

Final Rule to Update School Lunches and Breakfasts

Fruit Component Requirements



- This webcast will cover more in-depth information on the rules for the Fruit component.

Fruits

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^{e,d}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^f	0	0	0	0.5	0.5	0.5
Red/Orange ^f	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) ^f	0	0	0	0.5	0.5	0.5
Starchy ^f	0	0	0	0.5	0.5	0.5
Other ^g	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total ^h	0	0	0	1	1	1.5
Grains (or eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (or eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,a}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n, p}	< 430	< 470	< 500	< 640	< 710	< 740
Trans fat ^q	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

- First, fruit is now a separate component in lunch programs- a change from current lunch meal patterns. As you can see on the chart, schools must now offer at least ½ cup of fruit per day at lunch for grades K-5 and 6-8, and at least 1 cup per day for grades 9-12. The number in parentheses designates the minimum serving per day. The other number is the number of servings per week. Just as now, the minimum serving that can contribute to the daily requirement is 1/8 cup.
- The fruit requirement for **lunch** goes into effect in SY 2012-13. Since breakfast will require significantly more fruit, this change does not go into effect until SY 2014-15. This modification gives program operators more time to prepare for this important change to breakfast menus.

Fruits

- Fruits/vegetables separated -- two components
- Daily serving required at breakfast and lunch
 - At breakfast only, vegetables may be offered in place of fruits. Rules on the type of vegetables that can be offered
 - In 2014-15, for breakfast, serving sizes will increase

- Fruits and vegetables are separated into two different food components because of the emphasis on planning a wide variety each week.
- A full, daily serving of fruit must be offered at *both* breakfast and lunch.
- At lunch, students must select at least a ½ cup of fruit (or vegetable) to count toward a reimbursable meal within the new offer vs serve rules. This requirement can also be met by a combination of fruit and vegetable that equals ½ cup, for example, ¼ cup fruit and ¼ cup vegetable. More information on that is included in the offer vs serve webcast.
- At breakfast, students must select at least a ½ cup of fruit to count toward a reimbursable meal. To provide menu planning flexibility, this rule also gives schools the option to offer vegetables in place of all or part of the required fruit component at breakfast. However, the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or the “other” vegetable subgroup.
- Starchy vegetables may be offered in substitution of fruits, once the first two cups offered have been from non-starchy vegetable subgroups.

Fruits

- May select fresh, frozen without added sugar, canned in juice/light syrup, or dried
 - No more than half of fruit offerings in the week may be juice
 - 100% juice only
 - ¼ cup of dried fruit = ½ cup of fruit
 - No fruit strips, drops, etc.
 - Frozen with sugar will be allowed in SY 2012-13 only
- Refer to Food Buying Guide for crediting

- Fruit may be offered in several different forms. These forms include: fresh, frozen without added sugar, canned in juice or light syrup, and dried. However, no more than half of fruit offerings may be in the form of juice, and only 100% juice can be served. For crediting purposes, ¼ cup of dried fruit such as raisins is creditable as ½ cup of fruit. Snack type fruit products such as fruit leather or fruit drops are not creditable.
- Menu planners must continue to use the Food Buying Guide for Child Nutrition Programs to determine how to credit whole fruit. USDA will update the Food Buying Guide as soon as possible, and will also develop other technical assistance resources as needed.
- A memo was issued in February 2012 indicating an acknowledgement of difficulties in getting juice or water pack frozen fruit.
“New regulations allow for a water (unsweetened) or juice-only frozen fruit pack. However, to provide State agencies and school food authorities with time to use existing inventories, and to recognize the time needed for industry to reformulate and to pack new frozen fruit products, this memorandum allows schools to continue to serve frozen fruit with added sugar in the National School Lunch Program for School Year 2012-13. “

Fruits

- Additional USDA FNS guidance continues to be issued.
- The Bureau of Nutrition Programs is collecting questions to pass along to our regional office, and will post Q/A on our website. Send your questions in to us!

USDA continues to issue guidance about the new meal patterns. If you have questions, please ask. If we don't have the answer we will pass the question to our USDA regional office.

Useful Websites

- Nutrition Standards for School Meals FNS site:
<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>
- School Nutrition Standards 2012- Iowa Dept. of Education
http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678
- Choose My Plate: <http://www.choosemyplate.gov/>
- Healthy Meals Resource site:
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1
- Let's Move school page: <http://www.letsmove.gov/healthy-schools>
- The Healthy, Hunger-Free Kids Act site:
http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm

This slide includes some useful websites. These links are also on the Bureau School Nutrition Standards 2012 web page.

Nutrition Standards for School Meals FNS site: (USDA website on the new meal patterns)
<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>

Our Bureau:

http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391

Choose My Plate: (these food groups match new meal patterns)

<http://www.choosemyplate.gov/>

Healthy Meals Resource site: (Team Nutrition)

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

Let's Move school page:

<http://www.letsmove.gov/healthy-schools>

The Healthy, Hunger-Free Kids Act site:

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm

Interested in More Information?

- Check out all of the webcasts at the Bureau website
- Keep a careful watch on your e-mail for updates
- Continually check the Bureau website for new information
- Regional Workshops are in the planning stages for Fall 2012
- Annual SNAI Conference in June 2012 at Dubuque
- Summer Short Courses in June and July 2012 at Ames
- Contact your consultant

7

You may have already heard or participated in learning some of the updates in various ways—webinars, webcasts, SNAI district workshops, e-mail messages, spring regional workshops—keep all of those in mind, as new and additional information becomes available.

Contact your consultant for further information on training opportunities.

Call our Bureau at 515-281-5356. Ask Janelle to direct you to your local Consultant. Our Bureau website: http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391