



Final Rules

New Federal Meal Requirements



On January 25, 2012 an announcement was made from the United States Department of Agriculture Secretary Tom Vilsak and First Lady Michele Obama regarding the new requirements for meals served to school children enrolled in the National School Lunch and School Breakfast Programs.

The final rules were published in the Federal Register on January 26, 2012

Highlighted Changes from the current school lunch pattern



1) Milk Requirement

- a) Low Fat 1% white only
- b) Fat free, flavored or unflavored

All Grade Levels: 1 Cup Serving Per Day

2) Grain Requirement

- a) All grains offered must be whole grain-rich by 2014
- b) Decreased portions by age group over the course of a week

Grades K-5: 9 Ounces Per Week Per Station

Grades 6-8: 10 Ounces Per Week Per Station

Grades 9-12: 12 Ounces Per Week Per Station

3) Fruits & Vegetables

- a) Students must take a fruit or vegetable to be counted as a completed meal
- b) Increased portion sizes by age group

Grades K-8: 3 $\frac{3}{4}$ cups per week by volume

Grades 9-12: 5 cups per week by volume





Highlighted Changes Continued

4) Vegetable sub-group offerings

(To be offered over the course of a week)

a) Menu's By Color:

- Dark Green
- Red/ Orange
- Beans/ Legumes
- Starchy
- Other

See Attached List

5) Proteins - Meat/Meat alternate

a) Grades K-8 - 2 ounces per day
10 Ounces per week per station

b) Grades 9-12 : 2.4 ounces per day
12 ounces per week per station

Portion sizes must be adjusted by 20% for shortened weeks for each school day off that week



Other Lunch Specifications

1) Minimum – Maximum Calories:

Daily amounts for a 5-day week:

Grades K-5: 550 – 650

Grades 6-8: 600 – 700

Grades 9-12: 750 – 850

2) Saturated Fat (Less than 10% of total weekly calories)

3) Trans Fats

All grade levels: 0 grams per serving

Nutrition label or manufacturer specifications must indicate zero grams of Trans Fats per serving