Foods is making both types of products

Ivory

available in School Year 2012-13. Increasingly, USDA's whole-grain products are featured on school menus. Stir-fries using USDA quick-cooking brown rice, sandwich wraps with USDA whole-grain tortillas, and USDA whole-grain pasta with vegetables are popular menu offerings. Schools can top USDA's whole-grain rotini with USDA's low-sodium spaghetti sauce and use whole-wheat flour for breadsticks. USDA will continue to improve and expand whole grain offerings.

Age/Grade Groups:

1. **The final rule established three age/grade groups for the NSLP and SBP. Does this mean that schools cannot offer the same meal to all grade levels?**

Correct. In individual cases where a school district has an unusual grade configuration that prevents the use of the required age/grade groups, it may serve the same lunch and breakfast to children in grades K-5 and 6-8 as the requirements overlap. However, the school district would have to be very careful to meet the sodium and calorie requirements for each grade group. An example of this accommodation is provided in the rule preamble.

2. **What age/grade groups must a K-8 school use for menu planning?**

If a K-8 school is unable to effectively offer different meal patterns for the K-5 students and the grade 6-8 students, the menu planner may offer students in these grades the same quantities of the food components because the quantities required by the lunch meal patterns for the age/grade groups K-5 and 6-8 are the same or overlap. For example, the school would have to offer 8-9 oz eq of grains and 9-10 oz eq of meat/meat alternate to all students to meet the requirements established for groups K-5 and 6-8. In addition, the meals offered to these students must consist of 600-650 calories to meet the dietary specification for both groups. Furthermore, the sodium content of these meals, when in effect, must meet the sodium specification for the youngest group: K-5.

Implementation:

1. **How will FNS assist with implementation of the new meal requirements?**

FNS is committed to helping State and local operators implement these changes. We will provide training and technical assistance to program operators through a variety of methods, including webinars, special training sessions, and conference presentations. In the upcoming months, we will disseminate information at national events such as the School Nutrition Association (SNA) Legislative Action Conference, SNA's Annual National Conference, Food Research Action Center/Feeding America's Anti-Hunger Conference, the American Commodity Distribution Association annual conference, and School Board and Administrators' meetings. Interactive training on the new meal requirements, developed by FNS and the National Agriculture Library, will be available online shortly. The training presentations, webinars, fact sheets, Q&As, guidance and technical assistance materials

Ivory

designed to assist program operators with implementation of the new meal requirements will be available on the FNS website for easy access. In addition, USDA will provide additional funds to State agencies to support implementation of the rule.

FNS is also updating the Food Buying Guide and other essential resources, and collaborating with the National Food Service Management Institute to develop new resources. The Child Nutrition Database is currently being updated and nutrient analysis software systems available from industry will be reevaluated to assist State agencies with monitoring calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the administrative review. The Child Nutrition Labeling Program is also being updated to report whole grain-rich contributions to the grains component and to provide standardized crediting claims.

All materials related to the new school meal patterns will be housed on a special webpage on the FNS website:
http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

Revised Question:

2. **Are schools allowed to implement the meal requirements in the SBP in SY 2012-2013?**

Yes. Schools that have the ability to implement any or all of the phased-in SBP meal requirements in SY 2012-2013 may do so with the approval of the State agency. *The States need to identify their own process for determining if early adoption of breakfast requirements at an individual SFA is appropriate. This is to ensure that the nutritional integrity of the meal is not compromised. For example, an SFA would compromise the nutritional integrity of the meal if it adopts the new calorie requirements (with a lower minimum than existing requirements) without making other improvements to the meal, such as increased whole grains or additional fruit.*

Compliance:

1. **Is the weighted nutrient analysis based on meals planned, offered or served?**

The weighted nutrient analysis required to be conducted by the State agency is based on the meals offered by the schools selected for review.

2. **Are schools/SFAs required to purchase nutrient analysis software to prove they are meeting the calories, saturated fat, and sodium specifications?**

No. Schools/SFAs are not required to conduct a nutrient analysis under the final rule. They will receive technical assistance from the State agency to plan meals that are consistent with the dietary specifications. However, schools/SFAs may choose to conduct a nutrient analysis to assist in their efforts to ensure they are meeting the dietary specifications.

Ivory

State agencies will monitor calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the administrative review. State agencies must use USDA-approved nutrient analysis software to assess compliance with these specifications, and include in the analysis all foods offered as part of the reimbursable meals during the one week review period.

3. **Can a school/SFA purchase nutrient analysis software with funds from the non-profit school food service account?**

Yes. However, only Nutrient Analysis Software Approved by USDA for Administrative Reviews is considered an allowable cost to the non-profit school food service account.

Monitoring:

1. **How will State agencies monitor compliance with the new meal requirements?**

State agencies will monitor compliance with the new meal requirements through administrative reviews. The final rule ends the School Meals Initiative reviews previously authorized under 7 CFR 201.19, and amends 7 CFR 210.18 to include monitoring of the new meal requirements (meal patterns and dietary specifications) as part of the administrative reviews. SFAs are not required to conduct a nutrient analysis because they are expected to follow the meal pattern to meet nutrient targets.

2. **How many weeks of menus/production records must be reviewed?**

State agencies will continue to assess compliance with the meal requirements based on a nutrient analysis of one week of menus, instead of two (as proposed).

3. **When does the new 3-year review cycle begin?**

The 3-year administrative review cycle begins SY 2013-2014. This allows State agencies to complete the current 5-year Coordinated Review Effort (CRE) cycle and prepare for the new review cycle. FNS will develop additional guidance on the implementation of the new administrative review cycle.

4. **How will State agencies determine if school food authorities have planned menus that meet the new requirements in order to receive the additional 6 cents reimbursement rate increase?**

Requirements for certification of school food authorities for the 6 cents reimbursement will be provided in a forthcoming interim rule, expected to be published in Spring 2012.

Ivory

5. **How does the rule address compliance with the new meal patterns and dietary specifications?**

Technical assistance and corrective action continue to be the key tools used by the State agencies to seek compliance with the new meal requirements. However, as currently done, State agencies must apply immediate fiscal action if the meals offered are completely missing a required food component. State agencies must also take fiscal action for repeated violations of the vegetable subgroup and milk type requirements. State agencies have discretion to take fiscal action for repeated violations of the food quantity and whole grain requirements, and for repeated violations of the dietary specifications (calories, saturated fat, sodium, and trans fat).

New Question:

6. ***Will the current administrative review process continue to be used to monitor the new meal requirements?***

The interim rule on the 6-cent reimbursement rate increase (published 4/27/12) addresses the administrative review process to be followed in the upcoming (2012-13) school year. Guidance pertaining to subsequent school years will be forthcoming.

Nutrient Analysis:

1. ***If there are multiple lines/choices of entree, are calories, fat, and sodium calculated based on an average of what is offered, each line individually, or a weighted average of what students are expected to take?***

The calculation is a weighted average based on what is offered on each serving line.

2. ***Is there a difference between "planned meals" and "offered meals"?***

Planned meals represent the SFA's calculation of the items that will need to be prepared for a school's usual average daily participation (ADP). Ideally, the planned and the offered meals are similar, except for substitutions due to product shortage, delivery failure, etc. Because the meals offered are an indicator of previous student selections, the State agency must review the nutrition program based on what is offered to correctly assess the calorie, saturated fat, and sodium levels in school meals.

Software requirements:

1. ***What nutrients must be included in the nutrient analysis report?***

The nutrient analysis report must include calories, saturated fat (both in grams and percent of calories) and sodium because these are the nutrients that must be monitored by the State

Ivory

Agencies through a nutrient analysis. These nutrients must be compared to the required dietary specifications for calories (minimum and maximum levels), sodium, and saturated fat. Trans fat does not need to be included in the nutrient analysis. If it is included, the trans fat value should not be used to determine if the menus meet the dietary specification for trans fat. State Agencies must examine nutrition labels and manufacturer specifications to monitor trans fat in the food products and food ingredients used to prepare school meals.

2. ***When software programs have missing nutrient values for trans fat, can the missing values be replaced with zeroes?***

No. There is often confusion between missing nutrient data and zero values for nutrient data. If a value is missing, it cannot be assumed it is zero, even if it is likely that the item contains little or none of the nutrient. Missing nutrient data means that the value is unknown. Missing nutrient values or nutrient totals including missing nutrient values (for one or more items) must be marked as such in the approved software programs. These values are marked, so the user of nutrient analysis software can see that the total shown does not completely represent the amount of the nutrient in the food item, recipe, or menu. The user may then look at the items with missing values and decide if the total would likely be more or less based on which food items have missing values. It is inappropriate for a user to replace missing values with zeroes. A true zero value for a nutrient means that it does not contain any of the nutrient (or very little, as some zero values are based upon less than certain fractional amount for FDA labeling purposes).

3. ***When will the requirements for approval of nutrition analysis software be updated?***

The updated specifications and requirements for the approved software should be available shortly on the Healthy Meals Resource System website under http://healthymeals.nal.usda.gov/softwaresupport.html. Other guidance documents will be updated, as well.

4. ***When are changes to the nutrient analysis software required?***

The software developers of currently approved programs will have one year (by July 1, 2013) to make the required changes. Software developers of currently approved programs will be expected to show they have made the changes related to the Final Rule before being moved to the list of Nutrient Analysis Software Approved by USDA for Administrative Reviews. New developers or new programs by current developers will need to be evaluated and approved before being added to this list.

5. ***Will the Child Nutrition Database be modified to include both nutrients (i.e. calories, saturated fat, sodium, and trans fat) and meal component information (i.e. fluid milk, fruits, grains, meats, and vegetables)?***

The Child Nutrition (CN) Database currently includes calories, saturated fat, sodium, and trans fat. There are no plans to include food pattern information in the CN Database.

Ivory

6. ***Will the use of approved nutrient analysis software apply only to State agencies?***

Only State Agencies are required to complete the one-week nutrient analysis in an approved software program. However, schools may choose to use approved software to do their own nutrient analyses.

7. ***Will USDA continue to review and approve nutrient analysis software for use in implementing Nutrient Standard Menu Planning in SY 2012-2013 breakfasts?***

No. Software will no longer be evaluated and approved for Nutrient Standard Menu Planning (NSMP). However, software that is currently approved for NSMP will remain approved through SY 2012-2013 (June 30, 2013) for use by schools that continue to use NSMP for breakfast.

Starting with SY 2012-2013 nutrient analysis software will be approved by USDA for Administrative Reviews. Updated specifications will include any new or changed nutrient standards that are required to be included in the software.

8. ***Does USDA foresee approving software companies for Food-Based Menu Planning?***

At this point, FNS does not have plans to require any food-based menu planning functionality.

Technical Assistance Resources:

1. ***When will the new Food Buying Guide be out?***

We will be updating the Food Buying Guide in segments. The first task will be to separate the Fruits and Vegetables sections as well as add the vegetable subgroups. We recognize that SFA's will need this information as soon as possible; therefore, we will post updated sections as soon as they are available to the FNS PartnerWeb and public website.

Crediting:

1. ***How do food manufacturers provide standardized claims about the quantities of meal components in a unique product recipe?***

Crediting is determined by rounding the food component down to the nearest quarter ounce equivalency for the meat/meat alternate and grain components, and down to the nearest eighth (1/8) cup for the fruit and vegetable components.

Ivory

2. ***Currently, meats/meat alternates (M/MA) and grains are credited in quarter ounce equivalents (servings) and fruits and vegetables are credited in 1/8 cup increments. Will this change?***

No. The minimum creditable amounts for meal components are not changing. Menu items must contribute at least quarter ounce equivalents toward the M/MA and grain components and at least 1/8 cup toward the fruits and vegetables components.

Meal Identification:

1. ***Must all menu items on the serving line be identified as part of the reimbursable meal?***

Yes. The foods or food components (depending on the situation) that are part of a meal must be labeled, listed, or otherwise identified near/at the beginning of the serving line and prior to the Point-of Service so the students can easily choose a reimbursable meal.

2. ***Must a school place all food components that are part of the reimbursable meal before the Point of Service (POS)?***

If a school is not able to position all food components (e.g. salad bar) prior to the POS, State agencies may authorize alternatives to the POS lunch counts. When food components/food items are located in an approved location beyond the POS, they must be labeled, listed on the menu, or otherwise identified so the students can easily identify all the components for a reimbursable meal and select the correct quantities. There must be a system in place to ensure that each reimbursable meal selected by the student under OVS includes a fruit or a vegetable (at least 1/2 cup).

Summer Meals:

1. **Will schools operating Seamless Summer Option in the summer of 2012 be required to follow the new meal patterns as of July 1, 2012?**

Schools offering the SSO this summer have the option to follow new meal requirements or the requirements currently in place in SY 2011-2012.

New Questions:

2. ***Do the SFAs that have authority from the State agency to use the NSLP meal pattern for SFSP meals have to switch to the new meal pattern by July 1, 2012?***

No. They may implement the new meal pattern in the SFSP at the beginning of the 2013 summer in consultation with the State agency (as they will have been using the new meal pattern the entire previous school year).

Ivory

3. ***When do SFAs need to implement the new meal pattern for meals offered under the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) in 2013?***

The SSO and the SFSP will need to follow the meal pattern requirements that are effective July 1, 2012 at the start of their 2013 summer operations and continue with these requirements for the entirety of their summer operation. Therefore, each summer SSO and SFSP will be implementing the phased-in meal requirements subsequent to NSLP and SBP operations.

4. ***How will SFAs implement the weekly requirements for meals in the Seamless Summer Option (SSO), where meals are not always served 5 days a week and where sites serve children of various ages?***

The new meal requirements will apply to the SSO meals beginning in the summer of 2013. We will issue guidance to help schools properly implement the meal pattern in summer settings prior to that time. Please refer to existing QAs on how to adapt the meal pattern requirements for short or long weeks, as well as how to handle K-12 grade configurations.

5. ***Will the 6 cents reimbursement rate increase apply to SSO meals and how will those meals be certified for the rate increase?***

FNS will soon issue regulations of the certification process for the 6 cents reimbursement rate increase.

Ivory

Miscellaneous:

1. **Do the new meal requirements apply to other Child Nutrition Programs such as the afterschool snack service, Special Milk Program, Child and Adult Care Food Program, or Summer Food Service Program?**

No. The final rule meal patterns and dietary specifications are for the NSLP (Seamless Summer option included) and SBP. However, the milk fat requirement established by this rule was previously implemented in the Special Milk Program and the Child and Adult Care Food Program (CACFP) though policy memoranda (SP 29-2011 and CACFP 21-2011) for consistency across the Child Nutrition Programs. The proposed rule to revise the CACFP meal patterns is under development. When that rule is implemented, the NSLP and SBP infant and Pre-K meal patterns will also be updated. In the meantime, schools must follow the requirements in section 210.10 and 220.8.

2. **Do the new meal requirements apply to meals served to Pre-K children in schools?**

No. The meal pattern for Pre-K students will be updated through a future rule updating the CACFP meal patterns to ensure that meal requirements for preschoolers are the same across the Child Nutrition Programs. Until then, schools serving Pre-K children should continue to use existing meal patterns for this age group in 7 CFR 210.10(p) and 7 CFR 220.8(o).

Procurement and Food Service Management Companies (FSMCs):

1. ***Is there guidance for SFAs that may need to update their contracts with their FSMCs?***

Yes, please refer to memo SP 17-2012, entitled "Procurement Questions and Answers to Assist in the Implementation of the Final Rule titled Nutrition Standards in the National School Lunch and School Breakfast Programs". This memorandum was issued February 23, 2012.

Ivory

Item Clusters, Percent of Consumption, and Representative Foods for 2010 USDA Food Patterns

Item Cluster	% of Consumption*	"Nutrient-Dense" Representative Food
GRAIN GROUP		
Refined Grain Subgroup		
Bagels, English muffins	3.6	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
Biscuits	2.0	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked
Bread, French	2.2	French or Vienna bread (includes sourdough)
Bread, white	14.5	Commercial white bread
Breading, stuffing	4.4	Commercial white bread
Cereal, cooked	0.5	Corn grits, white, regular and quick, enriched, cooked without salt
Cereal, ready-to-eat	2.8	Kellogg's Corn Flakes
Cornstarch as thickener	1.6	Cornstarch
Flour as thickener	0.6	Wheat flour, white, all-purpose, enriched, bleached
Flour-based sweet snacks /desserts	9.1	Animal cracker (includes arrowroot, tea biscuits)
Pasta	9.8	Spaghetti, cooked, enriched, without added salt
Pie crust	2.1	Pie crust, standard-type, frozen, enriched, baked
Pizza crust	10.8	Pita bread, white, enriched
Pretzels, crackers	4.5	Pretzels, hard, plain, made with enriched flour, unsalted
Quick bread	2.3	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)
Tortilla, corn	8.7	Corn tortilla, ready-to-bake or -fry
Tortilla, wheat flour	4.5	Flour tortilla, ready-to-bake or -fry
White rice	4.9	Rice, white, long-grain, regular, cooked without salt
White rolls	11.1	Hamburger or hotdog rolls, plain
Whole Grain Subgroup		
Bagels and English muffins, whole grain	2.8	English muffins, whole wheat
Bread, rye	2.2	Rye bread
Bread, whole wheat	17.8	100% whole wheat bread
Brown rice	2.6	Brown rice, long grain, cooked, salt and fat not added
Cereals, cooked oatmeal & others	17.4	Oats, regular, quick & instant, unenriched, cooked without salt
Cereals, oat, ready-to-eat	14.0	*Cheerios*
Cereals, whole wheat, ready-to-eat	13.8	*100% Shredded Wheat, sugar and salt free*
Crackers, whole wheat	5.6	100% whole-wheat cracker, reduced fat
Pasta, whole grain	1.1	Whole-wheat spaghetti, salt and fat not added in cooking
Popcorn	12.6	Popcorn, air-popped (no butter or oil or salt)
Quick bread, whole wheat	3.9	Pancakes, whole-wheat, dry mix, incomplete, prepared
Whole grain rolls (not sweet)	1.1	100% whole-wheat roll
Whole grains in snacks and desserts	5.0	Oats, regular, quick & instant, not fortified, dry

*Percent that this item cluster contributes to total consumption of the food group or subgroup.

White

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP		
Blackberries, raw	0.0	Blackberries, raw
Blackberries, cooked or canned	0.0	Blackberries, raw
Blueberries, raw	0.4	Blueberries, raw
Blueberries, cooked or canned	0.4	Blueberries, raw
Boysenberries, raw	0.0	Boysenberries, frozen, unsweetened
Cantaloupe, raw	2.7	Cantaloupe, raw
Cranberries, raw	0.0	Cranberries, raw
Cranberries, cooked or canned	0.3	Cranberry sauce, canned, sweetened
Cranberries, dried	0.1	Cranberries, dried, sweetened
Grapefruit, raw	0.5	Grapefruit, raw, pink & red & white
Grapefruit, cooked or canned	0.1	Grapefruit, canned, water pack, solids and liquids
Honeydew melon, raw	0.5	Honeydew melon, raw
Kiwifruit, raw	0.1	Kiwifruit, green, raw
Lemons, raw or cooked (includes lemon peel and citron)	0.1	Lemons, raw, without peel
Lime, raw (includes calamondin)	0.0	Limes, raw
Oranges, raw	2.7	Oranges, raw, all varieties
Raspberries, raw	0.1	Raspberries, raw
Raspberries, cooked or canned	0.1	Raspberries, raw
Strawberries, raw	2.6	Strawberries, raw
Strawberries, cooked or canned (includes dried)	0.3	Strawberries, frozen, unsweetened
Tangerine, raw or cooked/canned	0.3	Tangerine, raw
Watermelon, raw	3.9	Watermelon, raw
Unknown citrus fruit	0.3	Strawberries, raw
Blackberry juice	0.0	Blackberry juice, canned
Cantaloupe juice/nectar	0.0	Cantaloupe, raw
Cranberry juice	0.7	Cranberry juice, unsweetened
Grapefruit juice	0.9	Grapefruit juice, white, canned, unsweetened
Lemon juice	1.2	Lemon juice, canned or bottled
Lime juice	0.3	Lime juice, canned or bottled, unsweetened
Mixed fruit juice (citrus)	0.1	Orange juice, chilled, includes from concentrate
Orange juice (includes tangerine and acerola juices)	23.1	Orange juice, chilled, includes from concentrate
Raspberry juice	0.0	Blackberry juice, canned
Strawberry juice	0.0	Blackberry juice, canned
Watermelon juice	0.0	Watermelon, raw
Unknown citrus fruit juice	1.6	Orange juice, chilled, includes from concentrate
Apples, raw	14.2	Apples, raw, with skin
Apples, cooked or canned	0.9	Applesauce, canned, unsweetened, w/o added vit C
Applesauce	1.1	Applesauce, canned, unsweetened, w/o added vit C

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP (CONTINUED)		
Apples, dried	0.1	Apples, dried, sulfured, uncooked
Apricot, raw	0.0	Apricot, raw
Apricot, cooked or canned	0.0	Apricots, canned, water pack, without skin, solids and liquids
Apricot, dried	0.1	Apricots, dried, sulfured, uncooked
Bananas, raw	12.2	Bananas, raw
Bananas, cooked or canned (includes red type)	0.1	Bananas, raw
Bananas, dried	0.1	Bananas, dehydrated, or banana powder
Cherries, raw	0.3	Cherries, sweet, raw
Cherries, cooked or canned (includes maraschino)	0.2	Cherries, sour, red, canned, water pack, solids and liquids
Dates, raw and cooked	0.0	Dates, deglet noor
Figs, raw	0.0	Figs, raw
Figs, cooked or canned	0.1	Figs, canned, water pack, solids and liquids
Figs, dried	0.0	Figs, dried, uncooked
Grapes, raw	3.0	Grapes, red or green, European-type, raw
Grapes, cooked or canned	0.1	Grapes, canned, Thompson seedless, water pack, solids and liquids
Guava, raw	0.0	Guava, raw
Guava, cooked or canned	0.0	Guava, raw
Lychee, cooked or canned	0.0	Litchis, raw
Mango, raw	0.5	Mango, raw
Mango, cooked or canned	0.0	Mango, raw
Mango, dried	0.1	Mango, raw
Mixed other fruit (NOT citrus)	0.0	Applesauce, canned, unsweetened, w/o added vit C
Nectarine, raw	0.6	Nectarine, raw
Papaya, raw	0.1	Papaya, raw
Papaya, cooked or canned (includes green)	0.0	Papaya, raw
Papaya, dried	0.1	Papaya, raw
Peaches, raw	1.5	Peaches, raw
Peaches, cooked or canned	1.0	Peaches, canned, water pack, solids and liquids
Peaches, dried	0.0	Peaches, dried, sulfured, uncooked
Pears, raw	1.6	Pears, raw
Pears, cooked or canned	0.5	Pears, canned, water pack, solids and liquids
Pears, dried	0.0	Pears, dried, sulfured, uncooked
Japanese pears, raw	0.0	Pears, Asian, raw
Persimmons, raw	0.1	Persimmons, native, raw
Pineapple, raw	0.4	Pineapple, raw
Pineapple, cooked or canned	0.8	Pineapple, canned, water pack, solids and liquids
Pineapple, dried	0.0	Pineapple, raw
Plums, raw	0.4	Plums, raw

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
FRUIT GROUP (CONTINUED)		
Plums/Prunes, cooked or canned	0.1	Plums, canned, purple, water pack, solids and liquids
Plums, dried	0.2	Plums, dried (prunes), uncooked
Pomegranate, raw	0.0	Pomegranate, raw
Raisins, raw (includes currants)	1.1	Raisins, seedless
Raisins, cooked or canned	0.5	Raisins, seedless
Rhubarb, cooked or canned	0.0	Rhubarb, raw
Star fruit (carambola), raw	0.0	Carambola, (starfruit), raw
Tamarind, raw or cooked	0.0	Tamarind, raw
Unknown other fruit	0.4	Applesauce, canned, unsweetened, w/o added vit C
Apple juice	8.1	Apple juice, canned or bottled, unsweetened, w/o added vit C
Apricot juice/nectar	0.1	Apricot nectar, canned, w/o added vit C
Banana juice/nectar	0.1	Bananas, raw
Cherry juice	0.0	Cherries, sweet, raw
Grape juice	2.8	Grape juice, canned or bottled, unsweetened, w/o added vit C
Guava juice/nectar	0.0	Guava nectar, canned
Mango juice/nectar	0.2	Mango nectar, canned
Mixed fruit juice (NOT citrus)	0.1	Apple juice, canned or bottled, unsweetened, w/o added vit C
Papaya juice/nectar	0.1	Papaya nectar, canned
Passion fruit juice/nectar	0.1	Passion fruit juice, yellow, raw
Peach juice/nectar	0.1	Peach nectar, canned, w/o added vit C
Pear juice/nectar	0.0	Baby food pear juice
Pineapple juice	0.6	Pineapple juice, canned, unsweetened, w/o added vit C
Prune juice	0.2	Prune juice, canned
Unknown other fruit juice	1.9	Apple juice, canned or bottled, unsweetened, w/o added vit C

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP		
Beans and Peas Subgroup		
Black beans	7.2	Beans, black, mature seeds, cooked, boiled, w/o salt
Chickpeas	2.3	Chickpeas, mature seeds, cooked, boiled, w/o salt
Cowpeas	0.8	Cowpeas, common, mature seeds, cooked, boiled, w/o salt
Kidney beans	12.9	Beans, kidney, all types, mature seeds, cooked, boiled, w/o salt
Lentils	4.4	Lentils, mature seeds, cooked, boiled, w/o salt
Lima beans, mature (includes fava and mung beans)	2.4	Lima beans, large, mature seeds, cooked, boiled, w/o salt
Pinto beans (includes pink beans)	44.3	Beans, pinto, mature seeds, cooked, boiled, w/o salt
Soybeans/Edamame	2.4	Soybeans, mature cooked, boiled, w/o salt
Split peas	0.2	Peas, split, mature seeds, cooked, boiled, w/o salt
White beans (includes navy and pea beans)	22.7	Beans, small white, mature seeds, cooked, boiled, w/o salt
Unknown	0.3	Beans, small white, mature seeds, cooked, boiled, w/o salt
Starchy Vegetables Subgroup		
Cassava (tapioca) (includes taro, burdock root, and white yam)	0.1	Cassava, raw
Corn (white) (includes hominy)	1.2	Corn, sweet, white, cooked, boiled, drained, w/o salt
Corn (yellow)	8.8	Corn, sweet, yellow, cooked, boiled, drained, w/o salt
Cowpeas, field peas, blackeye peas, pigeon peas, cooked (NOT dried)	0.4	Cowpeas, immature seeds, cooked, boiled, drained, w/o salt
Green peas, cooked and raw	4.0	Peas, green, cooked, boiled, drained, w/o salt
Lima beans, immature	0.6	Lima beans, immature seeds, cooked, boiled, drained, w/o salt
Plantains	1.3	Plantains, cooked
Potatoes, baked	15.2	Potatoes, white, flesh and skin, baked, w/o salt
Potatoes, boiled (includes breadfruit)	27.3	Potatoes, boiled, cooked w/o skin, flesh, w/o salt
Potato chips, puffs, and sticks	17.1	Potato chips, fat free, salted
French fries	17.4	Potatoes, French fried, all types, salt not added in processing, frozen, oven heated
Home fries and hash browns	6.0	Potatoes, hashed brown, frozen, plain, prepared
Waterchestnuts, cooked (includes lotus root)	0.4	Waterchestnuts, Chinese, canned, solids and liquids
Vegetable starches and unknown starchy vegetables	0.2	Potato flour

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP (CONTINUED)		
Dark Green Vegetables Subgroup		
Arugula lettuce, raw	0.2	Arugula, raw
Bok choy (Chinese cabbage)	1.2	Cabbage, Chinese (pak-choi), cooked, boiled, drained, w/o salt
Broccoli, raw	6.7	Broccoli, raw
Broccoli, cooked	31.0	Broccoli, cooked, boiled, drained, w/o salt
Butterhead lettuce (Boston, bibb), raw	1.0	Lettuce, butterhead (includes Boston and bibb types), raw
Chard, cooked (incudes escarole)	0.2	Chard, Swiss, cooked, boiled, drained, w/o salt
Cilantro, raw and cooked	0.3	Coriander (cilantro) leaves, raw
Collard greens, cooked	4.8	Collards, cooked, boiled, drained, w/o salt
Grape leaves, cooked and raw	0.7	Grape leaves, raw
Kale, cooked	1.3	Kale, cooked, boiled, drained, w/o salt
Mixed dark leafy greens (includes romaine, chicory, escarole, and endive)	23.9	Lettuce, cos or romaine, raw
Mustard greens, cooked (includes dandelion and poke greens)	0.8	Mustard greens, cooked, boiled, drained, w/o salt
Parsley, cooked and raw (includes epazote)	1.1	Parsley, raw
Seaweed (laver), high vitamin A, raw	0.6	Seaweed, laver, raw
Spinach, raw	15.2	Spinach, raw
Spinach, cooked (includes taro leaves)	9.6	Spinach, cooked, boiled, drained, w/o salt
Turnip greens, cooked	1.3	Turnip greens, cooked, boiled, drained, w/o salt
Watercress (includes thistle leaves)	0.2	Watercress, raw
Unknown dark green vegetable	0.0	Parsley, raw
Red and Orange Vegetables Subgroup		
Carrots, raw	5.6	Carrots, raw
Carrots, cooked	7.0	Carrots, cooked, boiled, drained, w/o salt
Carrot juice	0.0	Carrot juice, canned
Chili pepper, hot, red, cooked and raw (includes color not specified)	1.7	Peppers, hot chili, red, raw
Peppers, red (sweet, bell), cooked and raw (includes pimientos)	0.8	Peppers, sweet, red, cooked, boiled, drained, w/o salt
Pumpkin, cooked	0.2	Pumpkin, canned, w/o salt
Squash, winter, cooked	0.4	Squash, winter, all varieties, cooked, baked, w/o salt
Sweet potatoes, cooked (includes orange yams)	1.9	Sweet potato, cooked, baked in skin, w/o salt
Tomatoes, raw	19.8	Tomatoes, red, ripe, raw, year round average
Tomatoes, cooked	59.1	Tomato products, canned, puree, w/o salt added
Tomato juice	3.5	Tomato juice, canned, w/o salt added
Unknown red and orange vegetables	0.0	Carrots, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
VEGETABLE GROUP (CONTINUED)		
Other Vegetables Subgroup		
Artichokes	0.4	Artichokes, cooked, boiled, drained, w/o salt
Asparagus, cooked and raw	0.9	Asparagus, cooked, boiled, drained, w/o salt
Avocado	3.0	Avocados, raw, all commercial varieties
Bamboo Shoots, cooked	0.4	Bamboo shoots, cooked, boiled, drained, w/o salt
Beans, green, cooked and raw, (includes snap and yellow beans)	10.4	Beans, snap, green, cooked, boiled, drained, w/o salt
Beets, cooked	0.9	Beets, cooked, boiled, drained, w/o salt
Brussels sprouts	0.3	Brussels sprouts, cooked, boiled, drained, w/o salt
Cabbage, green, cooked	2.7	Cabbage, cooked, boiled, drained, w/o salt
Cabbage, green, raw (includes savoy cabbage)	3.2	Cabbage, raw
Cabbage, red, raw (includes radicchio)	0.7	Cabbage, red, raw
Cactus (nopales), cooked and raw	0.1	Nopales, cooked, w/o salt
Cauliflower, cooked and raw (includes broccoflower)	1.6	Cauliflower, cooked, boiled, drained, w/o salt
Celery, cooked	2.5	Celery, cooked, boiled, drained, w/o salt
Celery, raw	2.1	Celery, raw
Chives, cooked and raw	0.0	Chives, raw
Cucumber	4.6	Cucumber, peeled, raw
Eggplant, cooked (includes hearts of palm)	0.8	Eggplant, cooked, boiled, drained, w/o salt
Garlic, cooked and raw	0.3	Garlic, raw
Horseradish (includes ginger root)	0.1	Horseradish, prepared
Lettuce, iceberg (includes manoa)	25.7	Lettuce, iceberg, raw
Mung bean sprouts, cooked and raw (includes alfalfa sprouts)	0.9	Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt
Mushrooms, cooked and raw	3.7	Mushrooms, cooked, boiled, drained, w/o salt
Okra, cooked	0.4	Okra, cooked, boiled, drained, w/o salt
Olives, raw or cooked	1.1	Olives, ripe, canned
Onions, raw	3.8	Onions, raw
Onions, cooked (includes leeks)	14.7	Onions, cooked, boiled, drained, w/o salt
Onions, spring and scallions, cooked and raw	0.7	Onions, spring or scallions (includes tops and bulb), raw
Peas, edible-podded, cooked and raw (includes snowpeas)	0.3	Peas, edible-podded, boiled, drained, w/o salt
Peppers, green (sweet, bell), raw	1.4	Peppers, sweet, green, raw
Peppers, green (sweet, bell), cooked	3.2	Peppers, sweet, green, cooked, boiled, drained, w/o salt
Peppers, chili, hot, green, cooked and raw (includes serrano and dwarf green)	0.4	Peppers, hot chili, green, raw
Pickles, cucumber (includes relish and capers)	3.9	Pickles, cucumber, dill, low sodium
Radishes, raw	0.2	Radishes, raw
Squash, summer, cooked and raw (includes yellow, zucchini, spaghetti, chayote)	2.2	Squash, summer, all varieties, cooked, boiled, drained, w/o salt
Tomatillos, cooked and raw	0.4	Tomatillos, raw
Turnips, cooked and raw (includes rutabaga, kohlrabi, jicama, celeriac, and fennel)	0.3	Turnips, cooked, boiled, drained, w/o salt
Miscellaneous other vegetables	0.1	Seaweed, wakame, raw
Unknown other vegetables	1.7	Onions, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP		
Meats Subgroup		
Beef	26.9	Beef, round, eye of round roast, separable lean only, all grades, roasted
Beef, ground	29.8	Ground beef, 95% lean, patty, pan-broiled
Game meat	0.9	Deer, loin, lean only, steak, broiled
Lamb	0.8	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, choice, roasted
Liver	0.5	Beef, liver, pan-fried
Luncheon meats, beef	9.8	Frankfurter, beef, low fat
Luncheon meats, pork	14.8	Ham, sliced, extra lean
Pork, cured	5.6	Pork, cured, ham, whole, separable lean only, roasted
Pork, fresh	10.8	Pork, fresh, loin, sirloin (chops), boneless, lean, broiled
Poultry Subgroup		
Chicken	79.5	Chicken, meat only, roasted
Luncheon meats, poultry	13.1	Chicken roll, light meat
Turkey	7.4	Turkey, meat only, roasted
High Omega-3 Fish Subgroup		
Anchovy	0.3	Anchovy, European, canned in oil, drained
Herring	0.6	Herring, Atlantic, cooked, dry heat
Mackerel	0.8	Mackerel, Atlantic, cooked, dry heat
Mussels	4.3	Mussel, blue, cooked, moist heat
Roe	0.1	Roe, mixed species, cooked, dry heat
Salmon	53.8	Salmon, Atlantic, farmed, cooked, dry heat
Sardines	2.2	Sardine, Atlantic, canned in oil, drained solids with bone
Sea bass	4.0	Sea bass, mixed species, cooked, dry heat
Shark	0.6	Shark, mixed species, raw
Smelt	0.4	Smelt, rainbow, cooked, dry heat
Swordfish	0.2	Swordfish, cooked, dry heat
Trout	7.8	Trout, rainbow, farmed, cooked, dry heat
Tuna-high Omega 3	24.9	Tuna, white, canned in water, drained solids
Low Omega-3 Fish Subgroup		
Carp	0.7	Carp, cooked, dry heat
Catfish	11.6	Catfish, channel, farmed, cooked, dry heat
Clams	2.0	Clams, mixed species, cooked, moist heat
Cod	7.5	Cod, Pacific, cooked, dry heat
Crab	6.9	Crab, blue, cooked, moist heat
Crayfish	0.6	Crayfish, mixed species, wild, cooked, moist heat
Croaker	0.6	Croaker, Atlantic, raw
Fish sticks	4.3	Pollock, Atlantic, cooked, dry heat
Flounder	7.7	Flatfish (flounder and sole), cooked, dry heat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Frog	0.1	Frog legs, raw
Haddock	1.0	Haddock, cooked, dry heat
Halibut	0.4	Halibut, Atlantic and Pacific, cooked, dry heat
Lobster	0.8	Lobster, northern, cooked, moist heat
Mullet	0.1	Mullet, striped, cooked, dry heat
Octopus/squid	0.6	Octopus, common, cooked, moist heat
Oysters	1.6	Oyster, Pacific, cooked, moist heat
Perch	5.1	Ocean perch, Atlantic, cooked, dry heat
Pike	0.1	Pike, northern, cooked, dry heat
Pompano	0.6	Pompano, Florida, cooked, dry heat
Porgy	0.8	Sheepshead, cooked, dry heat
Restructured fish	1.7	Pollock, Atlantic, cooked dry heat
Scallops	1.1	Scallops (bay and sea), steamed
Shrimp	20.6	Shrimp, cooked, moist heat
Snails	0.2	Snail, raw
Snapper	0.1	Snapper, mixed species, cooked, dry heat
Tuna-low Omega 3	15.6	Tuna, light, canned in water, drained solids
Turtle/terrapin	0.0	Turtle, green, raw
Whiting	1.0	Whiting, mixed species, cooked, dry heat
Unknown fish	6.5	Pollock, Atlantic, cooked, dry heat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Soy Subgroup		
Tofu	14.5	Tofu, firm, prepared with calcium sulfate and magnesium chloride
Processed Soy	85.5	Veggie burgers or soyburgers, unprepared
Eggs Subgroup		
Eggs	100.0	Egg, whole, cooked, hard-boiled
Nuts and Seeds Subgroup		
Almonds	6.8	Almonds, dry roasted, without salt added
Brazil nuts	0.0	Brazilnuts, dried, unblanched
Cashew nuts	5.4	Cashew nuts, dry roasted, without salt added
Chestnuts	0.7	Chestnuts, European, roasted
Filberts/hazelnuts	0.1	Hazelnuts or filberts
Flax seeds	0.2	Flaxseed
Macadamia nuts	0.6	Macadamia nuts, dry roasted, without salt added
Mixed nuts, with peanuts	11.1	Mixed nuts, dry roasted, with peanuts, without salt added
Peanut butter	36.0	Peanut butter, smooth style, with salt
Peanuts	25.0	Peanuts, all types, dry-roasted, without salt
Pecans	2.5	Pecans
Pine nuts	0.4	Pine nuts, dried
Pistachio nuts	1.4	Pistachio nuts, dry roasted, without salt added
Pumpkin/squash seed kernels	0.6	Pumpkin and squash seed kernels, roasted, without salt
Sesame seeds	0.6	Sesame seed kernels, toasted, without salt added (decorticated)
Sunflower seeds	4.4	Sunflower seed kernels, dry roasted, without salt
Walnuts	4.0	Walnuts, English

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
DAIRY GROUP		
Milk, whole, unflavored cow	11.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 2%, unflavored cow	16.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 1%, unflavored cow	3.9	Milk, nonfat, fluid, with added vitamins A and D
Milk, fat-free, unflavored cow	6.6	Milk, nonfat, fluid, with added vitamins A and D
Milk, not further specified (NFS)	0.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), whole	1.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 2%	1.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 1%	0.6	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), fat-free	0.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), NFS	0.6	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, whole and NFS	0.0	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, 2%	0.1	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat, and imitation milks, 1% and fat-free	0.2	Milk, nonfat, fluid, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, whole, reduced fat, and NFS	0.1	Milk, dry, nonfat, instant, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, low fat and fat-free	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in coffee drinks, lattes, etc.	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.1	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	1.1	Milk, nonfat, fluid, with added vitamins A and D
Milk powder drinks (recon + not recon), milk in eggnog or other beverage	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Meal supplements/replacement drinks/diet drinks	0.6	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in soups	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in casseroles, mixtures, coatings/batters, frozen meals, main dishes and other dishes	1.4	Milk, nonfat, fluid, with added vitamins A and D
Milk in scrambled eggs/omelets	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk in mashed potatoes, creamed/sauced vegetables, cooked cereals, sauces, gravies, salad dressings	0.9	Milk, nonfat, fluid, with added vitamins A and D
Milk in puddings (caloric & low calorie sweeteners), custards, milk-based desserts, other desserts, sweetened condensed milk	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in candies and "bars"	0.9	Milk, dry, nonfat, instant, w/o added vitamins A and D
Soymilk	1.1	Soy milk (all flavors), unsweetened, with added calcium, vitamins A and D
Ice cream (caloric and low calorie sweeteners), light and fat-free	0.5	Ice cream, vanilla, light

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
Dairy Group (Continued)		
Ice cream (caloric sweeteners), regular and rich	1.5	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), light and low fat	0.3	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), regular, rich, and NFS	0.3	Ice cream, vanilla, light
Frozen yogurt (caloric and low calorie sweeteners), & sherbet, low fat, fat-free, and NFS	0.4	Frozen yogurt, chocolate, nonfat milk, sweetened without sugar
Yogurt, unflavored, whole and NFS	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, low fat	0.1	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, fat-free	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, flavored (caloric sweeteners), low fat	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), fat-free	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), NFS	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (low calorie sweeteners), fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, whole	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, low fat	0.4	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (low calorie sweeteners), fat-free	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Natural cheeses (includes low sodium cheeses), regular	7.0	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), reduced-fat	0.5	Cheese, mozzarella, nonfat or fat-free
Natural cheeses (includes low sodium cheeses), low fat and fat-free	0.2	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), fat NFS	0.8	Cheese, mozzarella, nonfat or fat-free
Cheese, NFS	2.9	Cheese, Mexican, blend, reduced fat
Cottage cheese, regular	0.1	Cheese, cottage, lowfat,1% milk fat, no sodium added
Cottage cheese, low fat and fat NFS	0.2	Cheese, cottage, lowfat,1% milk fat, no sodium added
Processed cheeses (includes low sodium cheeses), regular	2.8	Cheese, pasteurized process, American, low fat
Processed cheeses (includes low sodium cheeses), reduced-fat	0.3	Cheese, pasteurized process, American, low fat
Processed cheeses (includes low sodium cheeses), low fat and fat-free	0.5	Cheese, pasteurized process, American, low fat
Cheese spreads, dips, sauces, soups	1.2	Cheese, pasteurized process, American, low fat
Cheese on sandwiches, regular, low fat, NFS	1.6	Cheese, pasteurized process, American, low fat

Item Cluster	% of Consumption	"Nutrient-Dense" Representative Food
DAIRY GROUP (CONTINUED)		
Cheese in grain products, snacks (includes breads and cereals), desserts/sweets, regular and NFS	0.4	Cheese, pasteurized process, American, low fat
Cheese in grain products (includes fried cheese, gnocchi), dessert/sweets, reduced fat, low fat, and nonfat	0.6	Cheese, mozzarella, nonfat or fat-free
Cheese in Mexican dishes	2.3	Cheese, Mexican, blend, reduced fat
Cheese in egg or meat dishes and frozen meals	1.0	Cheese, Mexican, blend, reduced fat
Cheese on pizza and calzone, regular	8.8	Cheese, mozzarella, nonfat or fat-free
Cheese on pizza and calzone, reduced-fat and low fat	8.9	Cheese, mozzarella, nonfat or fat-free
Cheese in pasta and Italian dishes, regular and NFS	2.0	Cheese, Mexican, blend, reduced fat
Cheese in pasta and Italian dishes, reduced-fat, low fat, and nonfat	0.2	Cheese, mozzarella, nonfat or fat-free
Cheese on vegetables (cheese sauce), in salads and dressings	0.4	Cheese, pasteurized process, American, low fat

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302-1500

DATE: April 26, 2012

MEMO CODE: SP 30-2012

SUBJECT: Grain Requirements for the National School Lunch Program and School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalencies and definition of whole grain-rich products.

The Department of Agriculture (USDA) published, "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of oz eq of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-2015.

This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains which meet the regulatory standards and to determine equivalent minimum serving sizes (oz eq). In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

Tan

I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS FOR SCHOOL MEAL PROGRAMS

The requirements to offer whole grain-rich products will be phased in for the school meal programs over the next two SYs:

For **lunch**, beginning July 1, 2012 (SY 2012-2013), through June 30, 2014 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

For **breakfast,** beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

Through SY 2013-2014, SFAs and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements. After SY 2013-2014, all grain must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist SFAs and program operators with identifying whole grain-rich foods for availability by summer 2012.

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations at 7 CFR Parts 210 and 220, the following criteria are to be used as the basis for crediting items to meet the whole grain-rich requirement:

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

Schools can use the following elements as a simple checklist to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the oz eq requirements for the grains component as defined by this guidance.

Element 2: The food must meet at least one of the following:

a. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available.

b. The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

c. The product ingredient declaration lists whole grains first, specifically:

I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation. For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The program operator, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.

II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole-grain ingredients exceed the total weight of non whole-grain ingredients.

When flour blends are listed in the ingredient declaration and grouped together with parentheses, for example, ingredients: flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc., program operators will need to know either that the whole grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar in the example.

A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE cereal must be fortified. If the grain product includes enriched ingredients, or the

product itself is enriched; the ingredients or the grain product must meet the Food and Drug Administration's standards of identity for enrichment (21 CFR Section 137). Bran and germ are not creditable in school meal programs. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, "oz eq grains" on the CN Label indicates the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicates the product meets previous program requirements for grains/breads. Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling/.

II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Pursuant to the new NSLP and SBP regulations, the updated meal patterns, which include requirements for whole-grain rich grain products based on oz eq, will become effective on July 1, 2012, the beginning of SY 2012-2013. Recognizing that operators and manufacturers which provide products for the school meal programs may require time to change specifications and revise products, we will allow SFAs and program operators to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of SY 2013-2014.

As provided for in NSLP and SBP regulations, grain products must be credited using the oz eq method. This criterion is applied to various products as follows:

- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) breakfast cereal, 28 grams *or* 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal.

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group. All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or "bread" or "bread alternate" criteria in the interim. Of the weekly total for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.

The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent. The crediting of a food item as oz eq grains is determined by the total amount in grams of whole-grain meal and/or flour or whole-grain and enriched meal and/or flour in the product formulation or recipe divided by the number of servings the formulation or recipe yields divided by the 16 grams per oz eq standard. For the types of food items listed in Groups H and I of the attached Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains. If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item. The oz eq for grains may be determined by using either the weights or volumes listed in the attached Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.

The attached *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains. We note that the listing of food items included in Exhibit A is not exhaustive.

Exhibit A provides oz equivalent information for products commonly offered in schools. SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and nutrition specifications. However, program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the Dietary Guidelines for Americans.

SUMMARY OF IMPLEMENTATION DATES:

Ounce equivalent requirements: All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY-2013-2014. The grain component weights in the attached *Exhibit A: School Lunch and Breakfast* have been updated to reflect the change from 14.75 grams of creditable grain to 16.0 grams of creditable grain per oz eq

for Groups A-G. The original Exhibit A weights and volumes for all Child Nutrition Programs may continue to be used through June 30, 2013 for lunch and breakfast.

Whole grain-rich requirements: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast.

For NSLP and SBP (sections 210.10, 210.10a, 220.8, and 220.8a), this policy memorandum supersedes FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads. However, the FCS Instruction 783 - REV 2, will be revised to remove the sections mentioned above and will pertain to all other Child Nutrition Programs. State Agencies should contact their Food and Nutrition Service Regional Office with any questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	**OZ EQ FOR GROUP C**
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

[1] The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

[2] Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[3] Allowed only as dessert at lunch as specified in §210.10.

[4] Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

Tan

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[5, 6] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready to eat breakfast cereal (cold, dry) [5, 6]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

[5] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[6] Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

FCS Instruction 783.1 Rev 2: Exhibit A
GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS[1, 2]

Group A	Minimum Serving Size for Group A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	**Minimum Serving Size for Group B**
• Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	**Minimum Serving Size for Group C**
• Cookies[3] (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

[1] The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

[2] Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[3] Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

[4] Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

Group D	Minimum Serving Size for Group D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Granola bars[4] (plain) • Muffins (all, except corn) • Sweet rolls[4] (unfrosted) • Toaster pastries[4] (unfrosted)	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	**Minimum Serving Size for Group E**
• Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars[4] • Granola bars[4] (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls[4] (frosted) • Toaster pastries[4] (frosted)	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	**Minimum Serving Size for Group F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	**Minimum Serving Size for Group G**
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	**Minimum Serving Size for Group H**
• Barley • Breakfast cereals (cooked)[5, 6] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	**Minimum Serving Size for Group I**
1 serving = 3/4 cup or 1 oz, whichever is less	• Ready to eat breakfast cereal (cold dry)[5, 6]

[3] Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

[4] Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

[5] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[6] Cereals may be whole-grain, enriched, or fortified.

USDA

.ited States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: April 17, 2012

MEMO CODE: SP 26-2012

SUBJECT: Formulated Grain Fruit Products

TO: Regional Directors
Child Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The Department of Agriculture (USDA) published, "Nutrition Standards for the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule removes *Section I. Formulated Grain-Fruit Products* from *Appendix A to Part 220 – Alternate Foods for Meals* (attached).

Beginning July 1, 2012 (SY 2012-2013), formulated grain-fruit products will no longer be allowed to satisfy both the grain and fruit component for the School Breakfast Program (SBP). These products were formulated to satisfy the bread and fruit component of the meal pattern through fortification without the addition of any actual fruit ingredients, at a time when the adequacy of cooking and serving facilities were of concern for students participating in the SBP.

Formulated grain-fruit products are specific products that are manufactured to meet the requirements addressed in *Appendix A to Part 220* and should not be confused with products that are currently on the market that contain grain and fruit. This change does not affect the crediting of traditional grain-fruit bars listed in Exhibit A of the Grains/Breads instruction, which may still be served accordingly.

Formulated grain-fruit products are specific products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA Child Nutrition Programs to meet one bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern.

According to *Appendix A to Part 220*, formulated grain-fruit products must be individually wrapped and bear a label conforming to the following legend: *"This product conforms to U.S.D.A. Child Nutrition Programs specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate."* If the product does not bear this legend, it is not a formulated grain-fruit product.

Tan

Products that were formally authorized to bear the formulated grain-fruit statement that meet FNS requirements for grains may be used accordingly. However, these formulated grain-fruit products will no longer be allowed to count toward the fruit requirement.

Please direct program operators to contact the State agency with any questions or concerns; State agencies should in turn contact the FNS regional office for assistance.

Sincerely,

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Tan

7 CFR section where requirements are described	Current OMB control number
220.15	0584-0012

[Amdt. 56, 54 FR 2990, Jan. 23, 1989. Redesignated at 72 FR 61495, Oct. 31, 2007]

APPENDIX A TO PART 220—ALTERNATE FOODS FOR MEALS

I. FORMULATED GRAIN-FRUIT PRODUCTS

1. Schools may utilize the formulated grain-fruit products defined in paragraph 3 as a food component in meeting the meal requirements of this part under the following terms and conditions:

(a) Formulated grain-fruit products may be used to meet *one* bread/bread alternate and the fruit/vegetable requirement in the breakfast pattern specified in §220.8.

(b) Only individually wrapped formulated grain-fruit products which bear a label conforming to the following legend shall be utilized. "This product conforms to U.S.D.A. Child Nutrition Program specifications. For breakfast, it meets the requirements for fruit/vegetable/juice and one bread/bread alternate."

2. Only formulated grain-fruit products that have been accepted by the Food and Nutrition Service (FNS) for use in the USDA child nutrition programs may be labeled as provided in paragraph 1.(b) of this appendix. Manufacturers seeking acceptance of their product shall furnish FNS a chemical analysis, protein efficiency ratio analysis, and such other pertinent data as may be requested by FNS. This information shall be forwarded to: Director, Nutrition and Technical Services Staff, Food and Nutrition Service, U.S. Department of Agriculture, Alexandria, Virginia 22302. All laboratory analyses are to be performed by independent or other laboratories acceptable to FNS. (FNS prefers an independent laboratory.) All laboratories shall retain the "raw" laboratory data for a period of one year. Such information shall be made available to FNS upon request.

3. To be accepted by FNS, products must have the following characteristics and meet the following nutritional specifications:

(a) Types. There are two types of products: one is a grain-type product and the other a grain-fruit type product.

(b) Ingredients. A grain-type product shall have grain as its primary ingredient. A grain-fruit type product shall have fruit as its primary ingredient. Both types of products must have at least 25 percent of their weight derived from grain. All ingredients and/or components shall comply with pertinent requirements or standards of the USDA and the Food, Drug, and Cosmetic Act, as amended, and any regulations issued thereunder.

(c) Nutritional specifications. Each serving of the product shall meet the minimum compositional requirements in the following table. The requirements as specified for those nutrients not limited by maximum values will be deemed to have been met if reasonable overages of the vitamins and minerals, within the limits of good manufacturing practice, are present to insure that the required levels are maintained throughout the expected shelf life under customary conditions of distribution and storage. An exception will be made for vitamins or minerals which occur naturally in an ingredient at such concentration that the level specified will be substantially exceeded in the final product. Such excess will be permitted but no lable claim of nutritional advantage can be made for overages for any nutrients. Analytical methods employed should be according to the standard procedures defined in the Association of Official Analytical Chemists, 1970, "Official Methods of Analysis," 11th edition, Washington, DC or by appropriate analytical procedures FNS considers reliable.

NUTRITIONAL LEVELS OF GRAIN-FRUIT PRODUCTS [1]

Nutrient	Unit	Minimum	Maximum
Weight	Ounce	2	4.0
PER	Casein=2.5	2.0	
Moisture	Percent weight		40.0
Fat [2]	do		22.0
Fiber	do		0.8
Protein (N×6.25)	Gram	5.0	
Energy	Kilocalorie	250	
Vitamin A [3]	International unit	1,115	1,675.0
Vitamin E	do	5	
Vitamin B_{12}	Microgram	1.25	
Thiamin	Milligram	.26	
Riboflavin	do	.13	
Vitamin B_6	do	.26	
Vitamin C	do	20	
Niacin	do	2.65	
Folacin	do	.04	
Iron [4]	do	4.4	
Calcium	do	120	
Phosphorus	do	120	
Magnesium	do	30	

[1] These specifications are based on a nutrient level for acceptable products plus ½ pint of fluid milk (as defined in §220.2 of the regulations (7 CFR part 220)) to provide at least 25 percent of the Recommended Dietary Allowances (RDA), 1968, for 10- to 12-year-old boys and girls for specified nutrients except magnesium and kilocalories. Magnesium and kilocalories—at least 13 percent of this RDA.

[2] Although the maximum fat in these specifications is 22 percent, consideration should be given to the development of formulated items containing less fat. Most medical authorities recommend keeping the dietary intake of fats at about ⅓ of the day's calories. At least 5 percent of the total calories shall be from linoleic acid.

[3] Vitamin A levels above the maximum of 1,675 I.U. will be allowed in products containing this nutrient as a natural food, and if the vitamin has not been added to the ingredients or foods.

Tan

COMPANIES PRODUCING FORMULATED GRAIN-FRUIT PRODUCTS THAT MEET FNS SPECIFICATIONS FOR FORMULATED GRAIN-FRUIT PRODUCTS (7 CFR PART 220 APPENDIX A)

Revised November 19, 1999

Bake Crafters Associated Bakeries
21927 Martin Circle
Hagerstown, MD 21742

Apple Spice Muffin
(2.5 oz. Net Wt.)

Labels bearing the above product name will have the following ingredient statement:

Enriched flour, sugar, apples, soy oil, whole eggs, water, non fat dry milk, isolated soy protein, baking powder, baking soda, salt, spices, dicalcium phosphate, magnesium oxide, coated ascorbic acid, vitamin E acetate, vitamin A palmitate, reduced iron, niacinamide, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, cyanocobalamin 1 percent with DCP, folic acid.

DCA Bakery Division
DCA Food Industries, Inc.
8106 Stayton Drive
Jessup Maryland 20794-9976

Dynamic Donuts
(2.5 oz. net wt.)

Capt'n Gregory's Donuts
(2.5 oz. net wt.)

Labels bearing either of the above product names will have the following ingredient statement:

Enriched bleached flour, water, vegetable shortening, sugar, crystalline fructose, milk protein, soy flour, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), egg whites, salt, sodium stearoyl lactylate, vitamin and mineral enrichment (calcium [calcium sulfate and dicalcium phosphate], phosphorus [dicalcium phosphate and magnesium phosphate], magnesium [magnesium phosphate], iron [ferrous sulfate], niacinamide, vitamin B12, vitamin B6, vitamin B1, vitamin B2, folic acid, vitamin E acetate, vitamin A palmitate, natural flavors.

Tan

Kerry-DCA
Bakery Division
101 East Bacon Street
Hillsdale, Michigan 49242

Capt'n Gregory's
Fortified Honey Bun
(2.5 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Enriched wheat flour (contains wheat flour, niacin, ferrous sulfate, riboflavin (vitamin B2), thiamin mononitrate, (vitamin B1), folic acid), partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), sugar, water, yeast, contains 2% or less of the following ingredients: honey, salt, whey, soy flour, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), calcium carbonate, mono and diglycerides, agar, soya lecithin, sorbitan monostearate, dextrose, nonfat milk, vital wheat gluten, dough conditioners (calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbonamide), yellow corn flour, sodium stearoyl lactylate, artificial flavors, colored with annatto and turmeric extracts and artificial color, lactalbumin, magnesium phosphate, dicalcium phosphate, calcium sulfate, vitamin E, vitamin A, vitamin B6, vitamin B12, ascorbic acid, enzymes.

Morning Harvest Baking Company
350 Whitfield Road
Brandon, Mississippi 39042

Morning Harvest
Banana-Coconut Muffin
(2 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Grain (rolled oats, wheat flour, soy flour), fruit (coconut, banana solids), brown sugar, vegetable shortening, peanuts, corn syrup solids, whey protein concentrate, soy protein isolates, molasses, salt, lecithin, natural flavors, L-lysine monohydrochloride, vitamin and mineral enrichment (calcium phosphate, ascorbic acid, vitamin E acetate, vitamin A palmitate, iron (electrolytically reduced), cyanocobalamin, pyridoxine hydrochloride, thiamine mononitrate, folic acid).

Morning Harvest Baking Company
350 Whitfield Road
Brandon, Mississippi 39042

Morning Harvest
Oatmeal-Raisin Muffin
(2 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Grain (rolled oats, wheat flour, soy flour), fruit (raisins, pear solids), brown sugar, vegetable shortening, peanuts, corn syrup solids, whey protein concentrate, soy protein isolates, molasses, salt, lecithin, natural flavors, L-lysine monohydrochloride, vitamin and mineral enrichment [calcium phosphate, ascorbic acid, vitamin E acetate, vitamin A palmitate, iron (electrolytically reduced), cyanocobalamin, pyridoxine hydrochloride, thiamine mononitrate, folic acid].

Tan

Morning Harvest Baking Company
350 Whitfield Road
Brandon, Mississippi 39042

Morning Harvest
Oatmeal-Raisin Carob
Chip Muffin
(2.25 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Grain (rolled oats, wheat flour, soy flour), Fruit (raisins, pear solids), brown sugar, vegetable shortening, peanuts, corn syrup solids, whey protein concentrate, carob chip, soy protein isolates, molasses, salt, lecithin, natural flavors, L-lysine monohydrochloride, vitamin and mineral enrichment [calcium phosphate, ascorbic acid, vitamin E acetate, vitamin A palmitate, iron (electrolytically reduced), cyanocobalamin, pyridoxine hydrochloride, thiamine mononitrate, folic acid].

Morning Harvest Baking Company
350 Whitfield Road
Brandon, Mississippi 39042

Morning Harvest
Banana-Coconut Carob
Chip Muffin
(2.25 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Grain (rolled oats, wheat flour, soy flour), Fruit (coconut, banana solids), brown sugar, vegetable shortening, peanuts, corn syrup solids, whey protein concentrate, carob chip, soy protein isolates, molasses, salt, lecithin, natural flavors, L-lysine monohydrochloride, vitamin and mineral enrichment [calcium phosphate, ascorbic acid, vitamin E acetate, vitamin A palmitate, iron (electrolytically reduced), cyanocobalamin, pyridoxine hydrochloride, thiamine mononitrate, folic acid].

Tan

Morning Harvest Baking Company
350 Whitfield Road
Brandon, Mississippi 39042

Morning Harvest
Blueberry Muffin
(2 oz. net wt.)

Labels bearing the above product name will have the following ingredient statement:

Grain (rolled oats, wheat flour, soy flour), Fruit (blueberries, figs, pear solids), brown sugar, vegetable shortening, peanuts, corn syrup solids, whey protein concentrate, soy protein isolates, molasses, salt, lecithin, apple fiber powder, modified food starch, dextrose, apple juice concentrate, sorbitol, natural and artificial flavors, artificial colors, citric acid, L-lysine monohydrochloride, vitamin and mineral enrichment [calcium phosphate, ascorbic acid, vitamin E acetate, vitamin A palmitate, iron (electrolytically reduced), cyanocobalamin, pyridoxine hydrochloride, thiamine mononitrate, folic acid].

Super Bakery, Inc.
3698 S. 600 West
New Palestine, IN 46163

Super Bun
(2.5 oz net wt.)

Labels bearing the above product name will have the following ingredient statement:

Enriched flour, vegetable shortening, cane sugar, water, dextrose, yeast, leavening, milk protein, nonfat dry milk solids, salt, dried egg yolks, calcium carbonate, magnesium phosphate, ferrous sulphate, lecithin, corn starch, dough conditioner, ascorbic acid, vitamin A palmitate, alpha tocopherol acetate, niacinamide, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, vitamin B12, folic acid, natural and imitation flavor and color, vegetable gums, sodium propionate (a preservative).

Super Bakery Inc.
3698 S. 600 West
New Palestine, IN 46163

Super Donut
(2.2 oz net wt.)

Labels bearing the above product name will have the following ingredient statement:

Enriched flour, water, vegetable shortening, sugar, milk protein, dextrose, nonfat dry milk, soy flour, leavening, salt, dried egg yolk, calcium carbonate, magnesium phosphate, ferrous sulphate, lecithin, mono and diglycerides, starch, ascorbic acid, vitamin A palmitate, alpha tocopherol acetate, niacinamide, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, vitamin B12, folic acid, natural flavors and colors.

Tan

May-12

SY 2013 National School Lunch Foods Available list

Material Number	Group	Material Description	Code	Material Group
100206		APPLE SLICES CAN-6/10	A345	FRUIT, CANNED
100258		APPLE SLICES UNSWEETENED FRZ CTN-30 LB	A346	FRUIT, FROZEN
100523		APPLES BRAEBURN FRESH B CARTON-40 LB	A343	FRUIT, FRESH
100517		APPLES EMPIRE FRESH CTN-40 LB	A343	FRUIT, FRESH
110149		APPLES FOR FURTHER PROCESSING – BULK		FRUIT, FRESH
100284		APPLES FRESH SLC-100/2 OZ	A337	FRUIT, FRESH
100286		APPLES FRESH SLC-200/2 OZ	A339	FRUIT, FRESH
100285		APPLES FRESH SLC-64/2 OZ	A338	FRUIT, FRESH
100521		APPLES GALA FRESH G CARTON-40 LB	A343	FRUIT, FRESH
100512		APPLES GRANNY SMITH FRESH CTN-37 LB	A343	FRUIT, FRESH
100514		APPLES RED DELICIOUS FRESH CTN-40 LB	A343	FRUIT, FRESH
100206		APPLESAUCE UNSWEETENED CAN-6/10	A345	FRUIT, CANNED
100260		APRICOT FRZ CTN-40 LB	A447	FRUIT, FROZEN
100261		APRICOT FRZ CUP-96/4.5 OZ	A449	FRUIT, FROZEN
100259		APRICOT SLICES FRZ BOX-20 LB	A358	FRUIT, FROZEN
100209		APRICOTS CAN-6/10	A360	FRUIT, CANNED
100216		APRICOTS DICED PEELED CAN-6/10	A382	FRUIT, CANNED
110230		APRICOTS DICED PEELED SUCROSE CAN 6/10	new	FRUIT, CANNED
110231		APRICOTS SUCROSE CAN-6/10	new	FRUIT, CANNED
100244		BLUEBERRY CULTIVATED UNSWEETENED FRZ CTN-30 LB	A367	FRUIT, FROZEN
100243		BLUEBERRY WILD UNSWEETENED FRZ CTN-30 LB	A366	FRUIT, FROZEN
100299		CHERRIES DRIED PKG-4/4 LB	A293	FRUIT, DRIED
100237		CHERRIES FRZ IQF CTN-40 LB	A364	FRUIT, FROZEN
100228		CHERRIES RED TART PITTED CAN-6/10	A363	FRUIT, CANNED
100235		CHERRIES RED TART PITTED FRZ CTN-30 LB	A365	FRUIT, FROZEN
100214		CRANBERRY SAUCE CAN-6/10	A288	FRUIT, CANNED
100296		FRUIT AND NUT MIX DRIED PKG-5/5 LB	A261	FRUIT, DRIED
110161		FRUIT MIX DRIED PKG-5/5 LB	A343	FRUIT, DRIED
100212		MIXED FRUIT CAN-6/10	A470	FRUIT, CANNED
110233		MIXED FRUIT SUCROSE CAN-6/10	new	FRUIT, CANNED
100276		ORANGE JUICE CONC FRZ CAN-12/32 OZ	A301	FRUIT, JUICE
100204		ORANGE JUICE CONC -TANKERS	A303	FRUIT, JUICE
100205		ORANGE JUICE DRUM-55 GAL	A305	FRUIT, JUICE
100277		ORANGE JUICE SINGLE CTN-70/4 OZ	A299	FRUIT, JUICE
100220		PEACHES CLING DICED CAN-6/10	A409	FRUIT, CANNED
110234		PEACHES CLING DICED SUCROSE CAN-6/10	new	FRUIT, CANNED
100219		PEACHES CLING SLICES CAN-6/10	A408	FRUIT, CANNED
110236		PEACHES CLING SLICES SUCROSE CAN-6/10	new	FRUIT, CANNED
100239		PEACHES FREESTONE SLICES FRZ CTN-20 LB	A424	FRUIT, FROZEN
100282		PEARS BARTLETT FRESH CTN-45 LB	A435	FRUIT, FRESH
100239		PEACH FREESTONE DICED FRZ CUP-96/4.4 OZ	A424	FRUIT, FROZEN
100280		PEARS BOSC FRESH CTN-45 LB	A442	FRUIT, FRESH
100279		PEARS D'ANJOU FRESH CTN-45 LB	A441	FRUIT, FRESH
100225		PEARS DICED CAN-6/10	A434	FRUIT, CANNED
110237		PEARS DICED SUCROSE CAN-6/10	new	FRUIT, CANNED

Cherry

100235		PEARS HALVES CAN-6/10	A365	FRUIT, CANNED
100241		PEARS HALVES SUCROSE CAN-6/10	new	FRUIT, CANNED
100224		PEARS SLICES CAN-6/10	A433	FRUIT, CANNED
110239		PEARS SLICES SUCROSE CAN-6/10	new	FRUIT, CANNED
100293		RAISINS BOX-144/1.33 OZ	A504	FRUIT, DRIED
100294		RAISINS CTN-30 LB	A500	FRUIT, DRIED
100295		RAISINS PKG-24/15 OZ	A501	FRUIT, DRIED
100253		STRAWBERRY UNSWEETENED FRZ CTN-30 LB	A375	FRUIT, FROZEN
100256		STRAWBERRY FRZ CUP-96/4.5 OZ	A417	FRUIT, FROZEN
100254		STRAWBERRY SLICES FRZ CTN-30 LB	A380	FRUIT, FROZEN
100351		BEANS GREEN FRZ CTN-30 LB	A070	VEGETABLE, CANNED
100307		BEANS GREEN CAN-6/10	A061	VEGETABLE, CANNED
coming 2013	*dark green*	*BROCCOLI FLORETS*		*VEGETABLE, FROZEN*
100309	red/orange	CARROTS CAN-6/10	A100	VEGETABLE, CANNED
100315	red/orange	CARROTS FRESH BABY CUTS BAG-100/2 OZ	A140	VEGETABLE, FRESH
100352	red/orange	CARROTS FRZ CTN-30 LB	A099	VEGETABLE, FROZEN
100349		CORN COB FRZ CSE-96	A129	VEGETABLE, FROZEN
100348		CORN FRZ CTN-30 LB	A130	VEGETABLE, FROZEN
100313		CORN WHOLE KERNEL(LIQ) CAN-6/10	A110	VEGETABLE, CANNED
100315		PEAS CAN-6/10	A140	VEGETABLE, CANNED
100350		PEAS GREEN FRZ CTN-30 LB	A160	VEGETABLE, FROZEN
100506		POTATO BULK FOR PROCESS FRZ	A232	VEGETABLE, FRESH
110227		POTATO FOR PROCESS INTO DEHY PRD-BULK	new	VEGETABLE, FRESH
100357		POTATOES OVENS FRY PKG-6/5 LB	A210	VEGETABLE, FROZEN
100358		POTATOES ROUNDS FRZ PKG-6/5 LB	A204	VEGETABLE, FROZEN
100340		POTATOES RUSSET FRESH CTN-50 LB	A214	VEGETABLE, FRESH
100356		POTATOES WEDGE FAT FREE FRZ PKG-6/5 LB	A173	VEGETABLE, FROZEN
100358		POTATOES WEDGE FRZ PKG-6/5 LB	A204	VEGETABLE, FROZEN
100336	red/orange	SPAGHETTI SAUCE MEATLESS CAN-6/10	A243	VEGETABLE, CANNED
110177	red/orange	SPAGHETTI SAUCE MEATLESS POUCH-6/106 OZ	new	VEGETABLE, CANNED
100980	red/orange	SWEET POTATO BULK FRESH PROC	A212	
100343	red/orange	SWEET POTATO FRESH CTN-40 LB	A230	VEGETABLE, FRESH
100318	red/orange	SWEET POTATOES MASHED CAN-6/10	A222	VEGETABLE, CANNED
100354	red/orange	SWEET POTATOES MASHED FRZ PKG-6/5 LB	A225	VEGETABLE, CANNED
100353	red/orange	SWEET POTATOES RANDOM CUT FRZ PKG-6/5 LB	A224	VEGETABLE, FROZEN
100317	red/orange	SWEET POTATOES W/ SYRUP CAN-6/10	A220	VEGETABLE, CANNED
100329	red/orange	TOMATO DICED CAN-6/10	A241	VEGETABLE, CANNED
110185	red/orange	TOMATO DICED POUCH-6/102 OZ	new	VEGETABLE, CANNED
100327	red/orange	TOMATO PASTE CAN-6/10	A252	VEGETABLE, CANNED
100326	red/orange	TOMATO PASTE DRUM-55 GAL	A249	VEGETABLE, CANNED
100332	red/orange	TOMATO PASTE FOR BULK PROCESSING	A048	VEGETABLE, CANNED
110189	red/orange	TOMATO PASTE POUCH-6/111 OZ	new	VEGETABLE, CANNED
100330	red/orange	TOMATO SALSA CAN-6/10	A237	VEGETABLE, CANNED
110186	red/orange	TOMATO SALSA POUCH-6/106 OZ	new	VEGETABLE, CANNED
100330	red/orange	TOMATO SAUCE CAN-6/10	A237	VEGETABLE, CANNED
110186	red/orange	TOMATO SAUCE POUCH-6/106 OZ	new	VEGETABLE, CANNED

Cherry

100371	legumes	BEANS BABY LIMA CAN-6/10	A082	BEANS VEGETABLE, CANNED
100359	legumes	BEANS BLACK TURTLE CAN-6/10	A908	BEANS VEGETABLE, CANNED
100368	legumes	BEANS BLACKEYE CAN-6/10	A084	BEANS VEGETABLE, CANNED
100360	legumes	BEANS GARBANZO CAN-6/10	A089	BEANS VEGETABLE, CANNED
100373	legumes	BEANS GREAT NORTHERN CAN-6/10	A088	BEANS VEGETABLE, CANNED
100369	legumes	BEANS PINK CAN-6/10	A083	BEANS VEGETABLE, CANNED
100365	legumes	BEANS PINTO CAN-6/10	A079	BEANS VEGETABLE, CANNED
100370	legumes	BEANS RED KIDNEY CAN-6/10	A086	BEANS VEGETABLE, CANNED
100362	legumes	BEANS REFRIED CAN-6/10	A085	BEANS VEGETABLE, CANNED
100366	legumes	BEANS SMALL RED CAN-6/10	A087	BEANS VEGETABLE, CANNED
100364	legumes	BEANS VEGETARIAN CAN-6/10	A091	BEANS VEGETABLE, CANNED
110089	legumes	BEANS GARBANZO DRY BAG-25 LB	A933	BEANS, DRY
100381	legumes	BEANS GREAT NORTHERN DRY BAG-25 LB	A925	BEANS, DRY
100377	legumes	BEANS NAVY PEA DRY BAG-25 LB	A924	BEANS, DRY
100383	legumes	BEANS PINTO DRY BAG-25 LB	A942	BEANS, DRY
101014	legumes	BEANS LENTILS DRY BAG 25 LB	A134	BEANS, DRY
100161		BEEF 100% PATTY FRZ CTN-40 LB	A626	BEEF, GROUND
100156		BEEF BONELESS SPECIAL TRIM FRZ CTN-60 LB	A602	BEEF, SPECIAL TRIM
100127		BEEF CAN-24/24 OZ	A721	BEEF, CANNED
100154		BEEF COARSE GROUND FRZ CTN-60 LB	A594	BEEF, GROUND
110264		BEEF CRUMBLES W/ SPP LFT OPT PKG 4/10	new	BEEF, COOKED
100134		BEEF CRUMBLES W/SPP PKG-4/10 LB	A717	BEEF, COOKED
110196		BEEF DICED FRZ CTN-60 LB	new	BEEF, FROZEN
100158		BEEF FINE GROUND FRZ CTN-40 LB	A608	BEEF, GROUND
110261		BEEF FINE GROUND LFT OPT FRZ CTN - 40 LB	new	BEEF, GROUND
100155		BEEF FRESH BONELESS COMBO-20/2000 LB	A704	BEEF, FRESH
110085		BEEF IRRADIATED FINE GRND FRZ CTN-40 LB	A579	BEEF, GROUND
110082		BEEF IRRADIATED PATTY FRZ CTN-40 LB	A578	BEEF, GROUND
100163		BEEF PATTY LEAN FRZ CTN-40 LB	A580	BEEF, GROUND
100162		BEEF PATTY 90/10 FRZ CTN-40 LB	A627	BEEF, GROUND
110270		BEEF LEAN PATTY LFT OPT FRZ CTN - 40 LB	new	BEEF, GROUND
100160		BEEF SPP PATTY FRZ CTN-40 LB	A616	BEEF, GROUND
100130		BEEF SPP PATTY HOMESTYLE CKD CTN-40 LB	A706	BEEF, COOKED
100037		CHEESE BLEND AMER SKM WHT SLC LVS-6/5 LB	B133	CHEESE, PROCESSED
100036		CHEESE BLEND AMER SKM YEL SLC LVS-6/5 LB	B119	CHEESE, PROCESSED
100011		CHEESE CHEDDAR RDU FAT WHT SHRED BAG-6/5 LB	B028	CHEESE, NATURAL AMER
100008		CHEESE CHEDDAR RDU FAT YEL CUTS-4/10 LB	B034	CHEESE, NATURAL AMER
100012		CHEESE CHEDDAR RDU FAT YEL SHRED BAG-6/5 LB	B027	CHEESE, NATURAL AMER
100005		CHEESE CHEDDAR WHT BLOCK-40 LB - CY 2012	B071	CHEESE, NATURAL AMER
110253		CHEESE CHEDDAR WHT BLOCK-40 LB (40800) - CY 2013	new	CHEESE, NATURAL AMER
100004		CHEESE CHEDDAR WHT CUTS-4/10 LB	B087	CHEESE, NATURAL AMER
100002		CHEESE CHEDDAR WHT SHRED BAG-6/5 LB	B032	CHEESE, NATURAL AMER
100007		CHEESE CHEDDAR YEL BLOCK-40 LB - CY 2012	B072	CHEESE, NATURAL AMER
110254		CHEESE CHEDDAR YEL BLOCK-40 LB (40800) - CY 2013	new	CHEESE, NATURAL AMER

Cherry

100006	CHEESE CHEDDAR YEL CUTS-4/10 LB	B088	CHEESE, NATURAL AMER
100003	CHEESE CHEDDAR YEL SHRED BAG-6/5 LB	B031	CHEESE, NATURAL AMER
100034	CHEESE MOZZARELLA LITE SHRED FRZ BOX-30 LB	B035	CHEESE, MOZZARELLA
110243	CHEESE MOZZARELLA LITE UNFZ PROCESSR PK (41125) - CY 2013	NEW	CHEESE, MOZZARELLA
100022	CHEESE MOZZARELLA LM PART SKIM FRZ LVS-8/6 LB	B042	CHEESE, MOZZARELLA
100042	CHEESE MOZZARELLA LM PART SKIM UNFZ PROCESSR PK - CY 2012	B077	CHEESE, MOZZARELLA
100021	CHEESE MOZZARELLA LM PART SKM SHRD FRZ BOX-30LB	B037	CHEESE, MOZZARELLA
110244	CHEESE MOZZARELLA LM PT SKM UNFZ PROC PK(41125) - CY 2013	new	CHEESE, MOZZARELLA
110242	CHEESE NAT AMER FBD BARREL-500 LB(40800) - CY 2013	new	CHEESE, NATURAL AMER
100010	CHEESE NATURAL AMER FBD BARREL-500 LB - CY 2012	B049	CHEESE, NATURAL AMER
100017	CHEESE PROCESS LVS-6/5 LB	B064	CHEESE, PROCESSED
100019	CHEESE PROCESS WHT SLC LVS-6/5 LB	B066	CHEESE, PROCESSED
100018	CHEESE PROCESS YEL SLC LVS-6/5 LB	B065	CHEESE, PROCESSED
100877	CHICKEN BONED CAN-12/50 OZ	A507	CHICKEN, CANNED
100098	CHICKEN CUT-UP FRZ CTN-40 LB	A515	CHICKEN, FROZEN
100101	CHICKEN DICED CTN- 40 LB	A517	CHICKEN, COOKED
100115	CHICKEN DRUMSTICKS CHILLED -BULK	A573	CHICKEN, BULK
100117	CHICKEN FAJITA STRIPS CTN-30 LB	A563	CHICKEN, COOKED
100103	CHICKEN LARGE CHILLED- BULK	A522	CHICKEN, BULK
100113	CHICKEN LEGS CHILLED - BULK	A518	CHICKEN, BULK
100105	CHICKEN LEG QTR CTN - 40 LBS	A509	CHICKEN, FROZEN
110080	CHICKEN OVEN ROASTED FRZ 8 PC CTN-30 LB	A494	CHICKEN, COOKED
100100	CHICKEN SMALL CHILLED-BULK	A521	CHICKEN, BULK
100114	CHICKEN THIGHS CHILLED - BULK	A531	CHICKEN, BULK
100045	EGGS WHOLE FRZ CTN-30 LB	A569	EGG PRODUCTS
100046	EGGS WHOLE FRZ CTN-6/5 LB	A568	EGG PRODUCTS
100047	EGGS WHOLE LIQ BULK -TANK	A566	EGG PRODUCTS
100201	FISH CATFISH STRIPS BRD OVN RDY PKG-4/10 LB	A752	FISH, FROZEN
100892	FISH ALASKAN POLLOCK FRZ BULK CTN-49 LBS	A747	FISH, FROZEN
100184	PORK HAM WATER ADDED FRZ PKG 4/10 LB	A693	HAM, FROZEN
100187	PORK HAM WATER ADDED SLC FRZ PKG-8/5 LB	A726	HAM, FULLY COOKED
100188	PORK HAM WATER ADDED CUBED FRZ PKG-4/10 OR 8/5 LB	A727	HAM, FULLY COOKED
100139	PORK CAN-24/24 OZ	A722	PORK, CANNED
100144	PORK CRUMBLES W/ SPP PKG-4/10 LB	A720	PORK, COOKED
110138	PORK BONELESS LEG ROASTS - BULK CTN-60 LB	A734	PORK, FROZEN
100193	PORK PICNIC BONELESS FRZ CTN-60 LB	A632	PORK, FROZEN
100173	PORK ROAST LEG FRZ CTN-32-40 LB	A672	PORK, FROZEN
100119	TURKEY TACO FILLING CTN-30 LB	A565	TURKEY, COOKED
100121	TURKEY BREAST DELI FRZ CTN-40 LB	A549	TURKEY, COOKED
100122	TURKEY BREAST SMKD DELI FRZ CTN-40 LB	A550	TURKEY, COOKED
100123	TURKEY CONSUMER PACK WHOLE CTN-30-60 LB	A529	TURKEY, FROZEN
100124	TURKEY CHILLED -BULK	A534	TURKEY, BULK
100125	TURKEY ROASTS FRZ CTN-32-48 LB	A537	TURKEY, FROZEN
100126	TURKEY HAMS SMKD FRZ CTN-40 LB	A548	TURKEY, COOKED
100883	TURKEY THIGHS BONELESS SKINLESS CHILLED-BULK	A582	TURKEY, BULK

Cherry

100416		CORN MASA FLOUR INSTANT YELLOW BAG-50 LB	B345	CORN PRODUCTS
100444		CORN YELLOW TOTE-2700 LB	B136	CORN PRODUCTS
100471		CORNMEAL DEGERMED YELLOW BAG-8/5 LB	B138	CORN PRODUCTS
100472		CORNMEAL DEGERMED YELLOW BAG-4/10 LB	B142	CORN PRODUCTS
100470		GRITS WHITE BAG-8/5 LB	B382	CORN PRODUCTS
100469		GRITS FINE YELLOW BAG-8/5 LB	B384	CORN PRODUCTS
110215		FLOUR ALL PURPOSE ENRCH UNBLCH BAG-25 LB	new	FLOUR, WHEAT
100399		FLOUR ALL PURPOSE ENRCH BLCH BAG-50 LB	B190	FLOUR, WHEAT
100400		FLOUR ALL PURPOSE ENRCH BLCH BAG-8/5 LB	B182	FLOUR, WHEAT
100402		FLOUR ALL PURPOSE ENRCH UNBLCH BAG-50 LB	B191	FLOUR, WHEAT
110146		FLOUR ALL PURPOSE ENRCH UNBLCH BAG-8/5 LB	new	FLOUR, WHEAT
100413		FLOUR BAKER HARD UNBLCH BAG-50 LB	B276	FLOUR, BAKERY
100412		FLOUR BAKER HARD WHT BLCH BAG-100 LB	B280	FLOUR, BAKERY
100411		FLOUR BAKER HARD WHT BLCH BAG-50 LB	B275	FLOUR, BAKERY
100417		FLOUR BAKER HARD WHT BLCH-BULK	B285	FLOUR, BAKERY
100418		FLOUR BAKER HARD WHT UNBLCH-BULK	B286	FLOUR, BAKERY
100414		FLOUR BAKER HEARTH BLCH BAG-100 LB	B300	FLOUR, BAKERY
100419		FLOUR BAKER HEARTH BLCH-BULK	B301	FLOUR, BAKERY
100420		FLOUR BAKER HEARTH UNBLCH-BULK	B303	FLOUR, BAKERY
100421		FLOUR BAKER SOFT UNBLCH-BULK	B321	FLOUR, BAKERY
100415		FLOUR BAKER SOFT WHT BLCH-BAG 50 LB	B323	FLOUR, BAKERY
100918		FLOUR BAKERY MIX LOWFAT BAG-6/5 LB	B364	FLOUR, BAKERY MIX
100912		FLOUR BREAD-BULK	B198	FLOUR, BAKERY
110147		FLOUR BREAD ENRCH BLCH BAG-8/5 LB	new	FLOUR, WHEAT
110225		FLOUR BREAD ENRCH UNBLCH BAG-25 LB	new	FLOUR, WHEAT
110148		FLOUR BREAD ENRCH UNBLCH BAG-8/5 LB	new	FLOUR, WHEAT
100911		FLOUR HIGH GLUTEN -BULK	B304	FLOUR, BAKERY
100915	WGR	FLOUR TORTILLA WHOLE WT BULK BAG-50 LB	B228	FLOUR, BAKERY
100408	WGR	FLOUR WHOLE WHEAT BAG-25 LB	B355	FLOUR, WHEAT
100409	WGR	FLOUR WHOLE WHEAT BAG-50 LB	B360	FLOUR, WHEAT
100410	WGR	FLOUR WHOLE WHEAT BAG-8/5 LB	B352	FLOUR, WHEAT
100466	WGR	OATS ROLLED PKG-12/3 LB	B445	CEREAL, PROCESSED
100468	WGR	OATS ROLLED BAG-50 LB	B450	CEREAL, PROCESSED
100467	WGR	OATS ROLLED PKG-25 LB	B444	CEREAL, PROCESSED
100429		PASTA MACARONI PLAIN ELBOW CTN-20 LB	B430	PASTA, MACARONI
100432		PASTA ROTINI MACARONI CTN-20 LB	B435	PASTA, MACARONI
100425		PASTA SPAGHETTI CTN-20 LB	B840	PASTA, OTHER
100919	WGR	PASTA WHOLE GRAIN MACARONI CTN-20 LB	B426	PASTA, MACARONI
100434	WGR	PASTA WHOLE GRAIN ROTINI MAC CTN-20 LB	B428	PASTA, MACARONI
100427	WGR	PASTA WHOLE GRAIN SPAGHETTI CTN-20 LB	B836	PASTA, OTHER
100499	WGR	RICE BROWN US#1 BAG-25 LB	B545	RICE, GRAIN
100500	WGR	RICE, BROWN, LONG-GRAIN, PARBOILED 24/2	B537	RICE, GRAIN
101031	WGR	RICE BROWN US#1 LONG PARBOILED BAG-25 LB	B539	RICE, GRAIN
100494		RICE US#1 LONG GRAIN PARBOILED BAG-25 LB	B507	RICE, GRAIN
100495		RICE US#1 LONG GRAIN PARBOILED BAG-50 LB	B508	RICE, GRAIN
100496		RICE US#1 MEDIUM GRAIN BAG-25 LB	B522	RICE, GRAIN
100490		RICE US#2 LONG GRAIN BAG-25 LB	B505	RICE, GRAIN

Cherry

100493		RICE US#2 LONG GRAIN BAG-50 LB	B506	RICE, GRAIN
100486		RICE US#2 MEDIUM GRAIN BAG-25 LB	B513	RICE, GRAIN
100489		RICE US#2 MEDIUM GRAIN BAG-50 LB	B521	RICE, GRAIN
100937	WGR	WHOLE WHEAT PANCAKES FZN-144 COUNT	B151	CEREAL, PROCESSED
100938	WGR	WHOLE WHEAT TORTILLA 8" CTN-12/24 1.5	B153	CRACKER PROD, PROC
100442		OIL SOYBEAN LOW SAT FAT BTL-6/1 GAL	B664	VEG OIL
100439		OIL VEGETABLE BTL-6/1 GAL	B670	VEG OIL
100440		OIL VEGETABLE BTL-8/48 OZ	B666	VEG OIL
100441		OIL VEGETABLE BTL-9/48 OZ	B665	VEG OIL
100443		OIL VEGETABLE-BULK	B672	VEG OIL
100397		PEANUT BUTTER SMOOTH DRUM-500 LB	B480	PEANUT PRODUCTS
100396		PEANUT BUTTER SMOOTH JAR-6/5 LB	B473	PEANUT PRODUCTS
100392		PEANUTS ROASTED REGULAR-CAN 6/#10	B500	PEANUT PRODUCTS
100389		PEANUTS ROASTED RUNNER UNSL-CAN 6/#10	B498	PEANUT PRODUCTS
100935		SUNFLOWER SEED BUTTER 6-5#'S	B477	SEED BUTTER
110120		SUNFLOWER SEED BUTTER BARREL-520 LB	B478	SEED BUTTER

Cherry

Abbrevation	Word
BRD	Breaded
BTL	Bottle
CKD	Cooked
CONC	Concentrate
CTN	Container
ENRCH	Enriched
FBD	Fiberboard
FRZ	Frozen
GAL	Gallon
IQF	Individually Quick Frozen
LB	pound
LFT OPT	Lean Fine Textured Optional
LIQ	Liquid
LM	Low Moisture
LVS	Loaves
NAT	Natural
OVN	Oven
OZ	Ounce
PK	Pack
PKG	Package
PT	Part
SHRED	Shredded
SKM	Skim
SKNLS	Skinless
SLC	Slice
SMKD	Smoked
SPP	Soy Protein
TRM	Trim
UNBLCH	Un-bleached
UNFZ	Un-Frozen
UNSL	Unsalted
WGR	Whole Grain Rich
WHT	White
WT	Wheat
YEL	Yellow

highlighted = Bulk for Processing

Cherry

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	½ -1 cup of fruit per day Note: 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.	USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no added sugars. • 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	¾ - 1 cup of vegetable per day Weekly requirement for: • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)	USDA offers a wide variety of low sodium canned, frozen and fresh vegetables and tomato products. • 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	Daily minimum and weekly ranges: K-5: 1 oz eq. min. daily (8-10 oz weekly) 6-8 : 1 oz eq. min. daily (9-10 oz weekly) 9-12 : 2 oz eq. min. daily (10-12 oz weekly)	USDA offers a wide variety of nutrient dense meat/meat alternate products which are reduced or low sodium and lower in fat. • 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	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 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	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.	USDA Foods offers whole-grain products which meet the whole grain rich requirement of >50%.
Milk	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)	

Pink

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

Revised April 2012

Nutrient Standards	New Standards under Final Rule		
Sodium	**Target I: SY 2014-15**		• 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.)
	Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)	Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)	
	Target 2: SY 2017-18		USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.
	Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)	Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)	
	Final target: SY 2022-23		
	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)	
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 .5 gm per serving to count as zero.		USDA Foods do not contain added trans fats. Each specification will be modified to require zero trans fats: • Peanut & Sunflower butters • Vegetable oils • Potato products • Catfish strips. • Very little naturally occurring *trans* fats in beef and cheese
Calories	**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 fat and added sugar, and thus provide fewer discretionary calories.

Pink

.ited States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: February 22, 2012

MEMO CODE: SP 16 - 2012

SUBJECT: Crediting Tofu and Soy Yogurt Products

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

The *Nutrition Standards in the National School Lunch and School Breakfast Programs* final rule was published on January 26, 2012. The final rule gives schools the option to offer commercially prepared tofu as a meat alternate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This provision, which is codified under 7 C.F.R. 210.10(c)(2)(i)(D) of the regulatory text for the NSLP and §220.8(c)(2)(i)(D) for the SBP, allows schools to further diversify the sources of meat alternates available to students and better meet the dietary needs of vegetarians and culturally diverse groups in schools. The provision is effective July 1, 2012.

This memorandum informs State agencies how to credit tofu and soy yogurt products as a meat/meat alternate component in meal planning.

While tofu does not currently have a Federal standard of identity, the current Dietary Guidelines for Americans (DGA) encourage plant-based sources of protein such as tofu. According to the DGA, consumption of a balanced variety of protein foods can contribute to improved nutrient intake and health benefits. Tofu must be commercially prepared and meet the following definition, established in 7 CFR 210.2 for purposes of the school meal programs as "a soybean-derived food...basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water." Noncommercial tofu and soy products are not creditable.

In the school meal programs, 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the DGA recommended serving size for tofu, and provides protein and nutrients of concern at levels similar to other Child Nutrition (CN)-credited meat alternate foods.

Additionally, ½ cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the crediting of dairy yogurt while allowing schools to provide a non-dairy alternative.

Since school meals are an opportunity for children to learn to eat healthy and balanced meals, foods served should be easily recognized by children as part of a food group that contributes to a healthy meal. Tofu is widely recognized as a meat substitute and can easily be included in the school meal. We recognize that tofu is being used to produce other meat substitute products such as links and sausages made from tofu, which are easily recognizable as meat substitutes and can be credited as such. However, products made with tofu that are not easily recognized as meat substitutes, would not contribute to any component of the reimbursable meal and do not meet the customary and usual function of the meat/meat alternate component. Soft tofu for example, blended into a recipe so that it is not recognizable (i.e. in a soup) or does not represent a meat substitute (i.e. tofu noodles) does not qualify as a meat alternate.

When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein, which is not shown on a nutrition facts panel. Therefore, the most appropriate way to ensure that the product meets Food and Nutrition Service (FNS) requirements is to request that the product be manufactured under the CN Labeling Program following a Federally approved quality control program.

Until the Food Buying Guide for Child Nutrition Programs is updated, the following yield information can be used for purchasing and crediting (table attached):

1 pound of tofu with 37 grams of protein will have 7.28 quarter-cup servings per pound and provide 7.25 ounces of equivalent meat alternate for Food-based Menu Planning requirements.

State agencies should direct any questions concerning this guidance to the appropriate FNS Regional Office. Regional Offices with questions should contact the Child Nutrition Division.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Food Buying Guide Specifications for Tofu and Soy Yogurt

1.Food As Purchased	2.Purchase Unit	3.Servings Per Purchase Unit	4.Serving Size per Meal contribution	5.Purchase Units for 100 Servings	6.Additional Information
Tofu, commercial* *With minimum of* *5 grams of protein per 2.2 ounces by weight (37 grams of protein per pound)*	Pound	7.28	¼ cup or 2.2 oz by weight (1 oz meat alternate)	13.7	½ cup (4.4 ounces by weight) of tofu x 7.28 quarter cups divided by 16 ounces per pound = 2.00 ounces of equivalent meat alternate
Yogurt, soy, fresh *Plain or Flavored Sweetened or Unsweetened – Commercially-prepared* *No minimum protein level required*	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 oz cup	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz cup	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	

*Defined in 7 CFR 210.2 as "a soybean-derived food…basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water."

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)