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

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Previous Requirements K-12</th>
<th>Current Requirements K-12 (as of 7/1/12)</th>
</tr>
</thead>
</table>
| 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) |
### School Breakfast Program Meal Pattern

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Previous Requirements K-12</th>
<th>Current Requirements K-12 (as of 7/1/12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>½ cup per day (vegetable substitution allowed)</td>
<td>1 cup per day (vegetable substitution allowed)</td>
</tr>
<tr>
<td></td>
<td>Note: Quantity required SY 2014-15. Students are allowed</td>
<td>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.</td>
</tr>
<tr>
<td></td>
<td>to select ½ cup of fruit under OVS.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains and Meat/Meat Alternate</td>
<td>2 grains, or 2 meat/meat alternates, or 1 of each per</td>
<td>Daily min. and weekly ranges for grains:</td>
</tr>
<tr>
<td>(M/MA)</td>
<td>day</td>
<td>Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grades 9-12: 1 oz eq. min. daily (9-10 oz weekly)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains</td>
</tr>
<tr>
<td></td>
<td></td>
<td>requirement is met.</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Encouraged</td>
<td>At least half of the grains must be whole grain-rich beginning July 1, 2013.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beginning July 1, 2014, all grains must be whole grain rich.</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>Variety of fat contents allowed; flavor not restricted</td>
<td>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</td>
</tr>
</tbody>
</table>
Comparison of Previous and Current Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” (published January 26, 2012)

<table>
<thead>
<tr>
<th>Previous Nutrient Standards</th>
<th>Current Standards K-12 (as of 7/1/12)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sodium</strong></td>
<td><strong>Target 1: SY 2014-15</strong></td>
</tr>
<tr>
<td>Reduce, no set targets</td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>≤1230mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤1360mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤1420mg (9-12)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>≤540mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤600mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤640mg (9-12)</td>
</tr>
<tr>
<td><strong>Target 2: SY 2017-18</strong></td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>≤935mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤1035mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤1080mg (9-12)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>≤485mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤535mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤570mg (9-12)</td>
</tr>
<tr>
<td><strong>Final target: 2022-23</strong></td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>≤640mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤710mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤740mg (9-12)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>≤430mg (K-5);</td>
</tr>
<tr>
<td></td>
<td>≤470mg (6-8);</td>
</tr>
<tr>
<td></td>
<td>≤500mg (9-12)</td>
</tr>
<tr>
<td><strong>Calories (min. only)</strong></td>
<td><strong>Calorie Ranges (min. &amp; max.)</strong></td>
</tr>
<tr>
<td><em>Traditional Menu Planning</em></td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>633 (grades K-3)</td>
</tr>
<tr>
<td></td>
<td>785 (grades 4-12)</td>
</tr>
<tr>
<td></td>
<td>825 (optional grades 7-12)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>554 (grades K-12)</td>
</tr>
<tr>
<td><em>Enhanced Menu Planning</em></td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>664 (grades K-6)</td>
</tr>
<tr>
<td></td>
<td>825 (grades 7-12)</td>
</tr>
<tr>
<td></td>
<td>633 (optional grades K-3)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>554 (grades K-12)</td>
</tr>
<tr>
<td></td>
<td>774 (optional grades 7-12)</td>
</tr>
<tr>
<td><em>Nutrient Based Menu Planning</em></td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>664 (grades K-6)</td>
</tr>
<tr>
<td></td>
<td>825 (grades 7-12)</td>
</tr>
<tr>
<td></td>
<td>633 (optional grades K-3)</td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>554 (grades K-12)</td>
</tr>
<tr>
<td></td>
<td>618 (optional grades 7-12)</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td><strong>Saturated Fat</strong></td>
</tr>
<tr>
<td>&lt;10% of total calories</td>
<td>&lt;10% of total calories</td>
</tr>
<tr>
<td><strong>Trans Fat: no limit</strong></td>
<td><strong>New specification:</strong> zero grams per serving (nutrition label)</td>
</tr>
</tbody>
</table>