

# How "My Lunch Tray" Will Look for Students In 2012-2013

School Lunches will be required to meet the standards outlined below. Questions: Call 320-231-8521 or 320-231-8516.



## Meat/Meat Alternative:

Students will be offered -

- K-5: 8-10 ounces/week
- 6-8: 9-10 ounces/week
- 9-12: 10-12 ounces/week
- We will continue to offer recipes from scratch, lean meats (i.e. ground beef, chicken, turkey and turkey ham) and low fat cheese and yogurt.

**NOTE:** Age appropriate targets for calories, sodium, saturated fat and trans fat must be met.

## Bread/Grains:

- **NOTE:** No sliced bread and limited breaded meat items will be served.
- Portion sizes will be smaller than in past school years.
- K-5: 8-9 servings/week
- 6-8: 8-10 servings/week
- 9-12: 10-12 servings/week
- **Offered At Lunch:** Brown rice, whole grain rich pasta, biscuits, bread sticks and rolls.

## Fruit\*:

Student will be offered--

- K-5: 1/2 cup/day
  - 6-8: 1/2 cup/day
  - 9-12: 1 cup/day
- (as 2--1/2 cup servings)

**\* NOTE: Students MUST choose either 1/2 cup fruit or vegetable, otherwise, they will be sent back to the line to get one.**

## Vegetables\*:

Students will be offered--

- K-5: 3/4 cup/day
  - 6-8: 3/4 cup/day
  - 9-12: 1 cup/day
- (as 2 -- 1/2 cup servings)
- Choices will include:**
- Dark Green (Broccoli, Romaine, Spinach)
  - Red/Orange (Sweet Potato, Squash, Carrots and Tomatoes)
  - Legumes (Baked, Black, Refried and Garbanzo Beans)
  - Starchy Vegetables (Potatoes, Corn and Peas)
  - Other Vegetables (Jicama, Green Beans)

## Milk:

### Breakfast

Only Lowfat Milk will be offered.

### Lunch

Only Skim Milk and Chocolate Skim Milk will be offered.



## *Healthy Hunger Free Kids Act*

### LUNCH MEAL PATTERN

	Grades K-5	Grades 6-8	Grades 9-12
	<b>Minimum amount of food per day or week</b>		
<b>FRUITS</b>	½ cup per day		1 cup per day
<b>VEGETABLES</b>	¾ cup per day (3¾ cups/week)		1 cup per day (5 cups/week)
* <b>Dark Green</b>	½ cup per week		
* <b>Red/Orange</b>	¾ cup per week		1¼ cups per week
* <b>Beans/Peas</b> (Legumes)	½ cup per week		
* <b>Starchy</b> (green peas, corn, white potatoes)	½ cup per week		
* <b>Other</b>	½ cup per week		¾ cup per week
<b>Additional veg to reach total</b>	1 cup per week		1½ cups per week
<b>GRAINS</b> (≥50 percent must be whole-grain rich)	1 equiv per day; 8-9 per week	1 equiv per day; 8-10 per week	2 equiv per day; 10-12 per week
<b>MEATS/MEAT ALTERNATES</b>	1 oz. equiv per day; 8-10 oz .per week	1 oz. equiv per day 9-10 oz. per week	2 oz. equiv per day; 10-12 oz. per week
<b>FLUID MILK</b>	1 cup per day		

**NOTES:**

1. One quarter cup of dried fruit counts as ½ cup of fruit; one 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 percent full strength.
2. Larger amounts of vegetables may be served.
3. For the purposes of the National School Lunch Program (NSLP), "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
4. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
5. At least half of the grains offered must be whole-grain rich in the NSLP beginning July 1, 2012 (school year 2012-2013). All grains must be whole-grain rich in both the NSLP and the School Breakfast Program (SBP) beginning July 1, 2014 (school year 2014-15).
6. Fluid milk must be low-fat (one percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
7. The average daily amount of calories for a five-day school week must be within the range (at least the minimum and no more than the maximum values).
8. 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.
9. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

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

Revised December 2013

<b>National School Lunch Program Meal Pattern</b>		
<b>Food Group</b>	<b>New Requirements</b>	<b>How USDA Foods supports new requirements</b>
<b>Fruits</b>	<p>½ -1 cup of fruit per day</p> <p><b>Note:</b> Students must select ½ cup fruit or vegetable under OVS.</p> <p>Frozen fruits with added sugar can be offered as outlined in SP-49-2013.</p> <p>Credit as volume offered except dried fruit counts as 2x volume.</p>	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no added sugars.</p> <ul style="list-style-type: none"> <li>• Canned fruits in extra light syrup. Applesauce is unsweetened, and also is available in shelf stable cups.</li> <li>• Frozen fruits – peaches, apricots, strawberries, unsweetened blueberries, unsweetened whole strawberries, and apple slices without added sugar.</li> <li>• Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh</li> <li>• Dried fruits include raisins, cherries, fruit mix (may include dried plums, apricots, fig pieces, dates, or cranberries )</li> </ul>
<b>Vegetables</b>	<p>¾ - 1 cup of vegetable per day</p> <p>Weekly requirement for:</p> <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (see 2010 Dietary Guidelines)</li> <li>• Refer to Food Buying Guide for Child Nutrition Programs</li> </ul>	<p>USDA offers a wide variety of low sodium canned, frozen and fresh vegetables and tomato products.</p> <ul style="list-style-type: none"> <li>• Red/ Orange- Fresh baby carrots, frozen carrots, sweet potatoes (canned, fresh, frozen, bulk), tomato products</li> <li>• Dark green - frozen broccoli, frozen chopped spinach</li> <li>• Beans- canned and dry; bulk pinto and garbanzo beans for processing</li> <li>• Starchy vegetables- No salt added canned and frozen corn, fat free potato wedges, low sodium canned and no salt added frozen peas.</li> <li>• Other – green beans (canned, frozen)</li> <li>• Other direct delivery fresh produce available through DoD Fresh Fruits &amp; Vegetable Program</li> </ul>
<b>Meat/Meat Alternate</b>	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p> <p>Flexibility for additional servings as outlined in SP-26-2013</p>	<p>USDA offers a wide variety of nutrient-dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> <li>• Reduced-sodium mozzarella; light or part skim</li> <li>• Mozzarella string cheese, 1 oz stick (pilot)</li> <li>• Reduced-fat shredded cheddar, reduced sodium/reduced fat American cheese</li> <li>• Lean meat, pork, poultry and fish products</li> <li>• Lower sodium pork ham, turkey ham, turkey breast deli, turkey taco filling</li> <li>• Lower sodium chicken fajita</li> </ul>
<b>Grains</b>	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p> <p>Refer to SP 02-2013.</p> <p>Flexibility for additional servings as outlined in SP-26-2013</p>	<ul style="list-style-type: none"> <li>• Whole grain pastas (spaghetti, rotini, macaroni)</li> <li>• Whole grain tortillas</li> <li>• Whole grain pancakes</li> <li>• Whole wheat flour</li> <li>• Rolled oats</li> <li>• Regular and quick cooking brown rice</li> <li>• Whole kernel corn for further processing</li> <li>• Exploring whole white wheat/enriched flour blend specification</li> <li>• Exploring whole grain blend penne</li> </ul>
<b>Whole Grains</b>	<p>SY 2013-2014, half of the grain servings must be whole grain rich. Beginning July 1, 2014, all grain products must be whole grain rich.</p>	<p>USDA Foods offers grain products that meet the whole grain criteria.</p>
<b>Milk</b>	<p>1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>	



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

Revised December 2013

<b>School Breakfast Program Meal Pattern</b>		
<b>Food Group</b>	<b>New Requirements</b>	<b>How USDA Foods supports new requirements</b>
<b>Fruit</b>	<p>1 cup per day (vegetable substitution allowed – see description in NSLP) Note: Quantity required SY 2014-15. Students must also select ½ cup fruit under OVS beginning SY 2014-15.</p>	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no sugar added.</p> <ul style="list-style-type: none"> <li>• Canned fruits in extra light syrup. Applesauce is unsweetened, and also is available in shelf stable cups.</li> <li>• Frozen fruits - peaches, apricots, strawberries, unsweetened blueberries, whole strawberries, and apple slices without added sugar.</li> <li>• Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh</li> <li>• Dried fruits include raisins, cherries, ( fruit-nut mix may include dried plums, apricots, and fig pieces, dates, or cranberries)</li> </ul>
<b>Grains</b>	<p>Daily min. and weekly ranges for grains (meat/meat alternate substitution allowed after the daily grains minimum met):</p> <ul style="list-style-type: none"> <li>• Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)</li> <li>• Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)</li> <li>• Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly)</li> </ul>	<p>USDA offers many whole grain products to help school meet the new requirements while meeting new nutrient targets:</p> <ul style="list-style-type: none"> <li>• Whole grain tortillas</li> <li>• Whole grain pancakes</li> <li>• Whole wheat flour</li> <li>• Rolled oats</li> <li>• Regular and quick cooking brown rice</li> <li>• Whole Kernel corn for further processing</li> </ul> <p>USDA offers a wide variety of nutrient dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> <li>• Egg products; 5 lb or 30 lb cartons of liquid eggs</li> <li>• Reduced-fat shredded cheddar cheese</li> <li>• Reduced sodium and reduced fat American cheese</li> <li>• Shredded mozzarella; light or part skim</li> <li>• Mozzarella string cheese, 1 oz. stick (pilot)</li> <li>• Lean meats, poultry and fish products</li> <li>• Turkey ham, turkey deli breast</li> <li>• Chicken Fajita- lower sodium</li> <li>• Turkey taco filling – lower sodium</li> </ul>
<b>Whole Grains</b>	Beginning July 1, 2014, all grains must meet whole grain criteria.	USDA grain products meet the whole grain criteria and contain at least 50% whole grain.
<b>Milk</b>	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)	

**How USDA Foods Support New Regulatory Requirements under Final Rule  
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Nutrient Standards	New Standards Under Final Rule	How USDA Foods Supports New Requirements	
<b>Sodium</b>	<b>Target 1: SY 2014-15</b>	USDA offers canned, frozen, and fresh vegetables, meat, poultry, pork, and cheeses with reduced or low sodium levels to help school meet the SY 14-15 target.	
	<table border="1"> <tr> <td data-bbox="376 447 610 588">Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)</td> <td data-bbox="610 447 831 588">Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12)</td> </tr> </table>		Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12)
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	<b>Target 2: SY 2017-18</b>	USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.	
	<table border="1"> <tr> <td data-bbox="376 684 610 825">Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)</td> <td data-bbox="610 684 831 825">Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12)</td> </tr> </table>		Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12)
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<b>Final target: SY 2022-23</b>			
<table border="1"> <tr> <td data-bbox="376 921 610 1062">Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)</td> <td data-bbox="610 921 831 1062">Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)</td> </tr> </table>	Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12)	Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)	
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<b>Saturated Fat</b>	<b>Saturated Fat</b> <10% of total calories	USDA offers lean meats, poultry, fish, and reduced fat cheeses.	
<b>Trans Fat</b>	<p><b>New specification:</b> zero grams per serving (nutrition label) Note: FDA allows products with less than 0.5 gm per serving to count as zero. Naturally-occurring trans fat is exempted.</p>	<p>USDA Foods do not contain <b>added</b> <i>trans</i> fats.</p> <ul style="list-style-type: none"> <li>• Peanut &amp; Sunflower butters</li> <li>• Vegetable oils</li> <li>• Potato products</li> <li>• Catfish strips.</li> <li>• Very little naturally occurring <i>trans</i> fats in beef and cheese</li> </ul>	
<b>Calories</b>	<p><b>Daily Average Calorie Ranges (min and max)</b> Only food-based menu planning allowed:</p> <p><b>Lunch:</b> 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p> <p><b>Breakfast:</b> 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>	USDA offers a wide variety of nutrient dense foods which are reduced or low in solid fats and added sugar, thus providing fewer discretionary calories.	



# Vegetable Sub Groups for School Nutrition Programs

Fresh, Frozen, Canned, Full Strength Juice

Dark Green	Orange/Red	Beans/Peas	Starchy	Other
Bok Choy Broccoli Collard Greens Dark Green Leafy Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Turnip Greens Watercress	Acorn Squash Butternut Squash Carrots Hubbard Squash Pumpkin Red Peppers Sweet Potato Tomatoes Tomato Juice	Black Beans Black-eyes Peas Chickpeas Garbanzo Beans Kidney Beans Lentils Navy Beans Pinto Beans Soy Beans Split Peas White Beans	Cassava Corn Cowpeas-Fresh Green Bananas Green Peas Green Lima Beans Plantains Potatoes Taro Water Chestnuts	Artichokes Asparagus Avocado Bean Sprouts Beets Brussels Sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg Lettuce Mushrooms Okra Onions Parsnips Turnips Wax Beans Zucchini

*Shimo*