

Breakfast & Lunch Meal Pattern 2021 Updates



Dietary Guidelines for Americans

The [2020-2025 Dietary Guidelines](#) focus on four nutrition areas that encourage healthy eating patterns at each stage of life. They describe changes that can be made in food and beverage choices to “Make Every Bite Count.”

Whole Grain-Rich Requirements

Due to the [Vacatur of the 2018 Final Rule, Child Nutrition Programs: Flexibilities for Milk, Whole Grains and Sodium Requirements](#), school meal patterns were required to return to the 2012 standards. This included that **100% of grains served in the NSLP and SBP (and SSO) must be whole grain-rich** without an approved meal pattern flexibility.

See [School Nutrition Bulletin 2020-49](#) for more information.



Allowable Milk Types

Now-Dec. 3rd, 2021: 1% flavored milk is allowed without a meal pattern flexibility waiver per [USDA Memo SP11-2021-REVISED](#)

Dec. 4th, 2021-June 30, 2022: 1% flavored milk is no longer allowed without an approved meal pattern flexibility.

See [School Nutrition Bulletin 2122-14](#) for more information

Sodium Target

The vacatur of the 2018 Final Rule flexibilities also affects sodium requirements. In order to continue operating under Sodium Target 1, School Food Authorities must submit a meal pattern flexibility request.



Breakfast & Lunch Meal Pattern 2021 Updates Cont.

Crediting Starchy Vegetables at Breakfast

SFAs participating in the School Breakfast Program may credit any vegetable offered, including potatoes and other starchy vegetables, in place of fruit without including vegetables from other subgroups in the weekly menus. This flexibility is effective through the entire 2021-2022 school year according to USDA Memo [SP11-2021](#). This provides SFAs with additional flexibility in planning breakfast menus but does not require SFAs to make any menu changes.



New Resources and Links

- [List of Allowable Fluid Milk Substitutes](#)
- [Fluid Milk Substitute Approval Form](#)
- [Let's Cook – Wisconsin School Meals Rock Cycle Menu](#)
- [Meal Pattern Flexibilities](#) - Current meal pattern flexibility waivers will expire June 30, 2022. All requests must be justified and will be approved on a case-by-case basis.
 - USDA expects and strongly encourages program operators to maintain and meet the nutrition standards for each program to the greatest extent possible.
- **Google Currents** – Network with other districts on our discussion board! Email DPIFNS@dpi.wi.gov with the subject line “Add me to the SNT Google Currents page.”



Questions?

The School Nutrition Team (SNT) is available to answer questions regarding school nutrition programs. Please email DPIFNS@dpi.wi.gov or call 608-267-9228.

