

## NATIONAL SCHOOL LUNCH PROGRAM 2014-2015 SCHOOL YEAR

| <i>Lunch Meal Pattern</i>   | <i>Amount of Food per Week (Minimum per Day)</i>   |                   |                    |                   |
|---|--|-------------------|--------------------|-------------------|
| <b>Menu Component</b>   | <b>Grades K-5</b>  | <b>Grades 6-8</b> | <b>Grades 9-12</b> | <b>Grades K-8</b> |
| <i>Fruit (Cups)</i>   | 2 ½ ( ½ )  | 2 ½ ( ½ )         | 5 (1)              | 2 ½ ( ½ )         |
| <i>Vegetables (Cups)</i>  | 3 ¾ (¾ )   | 3 ¾ (¾ )          | 5 (1)              | 3 ¾ (¾ )          |
| <i>Dark Green</i>   | ½  | ½                 | ½                  | ½                 |
| <i>Red/Orange</i>   | ¾  | ¾                 | 1 ¼                | ¾                 |
| <i>Beans/Peas ( Legumes)</i>  | ½  | ½                 | ½                  | ½                 |
| <i>Starchy</i>  | ½  | ½                 | ½                  | ½                 |
| <i>Other Vegetable</i>  | ½  | ½                 | ¾                  | ½                 |
| <i>Additional Vegetables To Reach Total</i>                                     | 1  | 1                 | 1 ½                | 1                 |
| <i>Grains (Oz. Eq)*</i>   | 8 (1)  | 8 (1)             | 10 (2)             | 8 (1)             |
| <i>Meat/Meat Alternate (Oz.)</i>  | 8 (1)  | 9 (1)             | 10 (2)             | 9 (1)             |
| <i>Fluid Milk (Cups)**</i>  | 5 (1)  | 5 (1)             | 5 (1)              | 5 (1)             |
| <b>OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK</b> |  |                   |                    |                   |
| <b><i>Min-Max Calories</i></b>  | 550-650  | 600-700           | 750-850            | 600-650           |
| <b><i>Saturated Fat (% of Total Calories)</i></b>                               | <10%   |                   |                    |                   |
| <b><i>Sodium (mg; 2015 Targets)</i></b>   | ≤1230  | ≤1360             | ≤1420              | ≤1230             |
| <b><i>Trans Fat</i></b>   | Nutrition Label Or Manufacturer Specifications Must Indicate Zero Grams Of Trans Fat Per Serving |                   |                    |                   |

\*Note – All Grains Must Be Whole Grain Rich

\*\*Fluid Milk Must Be Offered In A Variety of Low-Fat (1%, Unflavored) and/or Fat-Free (Flavored or Unflavored)

## The Vegetable Subgroups

Any vegetable or 100% vegetable juice counts as a component of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.

**Goal – Make half your plate fruits and vegetables.**

| Dark Green  | Red and Orange  | Beans and Peas   | Starchy  | Other   |
|---|---|--|--|---|
| Bok choy<br>Broccoli<br>Collard greens<br>Dark green leafy lettuce<br>such as Romaine<br>Kale<br>Mesclun<br>Mustard greens<br>Romaine lettuce<br>Spinach<br>Turnip greens<br>Watercress | Acorn squash<br>Butternut squash<br>Carrots<br>Hubbard squash<br>Pumpkin<br>Red peppers<br>Sweet potatoes<br>Tomatoes<br>Tomato Juice | Black beans<br>Black-eyed peas<br>(mature, dry)<br>Garbanzo beans<br>(chickpeas)<br>Kidney beans<br>Lentils<br>Navy beans<br>Pinto beans<br>Soy beans<br>Split peas<br>White beans | Cassava<br>Corn<br>Fresh cowpeas, field<br>peas, or black-eyed peas<br>(not dry)<br>Edamame Beans<br>Green bananas<br>Green peas<br>Green lima beans<br>Plantains<br>Potatoes<br>Taro<br>Water chestnuts | Artichokes<br>Asparagus<br>Avocado<br>Bean sprouts<br>Beets<br>Brussels sprouts<br>Cabbage<br>Cauliflower<br>Celery<br>Cucumbers<br>Eggplant<br>Green beans<br>Green peppers<br>Iceberg (head) lettuce<br>Jicama<br>Mushrooms<br>Okra<br>Onions<br>Parsnips<br>Turnips<br>Wax beans<br>Yellow Squash, crookneck<br>Zucchini |

## SCHOOL BREAKFAST PROGRAM 2014-2015

| <b>Breakfast Meal Pattern</b>   | <b>Amount of Food per Week (Minimum per Day)</b>   |                   |                    |                    |
|---|--|-------------------|--------------------|--------------------|
|   | <b>Grades K-5</b>  | <b>Grades 6-8</b> | <b>Grades 9-12</b> | <b>Grades K-12</b> |
| <i>Fruit (Cups)<sup>1</sup></i>   | 5 ( 1 )  | 5 ( 1 )           | 5 ( 1 )            | 5 ( 1 )            |
| <i>Vegetables (Cups)</i>  | 0  | 0                 | 0                  | 0                  |
| <i>Grains (Oz. Eq.)<sup>2*</sup></i>  | 7 (1)  | 8 (1)             | 9 (1)              | 9 (1)              |
| <i>Meat/Meat Alternate<sup>3</sup></i>  | 0  | 0                 | 0                  | 0                  |
| <i>Fluid Milk (Cups) **</i>   | 5 (1)  | 5 (1)             | 5 (1)              | 5 (1)              |
| <b>OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK</b> |  |                   |                    |                    |
| <b>Min-Max Calories</b>   | 350-500  | 400-550           | 450-600            | 450-500            |
| <b>Saturated Fat (% of Total Calories)<sup>4</sup></b>                          | <10%   | <10%              | <10%               | <10%               |
| <b>Sodium (mg; 2015 Targets)</b>  | ≤540   | ≤600              | ≤640               | ≤540               |
| <b>Trans Fat<sup>5</sup></b>  | Nutrition Label or Manufacturer Specifications Must Indicate Zero Grams of Fat Per Serving |                   |                    |                    |

**\*All Grains Must Be Whole Grain Rich**

**\*\*Fluid Milk Must Be Offered In A Variety of Low-Fat (1%, Unflavored) and/or Fat-Free (Flavored or Unflavored)**

<sup>1</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. All juice must be 100% full-strength. Vegetables from the Dark Green, Red/Orange, Beans/Peas/Legumes or Other subgroup may be offered in place of fruit. Starchy vegetables may be offered after 2 cups of vegetables referenced above are met.

<sup>2</sup> All grains must be whole grain-rich in both the NSLP and the SBP.

<sup>3</sup> There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>4</sup> In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

<sup>5</sup> In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

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Food Buying Guide for Child Nutrition Programs  
Section 4  
Milk

**Section 4 – Milk**

| 1.<br>Food As<br>Purchased, AP                                      | 2.<br>Purchase<br>Unit | 3.<br>Servings<br>Per<br>Purchase<br>Unit, EP | 4.<br>Serving Size per<br>Meal Contribution | 5.<br>Purchase<br>Units for<br>100<br>Servings | 6.<br>Additional<br>Information |
|---|------------------------|---|---|--|---------------------------------|
| <b>MILK FLUID</b>   |                        |   |   |  |                                 |
| Milk, fluid   | Gallon                 | 16.00   | 1/2 pint milk<br>(1 cup milk)               | 6.3  |                                 |
| <i>Skim or Nonfat milk<br/>(unflavored/flavored),</i>               | Gallon                 | 21.30   | 3/4 cup milk                                | 4.7  |                                 |
| <i>Low-fat milk<br/>(unflavored),</i>                               | Gallon                 | 32.00   | 1/2 cup milk                                | 3.2  |                                 |
| <i>Low-fat lactose-free<br/>milk (unflavored),</i>                  | Quart                  | 4.00  | 1/2 pint milk<br>(1 cup milk)               | 25.0   |                                 |
| <i>Low-fat reduced-<br/>lactose milk<br/>(unflavored),</i>          | Quart                  | 5.30  | 3/4 cup milk                                | 18.9   |                                 |
| <i>Fat-free lactose-free<br/>(unflavored/flavored),</i>             | Quart                  | 8.00  | 1/2 cup milk                                | 12.5   |                                 |
| <i>Fat-free reduced-<br/>lactose milk<br/>(unflavored/flavored)</i> | 1/2 pint<br>(8 fl oz)  | 1.00  | 1/2 pint milk                               | 100.0  |                                 |
|   | 3/4 cup<br>(6 fl oz)   | 1.00  | 3/4 cup milk                                | 100.0  |                                 |
|   | 1/2 cup<br>(4 fl oz)   | 1.00  | 1/2 cup milk                                | 100.0  |                                 |

# ACTION STEPS - Beverage Restrictions

| Grades                                    | Time period              | Beverages allowed |  |   |   |
|---|--------------------------|-------------------|--|---|---|
| Schools composed primarily of grades 9-12 | Before January 1, 2014   | Water             | 16 ounces or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 ounces | 12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces | 12 ounces or less of any beverage that contains no more than 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring. |
|   | Starting January 1, 2014 | Water             | Same as above, except that the milk may contain no more than 150 calories per 8 ounces                                       | Same as above   | Same as above   |