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TO: Board of Education
FROM: Frank Fiorella, Child Nutrition Director
DATE: May 7, 2012
SUBJ: INFORMATION ITEM

I would like to give an overview of the new meal requirements beginning July 1, 2012. Discussion will focus on the upcoming 2012-2013 school year.

I have enclosed an implementation timeline as well as an explanation of the meal pattern requirements for your review. I will provide clarification both attachments and answer any questions you may have.

Jan. 2012

Implementation Timeline for Final Rule

"Nutrition Standards in the National School Lunch and School Breakfast Programs"

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Meal pattern Requirements and Nutrition Standards

New meal patterns go into effect for lunch in the 2012 – 13 school year; the new meal pattern for breakfast goes into effect in the 2013-14 school year. These changes:

- Ensure students are offered both fruits and vegetables every day of the week;
- Require all grain products to be whole grain rich;
- Allow only fat-free or low-fat milk (flavored milk must be fat-free);
- Limit calories based on the grade of the student; and
- Increase efforts to reduce sodium, saturated fat, and trans fat.

While the new meal pattern is a positive step towards providing more nutritious meals to students, there will be challenges related to cost and implementation, including the following:

- Preliminary projections indicate an increase in food and labor costs by \$ 0.10 for lunch and \$ 0.27 for breakfast by 2015;
- Training for school nutrition personnel will increase significantly;
- Challenges at the Point of Sale/Service resulting in a delay in meal service in all grade levels;
- Storage space (frozen, chilled, dry) for additional fruits and vegetables may be challenging and costly;
- Whole grains may not initially be well-received by many students;
- Plate waste may increase; and
- Various other considerations.

Age/Grade Groups

- K-5
- 6-8
- 9-12

Lunch Meal Pattern for K-5 Minimum amounts to offer daily.

- ½ cup Fruit
- ¾ cup Vegetable
- 1 serving Grain
- 1 oz Meat/Meat Alternate
- 1 cup Milk

Lunch Meal Pattern for 6-8 Minimum amounts to offer daily.

- SAME as K-5

Lunch Meal Pattern for 9-12 Minimum amounts to offer daily.

- 1 cup Fruit
- 1 cup Vegetable
- 2 serving Grain
- 2 oz Meat/Meat Alternate
- 1 cup Milk

Vegetable Subgroups w/ weekly minimum offerings

- Dark Green (e.g., broccoli, collard greens, spinach) ½ cup
- Red Orange (e.g., carrots, sweet potatoes) 1 ¼ cup
- Beans/Peas(Legumes) (e.g., kidney beans, lentils) ½ cup
- Starchy (e.g., corn, green peas, white potatoes) ½ cup
- Other (e.g., onions, green beans, cucumbers) ¾ cup
- Additional vegetable to meet 5 cup weekly total 1 ½ cup

Grains

- Grades K-5: 8-9 servings a week
- Grades 6-8: 8-10 servings a week
- Grades 9-12: 10-12 servings a week

Meats/Meat Alternates – Weekly

- Grades K-5: 8-10 servings a week
- Grades 6-8: 9-10 servings a week
- Grades 9-12: 10-12 servings a week

Minimum and Maximum Calories per Week

- Grades K-5: 550-650
- Grades 6-8: 600-700
- Grades 9-12: 750-850

Sodium

- Reduce
- No set targets until 2014-2015

Performance-based Reimbursement Rate (“Six Cents” Rule) (effective July 1, 2012)

- For districts that implement all of the required meal pattern provisions, an additional \$ 0.06 will be available in Federal reimbursement funds. All schools within a district must qualify, and be certified by the NCDPI as eligible for the additional funds in order for the district to be eligible to receive the funds. Funds will be available in Fall, 2012.