

Comparison of Previous and New Regulatory Requirements under Final Rule “*Nutrition Standards in the National School Lunch and School Breakfast Programs*” (published January 26, 2012)

National School Lunch Program Meal Pattern		
Food Group	Previous Requirements K-12	New Requirements K-12 (as of 7/1/12)
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> 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: <ul style="list-style-type: none"> • 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) Note: Weekly maximums serve as menu planning guides only
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) Note: Weekly maximums serve as menu planning guides only
Whole Grains	Encouraged	Beginning July 1, 2014, all grains must be whole grain rich. Note: States may grant exemptions SY14-15 through SY17-18
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored) Note: States may allow the service flavored 1% milk through SY 17-18.

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School Breakfast Program Meal Pattern		
Food Group	Previous Requirements K-12	New Requirements K-12 (as of 7/1/12)
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. Juice may be offered to meet half of the weekly requirement.
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: Schools may substitute M/MA for grains after the minimum daily grains requirement is met. The weekly maximums serve as menu planning guides only.
Whole Grains	Encouraged	Beginning July 1, 2014, all grains must be whole grain rich. Note: States may grant exemptions SY14-15 through SY17-18
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored) Note: States may allow the service flavored 1% milk through SY 17-18.

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<p>Previous Nutrient Standards</p>	<p>Current Standards K-12 (as of 7/1/12) USDA has provided flexibility on Sodium Target 2 for SY17-18; schools meeting Target 1 will be considered in compliance.</p>		
<p>Sodium Reduce, no set targets</p>	<p>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)</p>	<p>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)</p>	<p>Final target: 2022-23 Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p>Calories (min. only) <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12) <i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12) <i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p>Calorie Ranges (min. & max.) <i>Only food-based menu planning allowed</i> 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)</p>		
<p>Saturated Fat <10% of total calories</p>	<p>Saturated Fat <10% of total calories</p>		
<p>Trans Fat: no limit</p>	<p>New specification: zero grams per serving (nutrition label)</p>		