New Meal Pattern Basícs at A Glance

(Printed in poster format. Available to order from our resource center)

Meal Pattern Fruits (cups)r ⁴ Vegetables (cups)r ⁴ Dark green ⁴ Red/Orenge ⁴ Beans/Peas (Legumes) ⁴ Starchy ⁴	G	BASED ME REAKFAST ME	AL PATTERN	110			FOOD B	ASED ME		NNING			
Fruits (cups) ^{ed} Vegetables (cups) ^{ed} Dark green ^f Red/Orange ^l Beans/Peas (Legumes) ^f Starchy ^f	5	rades K-5*			STILLE D	The second se		UNCH MEAL	PATTERN				
Fruits (cups) ^{ed} Vegetables (cups) ^{ed} Dark green ^f Red/Orange ^l Beans/Peas (Legumes) ^f Starchy ^f		Grades K-5ª Grades 6-8ª		Grades 9	9-12*			Grades K-5 Grades 6					
Vegetables (cups) ^{ed} Dark green ^t Red/Orange ^l Beans/Peas (Legumes) ^t Starchy ^t		Amount of	Food Per Week ^b	(Minimum Pe	er Day)	Meal Patter Fruits (cups) ^{ed}		Amount of Food Per W 2 ½ (1/2) 2 ½ (1/2)			feek ^b (Minimum Per Day) 5 (1)		
Red/Orange ⁴ Beans/Peas (Legumes) ⁴ Starchy ⁴	Vegetables (cups) ^{ed}					Vegetables (cups) ^{ed}		3 % (3/4) 3 % (3/4)		(3/4)) 5 (1)		
Starchy	0		0	0		Dark green ^r Red/Orange ^r	54 14		3/4		1%		
	0		0	0		Beans/Peas (Legume			%		1/2		
Other ⁴ 0 0		0	0		Starchy ⁴ Other ⁶		% % % %			3%			
Additional Vegetables to Reach Total [®] D 0 Grains (oz eq) ^µ 7-10 (1) ^µ 8-10 (1) ^µ			0 9-10 (1) ¹		Additional Vegetables to reach total [®] Grains (oz eq) ^I		1 1 8-9 (1) 8-10 (1)			1 %			
Meats/Meat Alternates (oz eq) 0 ⁴			OK		Meats/Meat Alternates (oz eq)		8-10 (1) 9-10 (1)			10-12 (2) 10-12 (2)			
Fluid milk (cups) ¹ 5 (1) 5 (1) Other Specifications: Daily Amount Based on the Average for a 5-Day W			5 (1)		Fluid Milk (cups) ^I 5 (1)				5 (1)				
Other Specifications: Dail	ily Amount Ba	used on the Avera	ige for a 5-Day W	eek		Other Specifications: D	aily Amount Base	d on the Aver	age for a 5-l	Day Week			
Min max calories (kcal) ^{mto}	350-500			400-550 450-600		Min-max calories 550-650 (kcal)me				600-	/00	750-850	
Saturated fat (% of total calories)** Sodium (mg)** \$430				<10 <10 ≤470 ≤500		Sodium (mg) ¹⁰⁰ <10				<10		<10	
										≤710		≤740	
Trans fate	Nutrition label indicate zero g	or manufacturer sp prams of <u>trans</u> fat p				Trans fateo Nutrition labe		l or manufacturer specifications must grams of <u>trans</u> fat per serving.		must			
In the GPT the short - glorgenetic groups are equipable in the start of the start o	ited beginning July 1, 201	13 (0Y-2013-2014. (0Y 201	2-3013), and in the GBP beginning raise rich in both the NSLP and the	Address - 0.01 - 00 - 00 - 00 - 00 - 00 - 00 -		The set of the scheme age gains gains are not 2012/2013 registering and the scheme and the scheme and the scheme and scheme and the scheme a	quired beginning July 1, 2013 (Sr e meal pattern for grades K-12 (r	62013-2014. In BY	The set of		giving July 1, 2013 (porent in the SBP. Be	, 2013 (8Y (2013-2014). 887: Beginning July 1, 2013 (8Y 2013	
Dark Green	n	Red & C	Drange,		Other	Jan. 2012 Implementation T	imeline for Fi	nal Rule					
Vegetables Bok Choy Broccoli Collard Greens	S	Acorn Squasi Acorn Squasi Butternut Squ Carrots	h	Artichol Aspara Avocad	igus	"Nutrition Standard Implementation of most requirements (other that	s in the Nation	al School Lo s in the NSLP	begins SY 20	12-2013. In	the SBP, the		
Dark Green Leafy Le	ettuce	 Hubbard Squ 	lash	Bean S	sprouts		Impl	ementation (So	hool Year) for	NSI P (I) are	d SBP (B)		
Escarole Lettuce Kale		 Pumpkin Red Peppers 		Beets Brussels Sprouts		New Requirements		/13 2013/14					
- Mesclun		 Sweet Potatoes 									6/17 2017/1	8 2022/23	
Mustard Greens Bomaine Lettuce				 Cabbag 	ge	Fruits Component	2012		2014010 [2	015/16 201	6/17 2017/1	8 2022/23	
		 Tomatoes 	bes	 Cabbag Cauliflo 	ge	 Offer fruit daily 	L	-		015/16 201	5/17 2017/1	8 2022/23	
Romaine Lettuce Spinach			bes	Cabbag Caulific Celery Cucumi	ge wer bers	Offer fruit daily Fruit quantity increase to 5 (minimum 1 cup/day)	L		B	015/16 201	5/17 2017/1	8 2022/23	
Romaine Lettuce Spinach Turnip Greens		 Tomatoes 	bes	Cabbag Caulific Celery Cucum Eggpla	ge wwer bers nt	 Offer fruit daily 	cups/week				5/17 2017/1	8 2022/23	
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Romaine Lettuce Spinach Turnip Greens Watercress Beans & Per (Legumes)		Tomatoes Tomato Juice Star Vegeta	rchy	Cabbag Caulifio Celery Cucumi Eggpla Green I Green I Iceberg	ge wer ht Beans Peppers J (Head) Lettuce	Offer fruit daily Offer fruit daily Pruit quantity increase to 5 (minimum cup/day) Vegetables Component Offer vegetables subgroup: Grains Component Half of grains must be whole- All grains must be whole- All grains must be whole-	veekly L e grain-rich L ain rich	B			5/17 2017/1	8 2022/23	
Romaine Lettuce Spinach Turnip Greens Watercress Beans & Per (Legumes) Black Beans		Tomatoes Tomato Juice Star Veget Cassava	rchy	Cabbag Cauling Cauling Celery Cucum Eggpla Green I Iceberg Mushro Okra	ge bers nt Beans Peppers y (Head) Lettuce soms	Offer fruit daily Offer fruit daily Fruit quantity increase to 3 (minimum 1 cup/day) Vegetables Component Offer vegetable subprosp Grains Component Half of grains must be whole-ge Offer weekly grains ranges	weekly L an rich L an rich L	B	B		5/17 2017/1	8 2022/23	
Romaine Lettuce Spinach Turnip Greens Watercress Beans & Pee (Legumes) Black-Eyed Peas (Mature, Dry)		Tomatoes Tomato Juice Star Vegeta	chy ables	Cabbag Cauliflo Celery Cucum Eggpla Green I Iceberg Mushro Okra Onions	ge wwer ht Bearns Peppers J (Head) Lettuce xxms	Offer fruit daily Print quarty increase to 5 (minimum 1 cup/day) Vegetables.cup/day) Vegetables.cup/day) Grains Component Half of grains must be whole All grains must be whole Offer weakly grains ranges Offer weakly grains ranges	weekly L an rich L an rich L	B	B		5/17 2017/1	8 2022/23	
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