

Healthy Hunger Free Kids Act 2010: Nutrition Standards

NEW MEAL PATTERN REQUIREMENTS Highlights

Department of Education, Division of Food Nutrition
Summer 2012

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Meal Planning:

- Only food-based menu planning may be used
- Specific grade groups must be used:
 - K-5
 - 6-8
 - 9-12
 - K-8

Overlap in K-5 and 6-8 meal patterns. A single menu can meet both age/grade groups patterns if grades are mixed within the same school.

Lunch Meal Components:

5 components are required to be offered

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

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Identification of reimbursable meal:

- Advertise content of reimbursable lunch and breakfast near or at the beginning of the serving line(s)
- To assure students do not unintentionally purchase of a' la carte items and minimize issues at point of sale
- Schools have the discretion how to advertise these foods based on set up, age of children, etc.

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Offer vs. Serve (Lunch):

- Only required for senior high schools
- Optional for lower grades (K-8)
- Must take at least 3 of 5 components
- Must take at least $\frac{1}{2}$ cup serving of the fruit or vegetable component, or combination of both

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Fruits and Vegetables:

- Fruits and vegetables are separate components
- Both fruits and vegetables must be offered daily
- Under Offer vs. Serve, students must select at least $\frac{1}{2}$ cup of the fruit or vegetable, or combination of both to count lunch as a reimbursable meal

Highlights of New Meal Pattern Changes

Lunch SY 2012-13

Fruit:

- Fruit must be served daily
- Allowable forms:
 - Fresh
 - Frozen (no added sugar effective SY2013-14)
 - Canned in light syrup, water or fruit juice,
 - Dried
 - 100% fruit juice
- Fruit strips, fruit drops, and other fruit snacks are not creditable

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Juice:

- Only 100% juice may be offered
- No more than $\frac{1}{2}$ the weekly fruit offerings can be in the form of juice

Examples of How Juice May Be Offered

Example 1:

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
4 oz grape juice	1/2 apple slices	4 oz apple juice	1/4 c dried apricots	½ c sliced peaches

Example 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
4 oz apple juice	4 oz grape juice	4 oz orange juice	4 oz grape juice	4 oz apple juice
OR	OR	OR	OR	OR
1/2 c sliced peaches	½ c melon	1 fresh orange (138 count)	1/2 c apple slices	1/2 c mango

4 ounces of 100% fruit juice is credited to 1/2 cup fruit

Orange juice and an orange may be offered at the same meal

Highlights of New Meal Pattern Changes

Lunch SY 2012-13

Vegetables:

- Vegetables must be served daily
- Weekly requirement for vegetable sub-groups:
 - dark green
 - red/orange
 - beans/pea (legumes)
 - starchy
 - “other”

Vegetables:

- Raw, leafy green salad greens credit at half of the volume served.

For example, a $\frac{1}{2}$ cup of Romaine Lettuce contributes $\frac{1}{4}$ cup toward the “dark green” vegetable subgroup.

- Cooked, leafy greens credit by volume served.

For example, $\frac{1}{2}$ cup sautéed spinach credits as $\frac{1}{2}$ cup “dark green” vegetable subgroup.

Highlights of New Meal Pattern Changes Lunch SY 2012-13

OVS (for Lunch)

If minimum of 3 components selected does not include a fruit or vegetable:

- At least $\frac{1}{2}$ cup serving of the fruit or vegetable component or a $\frac{1}{2}$ cup combination of both components ($\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup vegetable) must be selected to qualify as reimbursable meal.

Highlights of New Meal Pattern Changes

Lunch SY 2012-13

OVS (for Lunch)

Selection of fruit, vegetable, and milk components only:

- If a student (grades 9-12) selects just fruit, vegetables, and milk (3 components), the student may take $\frac{1}{2}$ cup of the vegetable but must take the full 1 cup offering of the fruit.
- However, if the student selects another full component (4th 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 required 3rd component.

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Grains

- Daily minimum requirement
 - Grades K-5 and 6-8: at least one grain daily
 - Grades 9-12: at least two grains daily
- Weekly minimum and maximum requirements
 - Grades K-5: 8-9 grains
 - Grades 6-8: 8-10 grains
 - Grades 9-12: 10-12 grains

Daily Minimum Requirements: Multiple Offerings

- Every reimbursable meal that is offered each day must meet the daily minimum requirement:
 - K-5 and 6-8: at least one grain daily
 - 9-12: at least two grains daily
- The menu below would meet the daily minimum grains for grades K-5 and 6-8, but not for grades 9-12:
 - Hamburger on WG roll (2 grains)
 - Turkey Wrap (1 1/4 grains)
 - Pizza (2 ½ grains)

Weekly Minimum and Maximum Grain Requirements: Multiple Offerings

- The meal that offers the least number of grains each day is your daily minimum. The sum of your daily minimums must meet the weekly minimum requirement

(Min Mon + Min Tues + Min Wed + Min Thurs + Min Fri)

- The meal that offers the most grains each day is your daily maximum. The sum of your daily maximums must not exceed the weekly maximum requirement.

(Max Mon + Max Tues + Max Wed + Max Thurs + Max Fri)

Daily and Weekly Grain Requirements

Multiple Offerings: K-5 Example

Would these offerings meet:

- the daily minimum requirement of one grain?
- the weekly required range of 8 to 9 grains?

Mon: Choice A: 1 grain

Choice B: 2 grains

Tues: Choice A: 1 grain

Choice B: 2 grains

Wed: Choice A: 1 grain

Choice B: 2 grains

Thu: Choice A: 1 grain

Choice B: 2 grains

Fri: Choice A: 1 grain

Choice B: 2 grains

Weekly Grain Ranges Multiple Offerings

Answers:

- The daily minimum of 1 per day is met.
- The weekly minimum of 8 is not met, because the sum of all daily minimums is only 5
(1 Mon + 1 Tues + 1 Wed + 1 Thurs + 1 Friday)
- The weekly maximum of 9 is exceeded because the sum of daily maximums is 10
(2 Mon + 2 Tues + 2 Wed + 2 Thurs + 2 Friday)

Grains	Sample Daily Menu Grade 6 - 8	Min	Max
Mon	Hamburger on WG roll (2 grains) Turkey Wrap (2 grains)	2	2
Tues	Grilled chicken/ dinner roll (1 1/4 grains) Peanut Butter on WW bread (2 grains)	1 1/4	2
Wed	Chicken on WW Bun (2 grains) Tuna Sub (2 grains)	2	2
Thu	Turkey on WW tortilla (1 1/2 grains) PB Sandwich on WW Bread (2 grains)	1 1/2	2
Fri	Soft taco on WW tortilla shell (1 ½ grains) Pizza (2 grains –per CN label)	1 1/2	2
<u>Total</u>		<u>8 1/4</u>	<u>10</u>

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Whole Grains:

- At least half of the grain items offered during the school week must be whole grain-rich

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Whole grain rich items must:

- Meet portion size requirements in Exhibit A
AND
- Meet at least one of the following criteria:
 - 1st ingredient (except water) is whole grain
 - 1st grain ingredient is whole grain (for mixed dishes, such as pizza)
 - Contain at least 8 grams whole grain per serving
 - Have FDA whole grain health claim on label
 - Recipe or manufacturer verifies that at least 50% of grain weight is whole grain

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Meat/Meat Alternate:

- Daily minimum requirement:
 - Grades K-5 and 6-8: at least 1 oz. eq. meat daily
 - Grades 9 -12: at least 2 oz. eq. meat daily
- Weekly minimum and maximum requirement
 - Grades K-5: 8-10 oz. eq. meat weekly
 - Grades 6 -8: 9-10 oz. eq. meat weekly
 - Grades 9-12: 10-12 oz. eq. meat weekly

Highlights of New Meal Pattern Changes

Lunch SY 2012-13

Meat/Meat Alternate: Multiple Offerings

- Every reimbursable meal that you offer must meet the daily minimum requirement:
 - Grades K-5 and 6-8: at least 1 oz. eq. meat daily
 - Grades 9-12: at least 2 oz. eq. meat daily
- The menu below would meet the daily minimum meat for grades K-5 and 6-8, but not for grades 9-12:
 - Hamburger (2 oz.) on WG roll (2 oz. eq. meat)
 - Turkey (2 oz.) Wrap (2 oz. eq. meat)
 - Peanut Butter (2 TBSP) Sandwich (1 oz. eq. meat)

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Meat/Meat Alternate: Multiple Offerings:

- The meal that offers the least oz. eq. meat each day is your daily minimum. The sum of your daily minimums must meet the weekly minimum requirement
(Min Mon + Min Tues + Min Wed + Min Thurs + Min Fri)
- The meal that offers the most oz. eq. meat each day is your daily maximum. The sum of your daily maximums must not exceed the weekly maximum requirement.
(Max Mon + Max Tues + Max Wed + Max Thurs + Max Fri)

Meat	Sample Daily Menu Grade 6 - 8	Min	Max
Mon	Hamburger on WG roll (2 meat) Turkey Wrap (2 meat)	2	2
Tues	Grilled chicken/dinner roll (2 meat) Peanut Butter on WW bread (1 meat)	1	2
Wed	Chicken on WW Bun (2 meat) Tuna Sub (2 grains)	2	2
Thu	Turkey on WW tortilla (2 meat) PB Sandwich on WW Bread (1 meat)	1	2
Fri	Beef/cheese taco (2 meat) Pizza (2 meat–per CN label)	2	2
<u>Total</u>		<u>8</u>	<u>10</u>

Highlights of New Meal Pattern Changes

Lunch SY 2012-13

Meat/Meat Alternate: Example: Pizza Line

- Could this pizza line be offered daily for grades 9-12?
 - Cheese Pizza with 1.5 oz. eq. m/ma
 - Pepperoni Pizza with 2 oz. eq. m/ma
 - Sausage Pizza with 2.5 oz. eq. m/ma
- Is the daily minimum of 2 oz. eq. m/ma met? No. the daily minimum offered is only 1.5 m/ma
- Is the weekly minimum of 10 oz. eq. m/ma met? No, the weekly minimum offered is only 7.5 (1.5 m/ma X 5 days)
- Is the weekly maximum of 12 oz. eq. m/ma met? No, the weekly maximum offered is 12.5 (2.5 m/ma X 5 days)

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Meat/Meat Alternate:

Example of pizza line that meets the daily minimum (2 m/ma) and the weekly range of 10 -12 m/ma):

- Cheese pizza with 2 oz. eq. m/ma daily
- Pepperoni pizza with 2 oz. eq. m/ma on 2 days.
- Sausage pizza with 2.5 oz. eq. m/ma on 3 days

See chart on next slide.....

Meat	Sample Daily Menu Grade 9-12	Min	Max
Mon	Cheese pizza (2 meat) Pepperoni pizza (2 meat)	2	2
Tues	Cheese pizza (2 meat) Sausage pizza (2 1/2 meat)	2	2 1/2
Wed	Cheese pizza (2 meat) Pepperoni pizza (2 meat)	2	2
Thu	Cheese pizza (2 meat) Pepperoni pizza (2 meat)	2	2
Fri	Cheese pizza (2 meat) Sausage pizza (2 1/2 meat)	2	2 1/2
<u>Total</u>		<u>10</u>	<u>11</u>

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Milk

- Fat-free (skim) or low-fat milk (1%) only
- Flavored milk must be fat free

Highlights of New Meal Pattern Changes Lunch SY 2012-13

Nutrients:

- Minimum and maximum levels for calories (averaged over a week)
- Saturated fat limit remains the same (<10% of total calories)
- New trans fat limit
- No limit on total fat (0)
- Phase in of sodium limits, begin SY 2014-15

Highlights of New Meal Pattern Changes

Multiple Serving Areas:

- 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.
- 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.

Highlights of New Meal Pattern Changes

Breakfast:

- No changes required in SY 2012-13, except:
 - Milk must be fat-free (skim) or low-fat milk (1%)
 - Flavored milk must be fat free

Highlights of New Meal Pattern Changes

Breakfast

Breakfast SY 2013-14:

- Only food based menu planning may be used
- New age grade groups K-5, 6-8, 9-12
- Weekly grain minimums and maximums
- ½ grains must be whole grain rich
- Meat/meat alternate may be offered after minimum grains requirement is met
- Weekly calorie ranges
- Trans fat limit for all food items and ingredients
- Breakfast is included in administrative reviews

Highlights of New Meal Pattern Changes

Lunch and Breakfast

- 3-year administrative review cycle

New Meal Pattern Changes: Resources

- Several resources are available on PEARS Form Download in the “Nutrition Standards for School Meals—Resources” section:
 - Excel Menu Planning Tools
 - Checklist for Menu Planning
 - Meal Pattern Chart
 - Vegetable Subgroups Chart
 - Short and Long Weeks Chart
- Voiceover Power-Points will be available on PEARS Form Download and the Project PA website soon.