

# New Meal Pattern Basics at A Glance

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

## New Meal Pattern:

# BASICS AT A GLANCE

### FOOD BASED MENU PLANNING BREAKFAST MEAL PATTERN

Meal Pattern	Amount of Food Per Week* (Minimum Per Day)		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>b</sup>	Grades 9-12 <sup>c</sup>
Fruits (cups) <sup>a</sup>	5 (1) <sup>a</sup>	5 (1) <sup>b</sup>	5 (1) <sup>c</sup>
Vegetables (cups) <sup>a</sup>	5 (1) <sup>a</sup>	5 (1) <sup>b</sup>	5 (1) <sup>c</sup>
Dark green <sup>d</sup>	0	0	0
Red/Orange <sup>e</sup>	0	0	0
Beans/Peas (Legumes) <sup>f</sup>	0	0	0
Starchy <sup>g</sup>	0	0	0
Other <sup>h</sup>	0	0	0
Additional Vegetables to Reach Total <sup>a</sup>	0	0	0
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>a</sup>	8-10 (1) <sup>b</sup>	9-10 (1) <sup>c</sup>
Meats/Meat Alternates (oz eq) <sup>j</sup>	0 <sup>a</sup>	0 <sup>b</sup>	0 <sup>c</sup>
Fluid milk (cups) <sup>k</sup>	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal) <sup>m</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>n</sup>	<10	<10	<10
Sodium (mg) <sup>o</sup>	≤430	≤470	≤500
Trans fat <sup>p</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

<sup>a</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>b</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>c</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>d</sup> Dark green vegetables include: spinach, kale, collard greens, turnip greens, chard, and other leafy greens. <sup>e</sup> Red/orange vegetables include: tomatoes, bell peppers, carrots, and other vegetables with red or orange flesh. <sup>f</sup> Beans/peas (legumes) include: kidney beans, black beans, pinto beans, chickpeas, and other beans. <sup>g</sup> Starchy vegetables include: potatoes, sweet potatoes, corn, and other starchy vegetables. <sup>h</sup> Other vegetables include: cucumbers, eggplant, and other vegetables. <sup>i</sup> Grains include: wheat, rice, corn, and other grains. <sup>j</sup> Meats/meat alternates include: lean meats, poultry, fish, and other protein sources. <sup>k</sup> Fluid milk includes: cow's milk, soy milk, and other milk products. <sup>m</sup> Minimum-maximum calories. <sup>n</sup> Saturated fat as a percentage of total calories. <sup>o</sup> Sodium in milligrams. <sup>p</sup> Trans fat.

### FOOD BASED MENU PLANNING LUNCH MEAL PATTERN

Meal Pattern	Amount of Food Per Week* (Minimum Per Day)		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>b</sup>	Grades 9-12 <sup>c</sup>
Fruits (cups) <sup>a</sup>	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups) <sup>a</sup>	3 ¾ (3/4)	3 ¾ (3/4)	6 (1)
Dark green <sup>d</sup>	½	½	½
Red/Orange <sup>e</sup>	½	½	1 ½
Beans/Peas (Legumes) <sup>f</sup>	½	½	½
Starchy <sup>g</sup>	½	½	½
Other <sup>h</sup>	½	½	½
Additional Vegetables to reach total <sup>a</sup>	1	1	1 ½
Grains (oz eq) <sup>i</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq) <sup>j</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) <sup>k</sup>	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal) <sup>m</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n</sup>	<10	<10	<10
Sodium (mg) <sup>o</sup>	≤460	≤710	≤740
Trans fat <sup>p</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

<sup>a</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>b</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>c</sup> In the SBP, the amount of fruits and vegetables is based on the average for a 5-day week. <sup>d</sup> Dark green vegetables include: spinach, kale, collard greens, turnip greens, chard, and other leafy greens. <sup>e</sup> Red/orange vegetables include: tomatoes, bell peppers, carrots, and other vegetables with red or orange flesh. <sup>f</sup> Beans/peas (legumes) include: kidney beans, black beans, pinto beans, chickpeas, and other beans. <sup>g</sup> Starchy vegetables include: potatoes, sweet potatoes, corn, and other starchy vegetables. <sup>h</sup> Other vegetables include: cucumbers, eggplant, and other vegetables. <sup>i</sup> Grains include: wheat, rice, corn, and other grains. <sup>j</sup> Meats/meat alternates include: lean meats, poultry, fish, and other protein sources. <sup>k</sup> Fluid milk includes: cow's milk, soy milk, and other milk products. <sup>m</sup> Minimum-maximum calories. <sup>n</sup> Saturated fat as a percentage of total calories. <sup>o</sup> Sodium in milligrams. <sup>p</sup> Trans fat.

### USDA VEGETABLE SUBGROUPS

Dark Green Vegetables	Red & Orange Vegetables	Other Vegetables
<ul style="list-style-type: none"> <li>Bok Choy</li> <li>Broccoli</li> <li>Collard Greens</li> <li>Dark Green Leafy Lettuce</li> <li>Escarole Lettuce</li> <li>Kale</li> <li>Mesclun</li> <li>Mustard Greens</li> <li>Romaine Lettuce</li> <li>Spinach</li> <li>Turnip Greens</li> <li>Watercress</li> </ul>	<ul style="list-style-type: none"> <li>Acorn Squash</li> <li>Butternut Squash</li> <li>Carrots</li> <li>Hubbard Squash</li> <li>Pumpkin</li> <li>Red Peppers</li> <li>Sweet Potatoes</li> <li>Tomatoes</li> <li>Tomato Juice</li> </ul>	<ul style="list-style-type: none"> <li>Artichokes</li> <li>Asparagus</li> <li>Avocado</li> <li>Bean Sprouts</li> <li>Beets</li> <li>Brussels Sprouts</li> <li>Cabbage</li> <li>Cauliflower</li> <li>Celery</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Green Beans</li> <li>Green Peppers</li> <li>Iceberg (Head) Lettuce</li> <li>Mushrooms</li> <li>Okra</li> <li>Onions</li> <li>Parsnips</li> <li>Radish</li> <li>Snap Beans</li> <li>Turnips</li> <li>Wax Beans</li> <li>Zucchini</li> </ul>
Beans & Peas (Legumes)	Starchy Vegetables	
<ul style="list-style-type: none"> <li>Black Beans</li> <li>Black-Eyed Peas (Mature, Dry)</li> <li>Garbanzo Beans (Chickpeas)</li> <li>Kidney Beans</li> <li>Lentils</li> <li>Navy Beans</li> <li>Pinto Beans</li> <li>Soy Beans</li> <li>Split Peas</li> <li>White Beans</li> </ul>	<ul style="list-style-type: none"> <li>Cassava</li> <li>Corn</li> <li>Green Bananas</li> <li>Green Peas</li> <li>Green Lima Beans</li> <li>Plantains</li> <li>Potatoes</li> <li>Taro</li> <li>Water chestnuts</li> <li>Fresh Cowpeas, Field Peas, or Black-Eyed Peas (Not Dry)</li> </ul>	

**Jan. 2013**  
**Implementation Timelines for Final Rule**  
**"Nutrition Standards in the National School Lunch and School Breakfast Programs"**  
 Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year for NSLP (L) and SBP (B))							
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23	
<b>Fruits Component</b>								
• Offer fruit daily	L							
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)				B				
<b>Vegetables Component</b>								
• Offer vegetables subgroup weekly	L							
<b>Grains Component</b>								
• Half of grains must be whole-grain-rich	L	B						
• All grains must be whole-grain rich	L	B	L, B					
• Offer weekly grain recipes								
<b>Meats/Meat Alternates Component</b>								
• Offer weekly meat/meat alternates recipes (only once)	L							
<b>Milk Component</b>								
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B							
<b>Dietary Specifications (to be met on average over a week)</b>								
• Calorie ranges	L, B							
• Saturated fat limit (no change)	L, B							
• Sodium 1 target				L, B				
• Sodium 2 target						L, B		
• Total target							L, B	
• Zero grams of trans fat per portion	L, B							
<b>Menu Planning</b>								
• A single SNAP approach	L, B							
<b>Age-Grade Groups</b>								
• Establish age-grade groups: K-5, 6-8, 9-12	L, B							
<b>Offer vs. Serve</b>								
• Replaceable meals must contain a fruit or vegetable (1 cup minimum)	L	B						
<b>Monitoring</b>								
• 3-year min. review cycle	L, B							
• Conduct weighted nutrient analysis on 1 week of menu	L, B							

