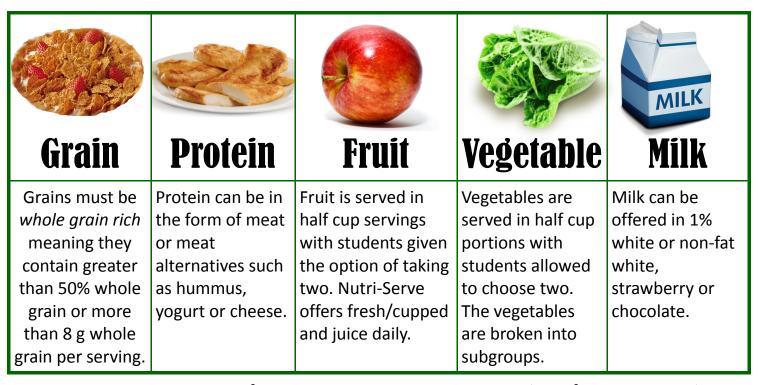


USDA New Meal Pattern Requirements & Nutritional Standards 2013-2014

In July of 2012, the USDA initiated the first major changes to the school lunch program in over a decade. The past year has been a year of transition for school lunch professionals and students as they continue to adjust to the changes in portion size and food offerings. Since the introduction of these changes some of the stricter guidelines have been adjusted for ease of implementation in schools for the 2013-2014 school year!

Components of A Healthy Lunch



Students must take 3 of the 5 components ~ one must be a fruit or vegetable!

Vegetable Sub-Groups

The **more vibrant** the color the **more nutrients** the vegetable contains! Schools are required to offer students a vegetable choice from each of the five sub-groups on a weekly basis. These Include...

DARK GREEN, RED/ORANGE, BEANS/LEGUMES, STARCH, OTHER



The Nutrition Facts... It's All About The Calories!

The new focus of regulating portion size is monitoring calories on a weekly basis. Our menu is designed by a Registered Dietitian and a nutrition analysis software is used to calculate the calories of our menu items to make sure they fall within the USDA's specified calorie ranges for designated age groups.



| Grades K-5 (ages 5-10) | Grades 6-8 (ages 5-10) | Grades 9-12 (ages 5-10) |
|------------------------|-------------------------------|----------------------------|
| Breakfast | Breakfast | Breakfast |
| 350-500 | 400-500 | 450-600 |
| Lunch | Lunch | Lunch |
| 550-650 | 600-700 | 750-850 |

Components of a Healthy Breakfast





Must offer All 3 Components



1 oz Grain

ex: Cereal/Bagel





1/2 Cup Fruit/Veggie

ex: apple/hash browns

8 oz Mílk





(an extra fruit or grain ~ a protein can count as a second grain)



