

MEAL PATTERN REFRESHER



East Rochester CSD

AGENDA

- Meal Pattern & Nutrition Standard Updates
- Food-Based Menu Planning
- Dietary Specifications
- Age/Grade Groups
- School Week Meal Component Adjustment
- Preschool Meal Pattern



Updates to Nutrition Standards

- Meal Modification

- The final rule explains in regulation that state licensed healthcare professionals and Registered Dietitians (RD/RDN) may substitute medical statements

- Clarification on Potable Water Requirements

- Adds the word “plain” to the potable water regulations to clarify this requirement

- Professional Standards: Program Director Hiring Exemption

- Medium or large LEAs may hire an individual without a Bachelor’s or Associate’s degree with at least 10 years of school nutrition program experience at the state agency’s discretion

Updates to Nutrition Standards

- Allows nuts and seeds to credit for the full Meats/Meat Alternates (M/MA) component in all Child Nutrition Programs and Meals
 - Removes the 50% limit for nuts and seeds
- Supporting Traditional Indigenous Foods
 - Allowing the substitution of vegetables for grains in Tribal Communities
- Geographic Preference
 - Allow “locally grown,” “locally raised,” or “locally caught” to be used as a procurement specification

Buy American Provision

- Exception documentation and reporting requirements
- Procurement Procedures
- Definition of “substantially”
- Clarification of requirements for Harvested Farmed and Wild Caught Fish

Gradually Phases in 5% CAP on Non-Domestic Food Purchases:

- Beginning in SY 2025-26- non-domestic food purchases cap will be 10%
- Beginning in SY 2028-29- non-domestic food purchases cap will be 8%
- Beginning in SY 2031-32- non-domestic food purchases cap will be 5%



Added Sugar

Added Sugars

Phase 1- Limit on high-sugar products

Breakfast Cereal: ≤ 6 grams per dry ounce

Phase 2- Implementing overall weekly limits

Yogurt: ≤ 12 grams per 6 ounces (2 grams per ounce)

May implement now
SFAs are not required to implement until:
SY 2025-26

Flavored Milk: ≤ 10 grams per 8 fl ounces

Milk

Continue to allow flavored and unflavored milk

Grain

- The grain requirement will maintain the current regulations
 - 80% of grains offered throughout the week must be whole grain-rich
 - current definition has been added to regulations



Sodium

Beginning July 1, 2027

National School Lunch Program		
Age/Grade Group	Current Sodium Limits	New Sodium Limits (July 1, 2027)
K-5	≤ 1,110mg	≤ 935mg
6-8	≤ 1,225mg	≤ 1,035mg
9-12	≤ 1,280mg	≤ 1,080mg

School Breakfast Program		
Age/Grade Group	Current Sodium Limits	New Sodium Limits (July 1, 2027)
K-5	≤ 540mg	≤ 485mg
6-8	≤ 600mg	≤ 535mg
9-12	≤ 640mg	≤ 570mg

Smart Snacks



- Bean dip is added to the list of foods exempt from the total fat standard in the Smart Snacks in school regulations.
 - Exemption applies to products marketed as hummus, as well as bean dips made from any variety of beans, peas, or lentils
 - Bean dip would continue to be subject to the saturated fat standard, as well as all other Smart Snacks in School requirements
- Clarifies that both whole grain-rich and enriched grain entrée offered as part of a reimbursable school meal may qualify as an “entrée item” when sold as a “smart snack”

Afterschool Snack

- Aligns the National School Lunch Program and Afterschool Snack meal patterns for K-12 children with the CACFP snacks meal patterns
- Must include 2 of 5 meal components



Food-Based Menu Planning



Uses meal patterns, or age/grade groups



Refers to each of the required food groups as a **Component**



Components must be served in specified daily and weekly amounts



Foods offered within the components are called **Food Items**



COMPONENTS

Breakfast



Lunch



Age/Grade Groups

SBP

K-12

OR

K-8 and 9-12

OR

K-5, 6-8 and 9-12

NSLP

K-8 and 9-12

OR

K-5, 6-8 and 9-12

Production Records must **demonstrate compliance** with, and **differentiate between**, all age/grade groups being offered

Overlapping Age/Grade Groups

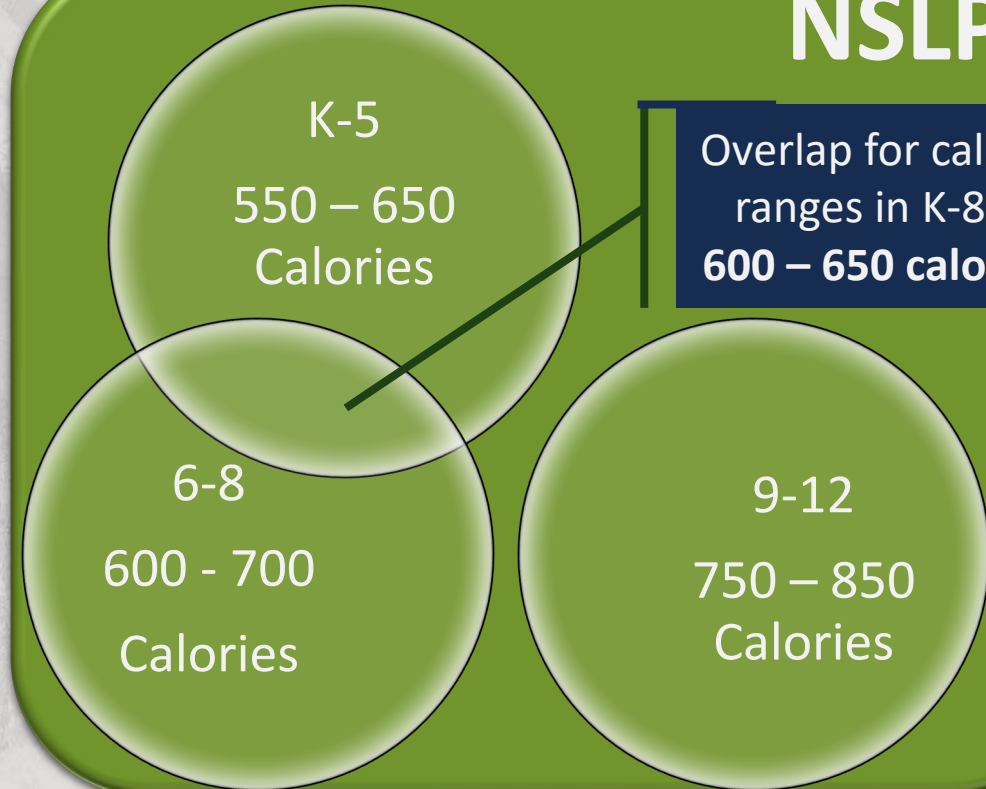
SBP

Overlap
for
calorie
ranges is
**450 – 500
calories**



NSLP

Overlap for calorie
ranges in K-8 is
600 – 650 calories



Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs									
	Breakfast Meal Pattern					Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8	Grades K-12	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8
Meal Pattern	Amount of Food Per Week ^a (Minimum Per Day)								
Fruits (cups) ^{b,c}	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)	2 ½ (½)
Vegetables (cups) ^{b,c}	0	0	0	0	0	¾ (¾)	¾ (¾)	5 (1)	3 ¾ (¾)
Dark green ^d	0	0	0	0	0	½	½	½	½
Red/Orange ^d	0	0	0	0	0	¾	¾	1¼	¾
Beans/Peas (Legumes) ^d	0	0	0	0	0	½	½	½	½
Starchy ^d	0	0	0	0	0	½	½	½	½
Other ^{d,e}	0	0	0	0	0	½	½	¾	½
Additional Veg to Reach Total ^f	0	0	0	0	0	1	1	1½	1
Grains (oz eq) ^g Minimums	7 (1)	8 (1)	9 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (2)	8 (1)
Meats/Meat Alternates (oz eq) Minimums	0 ^h	0 ^h	0 ^h	0 ^h	0 ^h	8 (1)	9 (1)	10 (2)	9 (1)
Fluid milk (cups) ⁱ	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week									
Min-max calories (kcal) ^{j,k}	350-500	400-550	450-600	400-500	450-500	550-650	600-700	750-850	600-650
Saturated fat ^k (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^k	≤ 540	≤ 600	≤ 640	≤ 540	≤ 540	≤ 1110	≤ 1225	≤ 1280	≤ 1110
Trans fat ^k	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.								

^a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^b One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c For breakfast, vegetables may be substituted for fruits. Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetable subgroup. Schools choosing to offer vegetables at breakfast two or more days per school week are required to offer vegetables from at least two different subgroups.

^d Larger amounts of these vegetables may be served.

^e This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^f Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^g All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

^h At Breakfast the grain component is now a combined grain and meat/meat alternate meal component. This removes the requirement for schools to offer 1oz. equivalent of grains each day at breakfast. Schools may offer grains, meat/meat alternates, or a combination of both to meet the SBP meal requirements.

ⁱ Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^j The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^k Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<i>BREAKFAST</i> <i>6-day School</i>	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)	Grades K-12 Weekly (daily)
Fruits (cups)	6 (1)	6 (1)	6 (1)	6 (1)
Grains (oz eq)	8.5 (1)	9.5 (1)	11 (1)	11 (1)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)	6 (1)

<i>LUNCH</i> <i>6-day School</i>	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades K-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	4.5 (0.75)	6 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	1.75	1.75	1.75	2.5
Grains (oz eq)	9.5 (1)	9.5 (1)	9.5 (1)	12 (2)
Meat/Meat Alts (oz eq)	9.5 (1)	11 (1)	11 (1)	12 (2)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)	6 (1)

School Week Meal Component Adjustments

Dietary Specifications

SBP Meal Pattern

	K-5	6-8	K-8	9-12	K-12
Min-max calories (kcal)	(350-500)	(400-550)	(400-500)	(450-600)	(450-500)
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10
Sodium (mg) Target 1	≤540	≤600	≤540	≤640	≤540

NSLP Meal Pattern

	K-5	6-8	K-8	9-12
Min-max calories (kcal)	(550-650)	(600-700)	(600-650)	(750-850)
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10
Sodium (mg) Target 1	≤1110	≤1225	≤1110	≤1280

Breakfast Optional Substitutions & Updates

- **Meat/Meat Alternate**

- Schools may substitute 1 oz. eq. M/MA in place of 1 oz. grain without having to offer the grain first
- M/MA component is not required

- **Substituting Vegetables for Fruits**

- Allows vegetables to be substituted for the fruit component
- Vegetable component is not required
- Beans/Peas (Legumes) subgroup has changed to Beans, Peas, Lentils



Breakfast Requirements

3 Components:

1. Grains/Meat & Meat Alternate
2. Fruits/Vegetables
3. Fluid Milk

Daily & Weekly minimum required portion sizes per age/grade group

Fruit Component-Juice

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Orange Juice 4 fl. oz	Grape Juice 4 fl. oz	Orange Juice 4 fl. oz	Apple Juice 4 fl. oz	Orange Juice 4 fl. oz	20 fl. oz (2 ½ cup)
Sliced Berries ½ cup	Apple Slices ½ cup	Sliced Melon ½ cup	Fresh Oranges ½ cup	Fresh Grapes ½ cup	2 ½ cup
				Total:	5 cups

Crediting Grain Items at Breakfast



Component	Ounce Equivalents	Items
	1.0-1.99*	1 item
	2.0-2.99*	1 or 2 items

Exhibit A

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers³ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (whole wheat or whole grain-rich) Pizza crust Pretzels (soft) Rolls (whole wheat or whole grain-rich) Tortillas (whole wheat or whole corn) Tortilla chips (whole wheat or whole corn) Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> Cookies³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Offer Versus Serve (OVS) Breakfast

- **Optional** for all age/grade groups
- Schools must offer all **3 components** (*Grains/M/MA, Fruit/Vegetable, Milk*) in required minimum amounts
- Offer at least **4 food items** from the **3 components**
- Students must select at least **3 food items**
 - One item must be at least ½ cup fruit or vegetable
 - Selecting M/MA without selecting Grain is allowable

Breakfast Reimbursable meal?

Menu Offered

Grain/Meat (Meat Alternate):

WG toast (1 oz. eq) + 1 oz eq. vanilla yogurt (4 oz.)

Fruit/Vegetable:

4 fl. oz orange juice (1/2 Cup)

½ cup peaches

½ cup pears

Milk:

1 cup: 1% unflavored and fat free flavored milk



Grades K-12

Breakfast Reimbursable meal?

Menu Offered

Grain/Meat (Meat Alternate):

WG toast (1 oz. eq)

1 oz eq. scrambled eggs

Fruit/Vegetable:

4 fl. oz apple juice (1/2 Cup)

½ cup hash browns

Milk:

1 cup: 1% unflavored milk and fat free flavored milk



Grades K-8

Breakfast Reimbursable meal?

Menu Offered

Grain/Meat (Meat Alternate):

WG bagel (2 oz. eq)

1 oz eq. peanut butter (2 TBSP)

Fruit/Vegetable:

4 fl. oz grape juice (1/2 Cup)

½ cup peaches

Milk:

1 cup: 1% unflavored milk and fat free flavored milk



Grades K-8

Lunch Requirements



Hartford CSD

- 5 Components
- 1. Fruits
- 2. Vegetables
 - Dark Green
 - Red/Orange
 - Beans/Peas (Lentils)
 - Starchy
 - Other
- 3. Grains
- 4. Meats/Meat Alternates
- 5. Fluid Milk

<https://foodbuyingguide.fns.usda.gov/>

VEGETABLE SUBGROUPS

The U.S. Department of Agriculture's (USDA) meal patterns for the NSLP and SBP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements

Dark Green Fresh, frozen and canned	Red/Orange Fresh, frozen and canned	Other Fresh, frozen and canned		Starchy Fresh, frozen and canned	Beans, Peas, Lentils Canned, frozen or cooked from dry
<ul style="list-style-type: none"> ▪ Arugula ▪ Beet greens ▪ Bok choy ▪ Broccoli ▪ Broccoli rabe ▪ Broccolini ▪ Butterhead lettuce ▪ (Boston, bibb) ▪ Dark green leafy lettuce ▪ Chicory ▪ Collard greens ▪ Endive ▪ Escarole ▪ Kale ▪ Mesclun ▪ Mustard greens ▪ Spinach ▪ Swiss chard ▪ Red leaf lettuce ▪ Romaine lettuce ▪ Turnip greens ▪ Watercress 	<ul style="list-style-type: none"> ▪ Acorn squash ▪ Butternut squash ▪ Carrots ▪ Chili peppers (red) ▪ Hubbard squash ▪ Orange peppers ▪ Pumpkin ▪ Red peppers ▪ Sweet potatoes/yam ▪ Tomatoes ▪ Tomato juice ▪ Winter squash 	<ul style="list-style-type: none"> ▪ Artichokes ▪ Asparagus ▪ Avocado ▪ Bamboo shoots ▪ Bean sprouts ▪ (alfalfa, mung) ▪ Beets ▪ Brussels sprouts ▪ Cabbage, green and red ▪ Cauliflower ▪ Celeriac ▪ Celery ▪ Chives ▪ Cucumbers ▪ Daikon (oriental radish) ▪ Eggplant ▪ Fennel ▪ Green beans ▪ Garlic ▪ Green peppers ▪ Horseradish ▪ Iceberg lettuce ▪ Jicama 	<ul style="list-style-type: none"> ▪ Kohlrabi ▪ Leeks ▪ Mushrooms ▪ Olives ▪ Okra ▪ Onions ▪ Parsnips ▪ Peas in pod ▪ Peppers (green sweet bell, green chili) ▪ Pickles ▪ Radishes ▪ Rhubarb ▪ Shallots ▪ Snow peas ▪ Spaghetti squash ▪ Tomatillo ▪ Turnips ▪ Wax beans ▪ Yellow beans ▪ Yellow peppers ▪ Yellow summer squash ▪ Zucchini squash 	<ul style="list-style-type: none"> ▪ Black-eyed peas, fresh (not dry) ▪ Corn ▪ Cassava ▪ Cowpeas, fresh ▪ (not dry) ▪ Field peas, fresh ▪ (not dry) ▪ Green banana ▪ Green peas ▪ Lima beans, green ▪ (not dry) ▪ Pigeon peas, fresh ▪ (not dry) ▪ Plantains ▪ Potatoes ▪ Taro ▪ Water chestnuts 	<ul style="list-style-type: none"> ▪ Black beans ▪ Black-eyed peas ▪ (mature, dry) ▪ Cowpeas ▪ Fava beans ▪ Garbanzo beans (chickpeas) ▪ Kidney beans ▪ Lentils ▪ Lima beans, mature ▪ Mung beans ▪ Navy beans ▪ Pink beans ▪ Pinto beans ▪ Soy beans/edamame ▪ Split peas ▪ White beans <p>* does not include green peas, green lima beans and green (string) beans</p>

*All vegetables are credited based on volume except raw leafy greens count as half the volume served and tomato paste and puree are credited based on the volume as if reconstituted (see the USDA's *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

*These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>

Offer vs. Serve

Lunch



Offer vs Serve is required for students in the 9-12 age/grade group

Must offer all 5 components in at least the minimum required amounts

Students must select at least 3 food components

Students must take a minimum of a $\frac{1}{2}$ cup of fruit or vegetable

Lunch Reimbursable meal?

Menu Offered

Grain

WG hamburger bun (2 oz. eq)

Meat/Meat Alternate:

hamburger patty (2 oz. eq)

Fruit

4 fl. oz apple Juice (1/2 Cup)

½ cup peaches

Vegetable:

½ cup green beans

½ cup mashed potatoes

Milk:

1 cup: 1% unflavored milk and fat free flavored milk



Grades 9-12

Reimbursable meal?

Menu Offered

Grain

½ cup brown rice (1 oz eq)

Meat/Meat Alternate:

chicken nuggets (2 oz eq)

Fruit

½ cup orange juice (4 fl oz)

½ cup apple slices

Vegetable:

½ cup corn

½ cup carrot sticks

Milk:

1 Cup: 1% white milk and fat free chocolate milk



Grades K-5

Reimbursable meal?

Menu Offered

Grain

1 WG tortilla (1 oz eq)

Meat/Meat Alternate:

chicken breast (2 oz eq)

Fruit

½ cup apple juice (4 fl oz)

½ cup fresh orange slices

Vegetable:

½ cup broccoli

½ cup cucumber slices

Milk:

1 cup: 1% unflavored and flavored milk



Grades K-8

Fluid Milk Component

1 cup unflavored milk must be offered daily at Breakfast & Lunch

- Must be 1% or fat-free

Must offer a variety of at least 2 types milk

- 1% or fat-free flavored milk may be offered

Final Rule

- No changes to the process to request fluid milk substitutes for non-disability students
- Updates the unit of measurement of vitamins A and D requirements in school meal programs and CACFP
 - International units (IU) to micrograms (mcg)



Daily Alternate Meals

Not required but could increase participation by adding to a variety of choices

Must comply with Meal Pattern Requirements for both breakfast and lunch





Hermon Dekalb CSD

Compliance with Weekly Requirements

1. Ensure the contribution of each component is accounted for in every meal offered
2. Determine the lowest creditable amount offered each day
3. Total the lowest creditable amounts to determine the weekly amount offered
4. Reference Meal Pattern chart to ensure compliance

Example NSLP K-5 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger 2 oz. eq. grain	Chicken Patty on a bun 2 oz. eq. grain	French Toast sticks w/Sausage 2 oz. eq. grain	Chicken Nuggets 1 oz. eq. grain	Pizza Supreme 2 oz. eq. grain
Bagel w/Yogurt 2 oz. eq. grain	Ham & Cheese Sandwich 2 oz. eq. grain	Nachos 2 oz. eq. grain	Turkey & Cheese Wrap 2 oz. eq. grain	Grilled Cheese 2 oz eq grain
Pizza 1.5 oz. eq. grain	Pizza 1.5 oz. eq. grain	Pizza 1.5 oz. eq. grain	Pizza 1.5 oz. eq. grain	Pizza 1.5 oz. eq. grain

Preschool Meal Pattern

- Preschool Meal Pattern MUST be followed unless preschool students are co-mingled with older students:
 - In a same service area and time
 - Ex: Classroom
- Offer vs. Serve is not allowed
- Production Records Required

<https://www.cn.nysed.gov/content/preschool-meal-pattern>

PRESCHOOL MEAL PATTERN

AGES 3-5

	FOOD COMPONENTS	FOOD ITEMS	PORTION SIZE
BREAKFAST All 3 components must be served	Milk ¹	Fat-free or Low-fat (1%)	3/4 cup
	Vegetable/Fruit ²	Vegetable, Fruit or both, or 100% Juice	1/2 cup
	Grains/Bread ^{3,4,5}	Bread, Pasta, Cereal, etc.	1/2 oz. eq.
LUNCH All 5 components must be served	Milk	Fat-free or Low-fat (1%)	3/4 cup
	Vegetables	Vegetable or 100% Juice	1/4 cup
	Fruits ⁶	Fruit or 100% Juice	1/4 cup
	Grains/Bread	Bread, Pasta, Cereal, etc.	1/2 oz. eq.
	Meat/Meat Alternate	Lean Meat, Poultry, or Fish	1 + 1/2 oz.
		Tofu	3 oz.
		Cheese	1 + 1/2 oz.
		Yogurt	6 oz.
		Cottage Cheese	3 oz.
		Cooked Dry Beans, Peas, Lentils	3/8 cup
		Egg	3/4
		Peanut Butter, Soy Butter, Nut/Seed Butter	3 Tbsp.
		Peanuts, Nuts, Seeds	3/4 oz. = 50%
SNACK Select 2 different components of the 5 listed	Milk	Fat-free or Low-fat (1%)	1/2 cup
	Vegetables	Vegetable or 100% Juice	1/2 cup
	Fruits	Fruit or 100% Juice	1/2 cup
	Grains/Bread	Bread, Pasta, Cereal, etc.	1/2 oz. eq.
	Meat/Meat Alternate	Lean Meat, Poultry, or Fish	1/2 oz.
		Peanut Butter, Soy Butter, Nut/Seed Butter	1 Tbsp.
		Peanuts, Nuts, Seeds	1/2 oz.
		Yogurt	2 oz.

¹ Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old.

² No more than one serving of 100% juice may be served per day.

³ At breakfast, meat/meat alternate may be served in place of the entire component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for a snack.

⁴ At least one serving of whole grain rich Grains/Bread must be served and recorded on the menu every day.

⁵ Ounce Equivalents (oz. eq.) are used to determine the quantity of credible grains. For more information, refer to Crediting Foods in CACFP.

⁶ At lunch or supper, one vegetable and one fruit or two different vegetables may be served.



It Takes a Village: Cultivating Community in Farm to School

November 20-22, 2024

The Oncenter Syracuse, NY

- Registration is NOW OPEN!
 - Farmers and producers, food service directors, educators, school administrators, and more
 - The workshops, panel discussions, presentations, and optional field trips are wide-ranging and suitable for stakeholders of all experience levels
 - NYS Trade Floor



Questions?



**Child Nutrition Program
Administration**

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