

Proposed Nutrition Standards for USDA School Nutrition Programs

Current Menu Planning System:

Food Based (Traditional or Enhanced) OR
Nutrient Standard
8 key nutrients monitored

Grade Groups:

K-3

K-6

7-12

Proposed Menu Planning System:

Food Based Approach
Designed to meet 24 key nutrients based on the 2005
Dietary Guidelines for Americans

Proposed Grade Groups:

K-5 (5-10 years)

6-8 (11-13 years)

9-12 (14-18 years)

Meat/Meat Alternate

Current: 1.5-3oz daily average
Proposed: 1.6-2.4 oz daily average



Lean meat, poultry, or fish
Alternate Protein Products
Cheese, egg, yogurt
Cooked dry beans or peas
Peanut, nut or seed butters

- At least 1 oz daily equivalent, 2 oz for grades 9-12
- Encourage lean meats in school meals
- Breakfast: meat/meat alternate and grains must be offered
- Tofu will continue not to credit, other products containing soy ingredients will credit as APP with proper documentation

Bread/Grains

Current: 1.8-3 oz daily average
Proposed: 1.8-2.6 oz daily average



- At least half the grains to be whole grain rich
- Phased in approach:
Initially ½ the grains whole grain rich, with all grains served = whole grain rich 2 years after final rule



Milk

Current: 8 fluid ounces
Proposed: 8 fluid ounces

- Fat free (flavored or unflavored)
- Low-fat 1% milk (unflavored)
- Variety of fat contents no longer required
- 2% or whole milk no longer allowed

Fruit and Vegetable

Current: ¾ cup-1 cup of 2 or more fruits and/or vegetables

Proposed: Separate Fruit and Vegetable Requirements

Fruit:

- ½ -1 cup per day
- Fresh, frozen without sugar, dried (1/4 cup counts as ½ cup), canned in fruit juice, water or light syrup
- 100% fruit juice may meet ½ daily requirement

Vegetable:

- ¾ -1 cup daily
- At least ½ cup of each weekly:
 - Dark Green Vegetables
 - Orange Vegetables
 - Legumes
 - 1 ¼ - 2 ½ cups other vegetables weekly
- Limit Starchy Vegetables to 1 cup weekly:
 - White potatoes
 - Corn
 - Lima Beans
 - Green Peas
- Leafy salad greens: (1 cup counts as ½ cup)



Examples of Dark Green Vegetables:

Bok choy, broccoli, collard greens, dark green leaf lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress

Examples of Orange Vegetables:

Acorn Squash, butternut squash, carrots, hubbard squash, pumpkin, sweet potatoes

Examples of Legumes:

Black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, white beans

Calories: Minimum and Maximum levels set based on age/grade group:

<i>National School Lunch Program- Proposed Calorie Levels</i>		
K-5	6-8	9-12
550-650	600-700	750-850

<i>School Breakfast Program- Proposed Calorie Levels</i>		
K-5	6-8	9-12
350-500	400-550	450-600

Sodium: phased in over 10 years

Grade Group	2 years after rule implementation	4 years after rule implementation	Final target: 10 years after rule implementation
<i>National School Lunch Program</i>			
K-5	1,230 mg	935 mg	640 mg
6-8	1,360 mg	1,035 mg	710 mg
9-12	1,420 mg	1,080 mg	740 mg
<i>School Breakfast Program</i>			
K-5	540 mg	485 mg	430 mg
6-8	600 mg	535 mg	470 mg
9-12	640 mg	570 mg	500 mg

Saturated Fat:

Remains at less than 10% of total calories threshold.

Trans Fat:

Nutrition label or manufacturer's specifications must indicate zero grams of trans fat per serving.

Offer Versus Serve (OVS):

- Breakfast: Student can decline 1 food item, but must select 1 fruit (or vegetable).
- Lunch: Student can decline 2 food items, but must choose 1 fruit or vegetable.
- OVS will continue to be required in high schools.