

Major Changes of the Healthy Hunger Free Kids Act

Lunch Components (5)

Meal Pattern Amount of Food per week (Minimum per Day)

	<u>Grade K-5</u>	<u>Grades 6-8</u>	<u>Grades 9-12</u>
<u>Fruits (cups)</u>	2.5 (1/2 cup)	2.5 (1/2 cup)	5 (1 cup)
<u>Vegetables (cups)*</u>	3.75 (3/4 cup)	3.75 (3/4 cup)	5 (1 cup)
<u>Dark Green</u>	½ cup	½ cup	½ cup
<u>Red/Orange</u>	¾ cup	¾ cup	1 ¼ cup
<u>Beans/Peas (Legumes)</u>	½ cup	½ cup	½ cup
<u>Starchy</u>	½ cup	½ cup	½ cup
<u>Other</u>	½ cup	½ cup	¾ cup
<u>Additional Vegetable</u>	1 cup	1 cup	1 ½ cup to reach total
<u>Grains</u>	8-9 oz. (1 oz.)	8-10 oz. (1 oz.)	10-12 oz. (2 oz.)
<u>Meat/Meat Alt.</u>	8-10 oz. (1 oz.)	9-10 oz (1 oz.)	10-12 oz. (2 oz.), oz eq.
<u>Fluid Milk (cups)</u>	5 (1 cup)	5 (1 cup)	5 (1 cup)

*See Vegetable Subgroup list attached.

AGE/GRADE GROUPS & CALORIE RANGES

Breakfast	Grades K-5	Grades 6-8	Grades 9-12
Current	483	588	634
Revised	350 – 500	400 – 550	450 – 600

Lunch	Grades K-5	Grades 6-8	Grades 9-12
Current	644	783	846
Revised	550 – 650	600 – 700	750 – 850

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New Age Grade Groups for NSLP (National School Lunch Program)

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

Grains

For school year 2012-2013 50% of the grains must be whole grain rich
For school year 2014-2015 100% of the grains must be whole grain rich

Vegetables

Offer vegetable subgroups weekly, see attached list.

Fruit

No more than half of fruit offerings may be in the form of 100% juice

Milk

Offer only fat free (unflavored and flavored) and low fat milk (unflavored)

Calorie Ranges

Minimum and maximum calorie ranges for each age/grade group

Saturated Fat

Limit to less than 10% of total calories

Trans fat Restriction

Nutrition label or manufacturer's specifications specify zero grams per serving

Maximum Limits on Sodium (reduced by 53%)

Sodium target dates
Target 1: SY 2014-2015
Target 2: SY 2017-2018
Final Target SY 2022-2023

Ways to decrease sodium in your schools

- Remove salt shakers from the serving lines
- Do not cook using salt- find alternative spice and herbs
- Do not serve processed foods- more scratch cooking
- Use low sodium vegetables, cheese and condiments

Offer vs. Serve

- A reimbursable **breakfast** consists of 3 of the 4 components offered and the student must select a fruit or vegetable **(must select at least 1/2cup serving)** for the meal to be considered reimbursable **beginning with the 2013-2014 SY**
- A reimbursable **lunch** consists of 3 of the 5 components offered and the student must select a fruit or vegetable **(must select at least 1/2cup serving)** for the meal to be considered reimbursable **beginning with the 2012-2013 SY**

Compliance based on one-week review of menus every three years during
Coordinated Review Effort (CRE) / School Meals Initiative (SMI)



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VEGETABLE SUBGROUPS LIST AND MENU TIPS

Use the following list of vegetables to include on your menus daily, we must menu each subgroup weekly!

*Dark Green Vegetables: bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mescaline, mustard greens, romaine lettuce, spinach, turnip greens, watercress, endive, escarole

*Starchy Vegetables: cassava, corn (yellow or white), fresh cowpeas, field peas or black eyed peas (not dry), green bananas, green peas, green lima beans, plantains, potatoes, taro, water chestnuts

*Red & Orange Vegetables: acorn squash, butternut squash, carrots, Hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes, and tomato juice

*Beans & Peas: black beans, black eyed peas (mature and dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, white beans,

*Other: artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg (head) lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, summer squash or zucchini

IDEAS TO PROMOTE VEGETABLES:

Use a Fruit and Vegetable Bar: Utilize Recipes of the Month- offers a variety of vegetables to meet the subgroups.

Offer as your daily Vegetable choices:

*Carrots- to meet the Red/Orange Subgroup

*Broccoli or Mixed Greens Salad-To meet the Dark Green Subgroup

*Mixed Bean Salad-To meet the Beans & Peas Subgroup

Menu Refried Beans with Taco Days

Menu Baked Beans with Hot Dogs, Burgers or Picnic Days

*Visit www.choosemyplate.org for more ideas!