MEAL REQUIREMENTS

The menu must be planned to be in compliance with federal regulations and program requirements. The menu is the basis for all food service program activity. It drives the planning, purchasing, production, service, cleanup and nutrition education functions.

Through the Healthy, Hunger-Free Kids Act (HHFKA), finalized in January 2012, USDA is making the first major changes in school meals in 15 years. The new standards align school meals with the latest nutrition science.

This final rule updates the meal patterns and nutrition standards for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans. This rule requires most schools to increase the availability of fruits, vegetables, whole grains, and fat free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat and trans fat in meals; and meet the nutrition needs of school children within their calorie requirements. These improvements to the school meal programs, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend.

Food-Based Menu Planning (FBMP)

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Lunch meal pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grades K-5</td>
</tr>
<tr>
<td>Fruits (cups)</td>
<td>2 ½ (1/2)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
<td>3 ¾ (3/4)</td>
</tr>
<tr>
<td>Dark Green</td>
<td>½</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>¾</td>
</tr>
</tbody>
</table>
Beans and peas (legumes) | ½ | ½ | ½  
Starchy | ½ | ½ | ½  
Other | ½ | ½ | ¾  
Additional Veg to Reach Total | 1 | 1 | 1  

Grains (oz eq) | 8-9 (1) | 8-10 (1) | 10-12 (2)  
Meats/Meat Alternates (oz eq) | 8-10 (1) | 9-10 (1) | 10-12 (2)  
Fluid Milk (cups) | 5 (1) | 5 (1) | 5 (1)  

**Other Specifications: Daily Amount Based on the Average for a 5-Day Week**

Min-max calories (kcal) | 550-650 | 600-700 | 750-850  
Saturated fat (% of total calories) | <10 | <10 | <10  
Sodium (mg) | ≤640 | ≤710 | ≤740  
Trans Fat | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

Weighted Nutrient analysis using current nutrition analysis software is completed to determine that the other specifications are met.

**Meals**

**Daily lunch service includes a minimum of five items:**
- Fruit
- Vegetable
- Grain
- Protein
- Dairy

**Daily breakfast service includes a minimum of three items:**
- Milk
- Entrée
- Any other menu item (sides)

**Offer Vs. Serve (OVS)**
Under OVS, students may not decline more than two food items at lunch and one food item at breakfast, and must select a fruit or a vegetable at each meal.

OVS is implemented at all levels allowing students to select items they choose.

**At lunch students much select full portions of at least three items, one of which must be fruit or vegetable.**

**At breakfast students must select full portions of at least two items:**
- Milk – may choose 1
- Entrée – may choose 1
- Any other menu item (sides) – may choose fruit or juice

There is no requirement of an entrée at breakfast.

**Variety**
There will be a minimum of two vegetable choices and two fruit choices each day for students to select.

**Preparation**
Standardized recipes are used, providing the same quantity and quality. Products are selected based on quality, nutrient profile and availability.
All products are taste tested prior to appearing on the menus. Low fat cooking methods (steaming, baking) are utilized when possible.