

**USDA Final Rule to Revise School Lunch and Breakfast Meal Patterns for Fall 2012**

**Milk Requirement: all flavored milk must be skim (fat-free), white milk must be skim or 1%**

**Trans fat:** all items must be trans fat free except naturally occurring in beef and dairy.

**Bread/Grain Min/Max Requirement for lunch starts in 2012/2013, for breakfast starts in 2013/2014**

- **At least half the grains need to be whole-grain rich defined as one of the following:**
  - contains 8 grams of whole grains per serving
  - carries the FDA whole grain health claim
  - ingredient listing lists whole grain first

**Lunch Requirements: The student must select at least a ½ cup of fruits or vegetables.**

Fruit daily requirement increased to ½ cup for grades K-8, 1 cup for grades 9-12.

¼ cup dried fruit counts as a ½ cup serving. Juice can only be used for half of the fruit choices.

Vegetable daily requirement increased to ¾ cup for grades K-8 and 1 cup for grades 9-12.

Additional vegetables can be from any subgroup. 1 cup leafy greens counts as a half cup serving.

No specifications for vegetables changed to ½ -3/4 cup **weekly requirements for subgroups:**

- **Dark green vegetables (1/2 cup):** broccoli, romaine, spinach, greens (mustard, kale, collard, turnip) dark green leaf lettuce, endive
- **Dark Orange/Red Vegetables (3/4 cup):** carrots, pumpkin, sweet potato, winter squash (Hubbard, acorn, butternut), tomatoes, red peppers.
- **Legumes (1/2 cup):** black beans, garbanzos, kidney beans, pinto (chili) beans, black-eyed peas, split peas, soy beans, and lentils.
- **Starchy vegetables (1/2 cup):** white potatoes, green peas, corn, edamame, lima beans.
- **Other vegetables (1/2 cup):** green beans, cauliflower, cucumbers, onions, green peppers, celery, asparagus, zucchini, iceberg lettuce or extra dark green, red/orange or legumes.

**Calorie Ranges Minimum-Maximum    K-5            Grades 6-8            Grades 9-12**

- **Breakfast (2013/2014)**            350-500            400-550            450-600
- **Lunch**                                    550-650            600-700            750-850

<b>Bread/Grain Ranges (Lunch)</b>	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
	<b>1 oz per day</b>	<b>1 oz per day</b>	<b>2 oz per day</b>
	<b>8-9 per week</b>	<b>8-10 per week</b>	<b>10-12 per week</b>
<b>Meat/Meat Alternate</b>	<b>1 oz per day</b>	<b>1 oz per day</b>	<b>2 oz per day</b>
	<b>8-10 per week</b>	<b>9-10 per week</b>	<b>10-12 per week</b>

**Lunch and Breakfast Requirements for 2014/2015**

<b>Sodium Targets (2014/2015) in mg</b>	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12 (Milk has 107-210 mg)</b>
• <b>Breakfast</b>	540	600	640
• <b>Lunch</b>	1230	1360	1420

**Breakfast Requirement (2014/2015): The student must select at least a ½ cup of fruit/ juice/ vegetable**

**½ cup of fruit increased to 1 cup per day at breakfast**

**2 oz grains/meats/meat alternates or 1 of each changed to 1-2 grains. Meat/meat alternate can be offered if at least 1 ounce of grain is also offered at breakfast.**