

## Nutrition Standards in the National School Lunch (NSLP) and School Breakfast Programs (SBP)

**Proposed Rules – January 13, 2011**

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<http://www.gpo.gov/fdsys/pkg/FR-2011-01-13/pdf/2011-485.pdf>

See instructions on the first page of the above linked document to submit written comments. Submitted comments must be postmarked on or before April 13, 2011, to be assured of consideration. This proposed rule may have additional changes made based on the upcoming 2010 Dietary Guidelines which are anticipated to be published soon. Comments on how to incorporate these possible changes into the NSLP and SBP are encouraged.

### Summary of Proposed Changes – Proposed implementation beginning with school year 2012-2013, with final whole grain requirements implemented by the school year 2014-2015.

- Summary of Present Regulations Compared to Proposed Meal Requirements

**Table 1: Changes in Minimum Amounts and Types of Food**

Breakfast		
	Current Requirement	Proposed Requirement
Fruit	½ cup per day	1 cup per day, no more than half the fruit provided in the form of juice
Grains and Meat/Meat Alternate	2 grains or 2 meat/meat alternate or 1 of each per day	1.4-2* grains per day plus 1-2* meat/meat alternate per day
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less
Lunch		
	Current Requirement	Proposed Requirement
Fruit/Vegetable	½ -1 cup of fruit and vegetables combined per day  No specifications as to type of vegetable	¾-1* cup of vegetables plus ½-1* cup of fruit per day  Weekly requirement for dark green and orange vegetables and legumes and limits on starchy vegetables
Meat/Meat Alternate	1.5-3 oz equivalents (daily average over 5-day week)	1.6-2.4 oz* equivalents (daily average over 5-day week)
Grains	1.8-3 oz equivalents (daily average over 5-day week)	1.8-2.6 oz* equivalents (daily average over 5-day week)
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less

\*Range reflects difference by grade group

- There is one menu planning option for all schools which is Food Based Menu Planning (FBMP) with the following grade groupings:
  - Grades K-5 (ages 5-10)
  - Grades 6-8 (ages 11-13 years)
  - Grades 9-12 (ages 14-18 years)
- Daily and weekly meal requirements are in attached Table 3: *Summary of Proposed Meal Requirements*. Note that the nutrients monitored will be calories (range given) saturated fat, sodium, and trans fat.

- Upon implementation of the final rule, half of the grains offered during the school week must be whole grain-rich. Two years post-implementation of the final rule, all grains offered during the school week must be whole grain-rich (a minimum whole grain content of 51 percent).
- Sodium content of school meals must be reduced to the levels specified by IOM within ten years of the final rule. Three intermediate sodium targets, 2 years, 4 years, and 10 years after implementation of a final rule have been proposed.

**Table 2: Sodium Reduction: Timeline & Amount**

<b>National School Breakfast Program</b>				
<b>Age/Grade Group</b>	<b>Baseline: Average Current Sodium Levels in Meals As Offered<sup>1</sup></b>	<b>Target 1: 2 years post implementation</b>	<b>Target 2: 4 years post implementation</b>	<b>Final Target: 10 years post implementation</b>
K-5	573 mg (elementary)	≤ 540 mg	≤ 485 mg	≤ 430 mg
6-8	629 mg (middle)	≤ 600 mg	≤ 535 mg	≤ 470 mg
9-12	686 (high)	≤ 640 mg	≤ 570 mg	≤ 500 mg
<b>National School Lunch Program</b>				
K-5	1,377 mg (elementary)	≤ 1,230 mg	≤ 935 mg	≤ 640 mg
6-8	1,520 mg (middle)	≤ 1,360 mg	≤ 1,035 mg	≤ 710 mg
9-12	1,588 mg (high)	≤ 1,420 mg	≤ 1,080 mg	≤ 740 mg

<sup>1</sup> SNDA III

- Starchy vegetables (*e.g.*, white potatoes, corn, lima beans, and green peas) would be limited to 1 cup per week to encourage students to try new vegetables.
- Low fat milk cannot be flavored. Only fat-free milk can be flavored.
- Offer versus Serve would be required at the high school level only. At breakfast, students may decline 1 food item but must select 1 fruit or vegetable. At lunch, students may decline 2 food items but must select 1 fruit or vegetable.
- Schools are required to identify the components of the day’s reimbursable meals at or near the start of the serving line.
- Schools can credit tomato paste based on volume served. Schools cannot credit snack type fruit or vegetable products (such as fruit leather), nor can they credit formulated grain-fruit products.
- A three-year Coordinated Review Effort (CRE) cycle with no separate School Meals Initiative (SMI) review would be established. However, within the CRE review State Agencies (SAs) would review menu and production records for a two-week period to assess compliance with the meal pattern; conduct a weighted nutrient analysis to determine the average levels of calories, sodium, and saturated fat in the planned meals; and confirm that food products and ingredients used to prepare school meals contain zero grams of trans fat.
- Food products and ingredients used to prepare school meals must contain zero grams of trans fat (less than 0.5 grams) per serving. Meats that contain a minimal amount of naturally-occurring trans fats are allowed in the school meal programs.
- The meal patterns and nutrition standards for preschoolers and infants remain unchanged. However, only the traditional FBMP approach would be allowed to plan meals for preschoolers.

**Implementation of Proposed Changes: Until the final rule is implemented, meal reimbursement will be based on compliance with current program regulations in 7 CFR Part 210 and Part 220. However, schools are strongly encouraged to take steps within current program regulations to provide meals that are consistent with the 2005 Dietary Guidelines, such as reducing sodium and saturated fat, and increasing the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in the menus. Team Nutrition has developed practical guidance to help schools provide meals that reflect the Dietary Guidelines. See [http://teamnnutrition.usda.gov/Resources/dgfactsheet\\_hsm.html](http://teamnnutrition.usda.gov/Resources/dgfactsheet_hsm.html).**

**Table 3: Summary of Proposed Meal Requirements<sup>14</sup>**

Meal Pattern	Breakfast			Lunch		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>a</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>b</sup>	5 (1)	5 (1)	5 (1)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>bc</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5 <sup>d</sup>	0.5 <sup>d</sup>	0.5 <sup>d</sup>
Orange	0	0	0	0.5 <sup>d</sup>	0.5 <sup>d</sup>	0.5 <sup>d</sup>
Legumes	0	0	0	0.5 <sup>d</sup>	0.5 <sup>d</sup>	0.5 <sup>d</sup>
Starchy	0	0	0	1	1	1
Other	0	0	0	1.25 <sup>d</sup>	1.25 <sup>d</sup>	2.5 <sup>d</sup>
Grains <sup>e</sup> (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)	12-13 (2)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Milk <sup>f</sup> (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>gh</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>g</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>i</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label must specify zero grams of trans fat per serving.					

<sup>a</sup>Food items included in each group and subgroup and amount equivalents. Minimum serving is ½ cup.

<sup>b</sup>One cup of fruits and vegetables usually provides 2 servings; ¼ cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit offerings may be in the form of juice.

<sup>c</sup>For breakfast, ½ cup of non-starchy vegetables may be considered equivalent to ½ cup fruits. No minimum amount of vegetables is required for breakfast.

<sup>d</sup>Larger amounts of these vegetables may be served.

<sup>e</sup>At least half of grains must be whole grain-rich. Aiming for a higher proportion of whole grain-rich foods is encouraged.

<sup>f</sup>Milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>g</sup>The average daily amount for a 5-day school week is not to be less than the minimum or exceed the maximum.

<sup>h</sup>Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>14</sup>Information in this table is summarized from the preamble to the proposed rule.