








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

 <p>Grain</p>	 <p>Protein</p>	 <p>Fruit</p>	 <p>Vegetable</p>	 <p>Milk</p>
<p>Grains must be <i>whole grain rich</i> meaning they contain greater than 50% whole grain or more than 8 g whole grain per serving.</p>	<p>Protein can be in the form of meat or meat alternatives such as hummus, yogurt or cheese.</p>	<p>Fruit is served in half cup servings with students given the option of taking two. Nutri-Serve offers fresh/cupped and juice daily.</p>	<p>Vegetables are served in half cup portions with students allowed to choose two. The vegetables are broken into subgroups.</p>	<p>Milk can be offered in 1% white or non-fat white, strawberry or chocolate.</p>

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 350-500	Breakfast 400-500	Breakfast 450-600
Lunch 550-650	Lunch 600-700	Lunch 750-850

Components of a Healthy Breakfast

It jumpstarts your metabolism for the day!



Must offer All 3 Components



1 OZ Grain

ex: Cereal/Bagel



1/2 Cup Fruit/Veggie

ex: apple/hash browns



8 OZ Milk

Ex: Chocolate, Strawberry



Must offer 4 Items

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