


















Healthy, Hunger-Free Kids Act of 2010
Proposed New Meal Pattern—Effective 2012-2013 School Year

- Minimum/Maximum calorie levels
 - Previously had minimum only
 - Proposed minimum calorie levels are lower than current minimum standards
 - Some maximum calorie levels are lower than existing minimum calorie standards
- Only unflavored 1% milk and fat-free flavored or unflavored milk
- The amount of Meat/Meat Alternate for grades 4-8 is less than current requirement
- **Breakfast Meal pattern**
 - 1 cup fruit (no more than half of fruit offerings may be 100% juice)
 - 1-2 oz meat/meat alternate
 - 1-2 serving grains
 - Milk
- **Lunch- Vegetables-daily**
 - ¾ cup vegetables (k-8)
 - 1 cup vegetables (9-12)
 - Larger amounts of non-starchy vegetables may be offered
 - 1 cup of leafy vegetables – ½ cup vegetables
 - Over the course of a week
 - 1 cup maximum of starchy vegetables (white potatoes, corn, green peas)
 - ½ cup dark green vegetables (broccoli, collard greens, spinach)
 - ½ cup orange vegetables (carrots, sweet potatoes, winter squash)
 - ½ cup legumes (kidney beans, lentils, chickpeas)
 - 1-1/4 to 2-1/2 cups other vegetables (tomatoes, onions, green beans)
- **Lunch –Fruit-daily**
 - 1/2 cup (k-8)
 - 1 cup (9-12)
 - No more than half of fruit offerings may be 100% juice
 - ¼ cup dried fruit = ½ cup fruit
- ½ of all grains served must be whole grain the first year; and by 2nd year all of the grains must be whole grain
- Zero Trans Fat per serving
- Reduce Sodium over 10 years by 50%
- Must use Food-based menu planning approach; all components in meal patterns must be offered daily
- Must use following age/grade groups: k-5; 6-8; and 9-12
- New Offer versus Serve -Students will be required to take a vegetable or fruit with meal, and would be able to decline 2 food items at lunch, and 1 food item at breakfast





Other parts of the New Act Effective 2011-2012

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- Free Potable drinking water available where meals are served
 - Schools are required to charge full paid students a price equal to the federal reimbursement for free meals minus the reimbursement for Paid Meals (2.46 for lunch and 1.50 for breakfast)
 - Helps communities establish local farm to school networks
 - Gives USDA authority to set nutritional standards for all foods sold regularly in schools, during the school day , including vending machines, a la carte lines and school stores
 - Improve nutritional quality of commodity foods
 - Sets basic standards for school Wellness policies
 - Allows more universal access for eligible students in high poverty communities
 - Requires school districts to be audited every 3 years instead of every 5 years with fiscal penalties for not meeting new meal patterns requirements
 - Requires schools to make information more readily available to parents about nutritional quality of meals
- 
- 
- 
- 
- 
- 

90-day comment period: 1/13/11 to 4/13/11
Document ID: FNS-2007-0038-0001
Docket ID: FNS-2007-0038
Go to... www.regulations.gov

Summary compliments of:
Ruth Rose
Director of Food & Nutrition Services
North St. Francis School District
Bonne Terre, MO

Handout provided by:
Susan Kidwell RD, LD
School Specialist
susank@kohlwholesale.com

