

# Healthy Hunger Free Kids Act 2010: Nutrition Standards

## NEW MEAL PATTERN REQUIREMENTS

Department of Education, Division of Food Nutrition  
Summer 2012

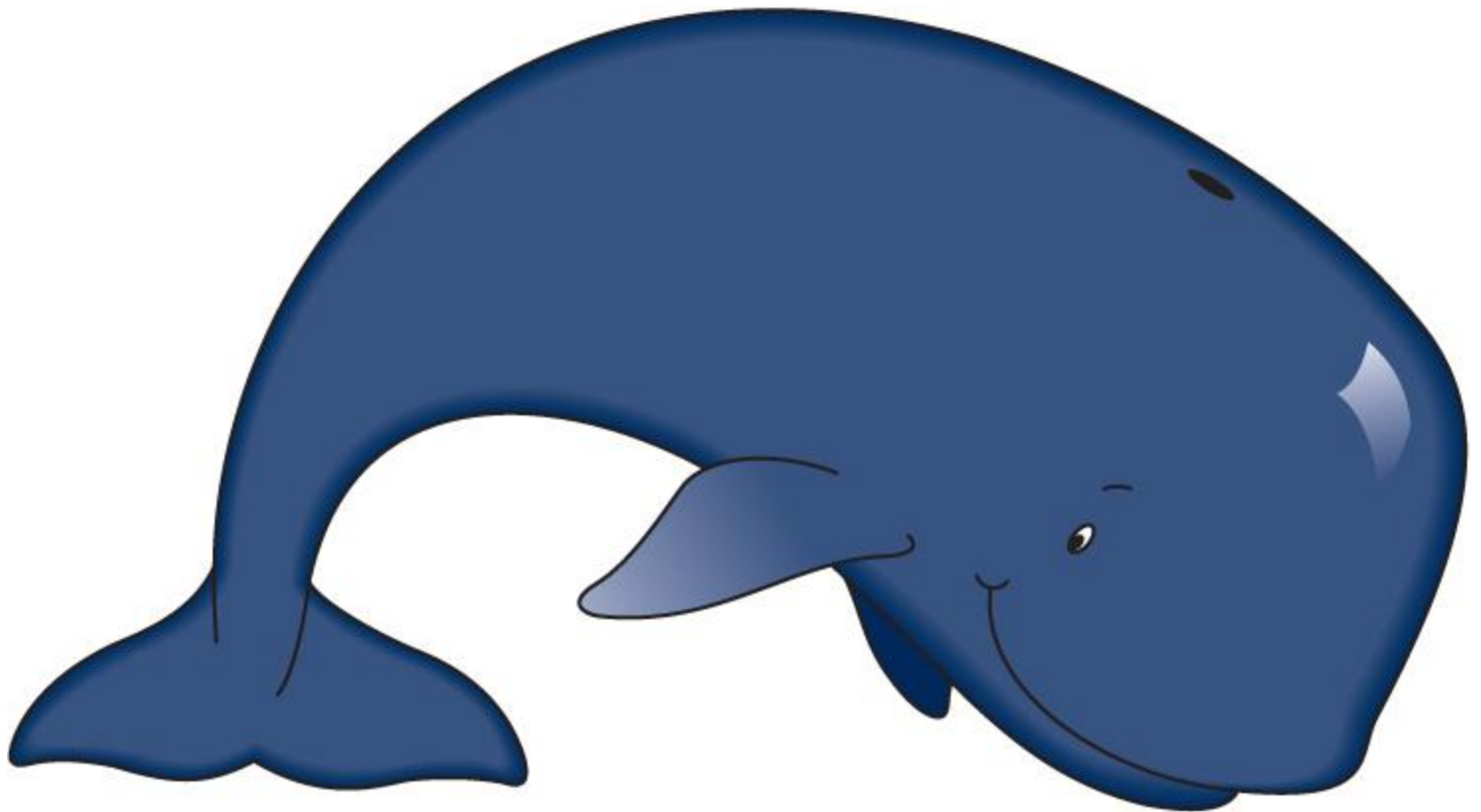
# WELCOME

*“With Every Change Comes Opportunity”*

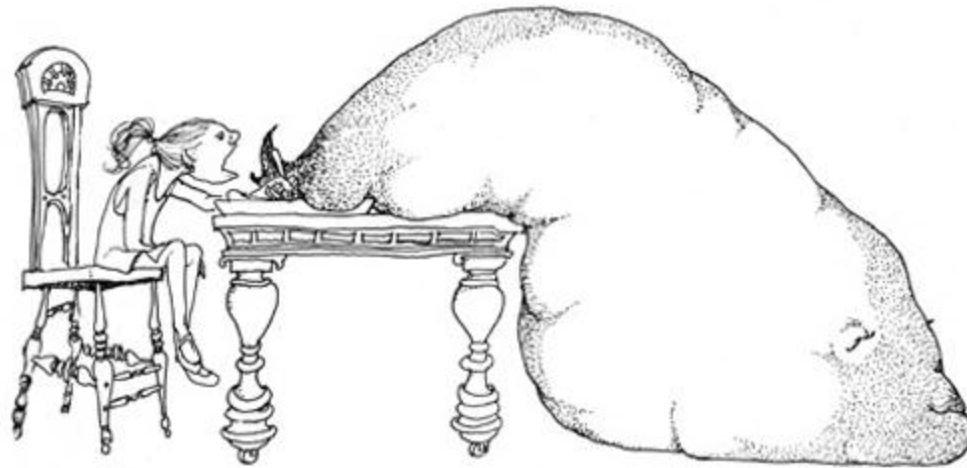
# Questions & Answers



So how does one eat this  
whale?



# One bite at a time!



## Highlight Bites - New Meal Pattern vs. Current NSLP

- A daily serving of fruit
- A daily serving of vegetables with a weekly requirement for dark green, red/orange, beans/pea (legumes), starchy, and “other” vegetables
- Weekly meat/meat alternate ranges with 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

## Highlight Bites - New Meal Pattern vs. Current 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

# Highlight Bites - New Meal Pattern vs. Current

## NSLP and SBP

- One food-based menu planning approach and same age/grade groups
- Fruits and vegetables are two separate food components
- Daily fruit requirement
- Under Offer versus Serve, student must select at least  $\frac{1}{2}$  cup of the fruit or the vegetable component as part of the reimbursable meal
- Weekly grains ranges with daily minimum requirement
- 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



# Certification of Compliance with Meal Requirements

(Additional \$.06 Lunch Reimbursement)

# Reviews and Monitoring

## 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

Food component—  
One of five food groups for reimbursable  
meals.

Food item—  
A specific food offered within the five food  
components.

# What Components Must Be Offered For Lunch?

5 components:

- Meat/meat alternate
- Grains
- Fruits
- Vegetables
- Milk

## Age/Grade Groups (cont'd)

No overlap in grades 6-8 and 9-12 for all meal patterns:

Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups

- Previously, schools allowed a one grade level deviation
- No allowance for this in new meal pattern

## Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
  - Offer  $\frac{1}{2}$  cup more fruit daily
  - Offer  $\frac{1}{4}$  cup more vegetables daily

(Need  $\frac{1}{2}$  cup more red/orange,  $\frac{1}{4}$  cup other,  $\frac{1}{2}$  cup additional (any subgroup) some time during the week)

These changes alone *may* meet calorie needs for the 9-12 group

# Example of Age/Grade Group Differences

**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





## OVS - What Didn't Change

- Student's option to decline item(s)
- Same price if child declines item(s)
- Full amount of each component must be available to choose

## OVS for NSLP--What must be taken

- Must take at least 3 of 5 components
- Must take at least  $\frac{1}{2}$  cup serving of the fruit or vegetable component
- Student may take two  $\frac{1}{4}$  cup servings of the same item fruit or vegetable to meet the requirement

## Different Choices

- Can mix different fruits to reach minimum required serving
- Can mix different vegetables to reach minimum required serving

## OVS for SBP

- Phasing-in changes in the SBP
- For SY 2012-2013, no changes to SBP other than milk requirement
- For SY 2012-2013, may continue to use current menu planning approach and requisite OVS requirements

## OVS Lunch Example

**The lunch offered:** Grilled Chicken Breast, Roll,  
Baby Carrots, Fresh Apple and Milk

### OVS-current

Grilled Chicken Breast, Roll and Milk = reimbursable  
lunch

### OVS-under new regulations

Grilled Chicken Breast, Roll and Milk ≠ reimbursable  
lunch

To be reimbursable, must add Baby Carrots or Fresh Apple

# Menu Planning Considerations

- Age/Grade
- Short and long weeks
- Whole-grain rich offerings
- Multiple offerings and serving lines
  - Salad bars
  - Daily minimums
  - Vegetable subgroups
  - Weekly ranges (min/max)

# Sample New CN Label

## Chicken Stir-Fry Bowl

### Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

---CN---

099135

**Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz. eq. Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅓ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).**

---CN---

Net Wt.: 18 pounds

Chicken Wok Company  
1234 Kluck Street Poultry, PA 12345

# Lunch Meal Pattern

Meal Pattern	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>a</sup> Per Week (Minimum Per Day)		
Fruits (cups) <sup>b</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>b</sup>	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>c</sup>	0.5	0.5	0.5
Red/Orange <sup>c</sup>	0.75	0.75	1.25
Beans and peas (legumes) <sup>c</sup>	0.5	0.5	0.5
Starchy <sup>c</sup>	0.5	0.5	0.5
Other <sup>c,d</sup>	0.5	0.5	0.75
Additional Veg to Reach Total <sup>e</sup>	1	1	1.5
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>h</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>h</sup>	< 10	< 10	< 10
Sodium (mg) <sup>h,i</sup>	≤ 640	≤ 710	≤ 740
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		



# *School Nutrition Jeopardy*

Fruit

Vegetable

Grain

Meat

Milk

100

100

100

100

100

200

200

200

200

200

300

300

300

300

300

400

400

400

400

400