



The Five W's of the New Nutrition Standards

What? On July 1, 2012, new federal nutrition standards took effect and meals served through the National School Lunch Program and School Breakfast Program must now meet these science-based requirements. The Texas Department of Agriculture provides training and technical assistance to support school nutrition professionals so the meals they serve can meet these new federal mandates.

Who? More than 3 million Texas children eat meals through the National School Lunch Program every day. They may see new foods and serving sizes offered in the cafeteria, as the lunches are aligned with the 2010 Dietary Guidelines for Americans and recommendations from the Institute of Medicine.

When? The new nutrition standards took effect July 1, 2012. Most of the National School Lunch Program changes are in effect for the 2012-13 school year. Most of the School Breakfast Program changes occur beginning in the 2013-14 school year. For both programs, beginning in the 2014-15 school year, all grains must be whole grain-rich, and initial sodium targets will take effect. All sodium targets must be reached by the 2022-23 school year.

Why? In 2010, Congress passed the Healthy, Hunger-Free Kids Act, requiring school meals to meet new nutrition standards. The U.S. Department of Agriculture wrote the rule outlining the necessary requirements, and the regulations went into effect in 2012.

Where? The new standards will be implemented nationwide at schools that participate in the National School Lunch Program and School Breakfast Program.

Visit www.SquareMeals.org for more information.

TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES K-5

BREAKFAST	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	No required changes from school year 2011-2012	No required changes from school year 2011-2012	5 cups per week - min. 1 cup per day
GRAINS	No required changes	7 to 10 servings per week - min. 1 oz. eq. per day. Half of grains served must be whole grain-rich	7 to 10 servings per week - min. 1 oz. eq. per day. All of grains served must be whole grain-rich
MILK	Must be non-fat or low-fat (1%) unflavored or non-fat flavored milk. 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	No required changes	0 grams per serving	
CALORIE RANGE	No required changes	350-500	
SODIUM TARGET	No required changes		Less than or equal to 540mg

LUNCH	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	2 1/2 cups per week - min. 1/2 cup per day		
VEGETABLES	3 3/4 cups per week - min. 3/4 cup per day		
DARK GREEN	1/2 cup per week		
RED / ORANGE	3/4 cup per week		
BEANS / PEAS (LEGUMES)	1/2 cup per week		
STARCHY	1/2 cup per week		
OTHER	1/2 cup per week		
ADDITIONAL VEGETABLES TO REACH TOTAL	1 cup per week		
GRAINS	8 to 9 servings per week - min. 1 oz eq. per day Half of grains served must be whole grain-rich	8 to 9 servings per week - min. 1 oz eq. per day. All of grains served must be whole grain-rich	
MEAT (OR ALTERNATE)	8 to 10 servings per week - min. 1 oz. eq. per day		
MILK	Non-fat or low-fat (1%) unflavored or non-fat flavored milk 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	0 grams per serving		
CALORIE RANGE	550-650		
SODIUM TARGET	No required changes	Less than or equal to 1230mg	

TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES K-5

School meals are changing to meet the new nutrition standards in the National School Lunch and School Breakfast Programs. The chart on this sheet offers a handy reference to these changes and includes serving sizes for each food group as well as the calorie ranges and sodium targets school nutrition professionals will serve students in grades K-5. The changes will be made over several years and the chart shows the school year during which each change will take effect. The calorie ranges reflect the developmental needs for this age/grade group.

Most of the changes will occur during a three-year period beginning with school year 2012-2013. Schools will have an additional 8 years to meet the sodium targets beyond school year 2014-2015.

This schedule is for general reference only and should be used in conjunction with materials from USDA and the Texas Department of Agriculture. For complete information and current materials, visit www.teamnutrition.usda.gov or www.SquareMeals.org.

FOOD-BASED MENU PLANNING APPROACH

School Year 2012-2013	Lunch
School Year 2013-2014	Breakfast & Lunch

MONITORING

Breakfast & Lunch	A three year administrative review cycle for breakfast and lunch begins in school year 2013-2014, that will include a weighted nutrient analysis.
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OFFER VS. SERVE

Breakfast	Beginning with school year 2014-2015, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).
Lunch	Beginning with school year 2012-2013, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).

K-5 SODIUM TARGETS BEYOND SCHOOL YEAR 2014-2015

	SCHOOL YEAR 2017-2018	SCHOOL YEAR 2022-2023
Breakfast	Less than or equal to 485mg	Less than or equal to 430mg
Lunch	Less than or equal to 935mg	Less than or equal to 640mg

The National School Lunch Program and School Breakfast Program are funded by the U.S. Department of Agriculture, Food and Nutrition Service. The Texas Department of Agriculture is an equal opportunity provider. Published August 2012



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES 6–8

BREAKFAST	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	No required changes from school year 2011-2012	No required changes from school year 2011-2012	5 cups per week - min. 1 cup per day
GRAINS	No required changes	8 to 10 servings per week - min. 1 oz. eq. per day. Half of grains served must be whole grain-rich	8 to 10 servings per week - min. 1 oz. eq. per day. All of grains served must be whole grain-rich
MILK	Must be non-fat or low-fat (1%) unflavored or non-fat flavored milk. 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	No required changes	0 grams per serving	
CALORIE RANGE	No required changes	400-550	
SODIUM TARGET	No required changes		Less than or equal to 600mg

LUNCH	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	2 1/2 cups per week - min. 1/2 cup per day		
VEGETABLES	3 3/4 cups per week - min. 3/4 cup per day		
DARK GREEN	1/2 cup per week		
RED / ORANGE	3/4 cup per week		
BEANS / PEAS (LEGUMES)	1/2 cup per week		
STARCHY	1/2 cup per week		
OTHER	1/2 cup per week		
ADDITIONAL VEGETABLES TO REACH TOTAL	1 cup per week		
GRAINS	8 to 10 servings per week - min. 1 oz eq. per day Half of grains served must be whole grain-rich	8 to 10 servings per week - min. 1 oz. eq. per day. All of grains served must be whole grain-rich	
MEAT (OR ALTERNATE)	9 to 10 servings per week - min. 1 oz. eq. per day		
MILK	Non-fat or low-fat (1%) unflavored or non-fat flavored milk 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	0 grams per serving		
CALORIE RANGE	600-700		
SODIUM TARGET	No required changes	Less than or equal to 1360mg	

TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES 6–8

School meals are changing to meet the new nutrition standards in the National School Lunch and School Breakfast Programs. The chart on the other side of this sheet offers a handy reference to these changes and includes serving sizes for each food group as well as the calorie ranges school nutrition professionals will serve students in grades 6-8. The changes will be made over several years and the chart shows the school year during which each change will take effect. The calorie ranges reflect the developmental needs for this age/grade group. Children go through many changes as they grow, which makes the nutritional needs of a fifth grader very different from an eighth grader. Because these children are starting to make more of their own decisions, it's a good time to encourage them to choose healthy foods.

Most of the changes will occur during a three-year period beginning with school year 2012-2013. Schools will have an additional 8 years to meet the sodium targets beyond school year 2014-2015.

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FOOD-BASED MENU PLANNING APPROACH

School Year 2012-2013	Lunch
School Year 2013-2014	Breakfast & Lunch

MONITORING

Breakfast & Lunch	A three year administrative review cycle for breakfast and lunch begins in school year 2013-2014, that will include a weighted nutrient analysis.
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OFFER VS. SERVE

Breakfast	Beginning with school year 2014–2015, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).
Lunch	Beginning with school year 2012–2013, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).

6–8 SODIUM TARGETS BEYOND SCHOOL YEAR 2014-2015

	SCHOOL YEAR 2017-2018	SCHOOL YEAR 2022-2023
Breakfast	Less than or equal to 535mg	Less than or equal to 470mg
Lunch	Less than or equal to 1035mg	Less than or equal to 710mg

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TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES 9–12

BREAKFAST	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	No required changes from school year 2011-2012	No required changes from school year 2011-2012	5 cups per week - min. 1 cup per day
GRAINS	No required changes	9 to 10 servings per week - min. 1 oz. eq. per day. Half of grains served must be whole grain-rich	9 to 10 servings per week - min. 1 oz. eq. per day. All of grains served must be whole grain-rich
MILK	Must be non-fat or low-fat (1%) unflavored or non-fat flavored milk. 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	No required changes	0 grams per serving	
CALORIE RANGE	No required changes	450-600	
SODIUM TARGET	No required changes		Less than or equal to 640mg

LUNCH	SCHOOL YEAR 2012-2013	SCHOOL YEAR 2013-2014	SCHOOL YEAR 2014-2015
FRUITS	5 cups per week - min. 1 cup per day		
VEGETABLES	5 cups per week - min. 1 cup per day		
DARK GREEN	1/2 cup per week		
RED / ORANGE	1 1/4 cup per week		
BEANS / PEAS (LEGUMES)	1/2 cup per week		
STARCHY	1/2 cup per week		
OTHER	3/4 cup per week		
ADDITIONAL VEGETABLES TO REACH TOTAL	1 1/2 cup per week		
GRAINS	10 to 12 servings per week - min. 2 oz eq. per day Half of grains served must be whole grain-rich	10 to 12 servings per week - min. 2 oz eq. per day. All of grains served must be whole grain-rich	
MEAT (OR ALTERNATE)	10 to 12 servings per week - min. 2 oz. eq. per day		
MILK	Non-fat or low-fat (1%) unflavored or non-fat flavored milk 5 servings per week - min. 8 fl. oz. per day		
SATURATED FAT	Less than 10 percent of total calories over the school week		
TRANS FAT	0 grams per serving		
CALORIE RANGE	750-850		
SODIUM TARGET	No required changes	Less than or equal to 1420mg	

TIMELINE & PORTION AMOUNTS

New Nutrition Standards for National School Lunch and School Breakfast Programs

GRADES 9–12

School meals are changing to meet the new nutrition standards in the National School Lunch and School Breakfast Programs. The chart on the other side of this sheet offers a handy reference to these changes and includes serving sizes for each food group as well as the calorie ranges school nutrition professionals will serve students in grades 9-12. The changes will be made over several years and the chart shows the school year during which each change will take effect. The calorie ranges reflect the developmental needs for this age/grade group. The portion sizes for these students are larger and the calorie limits are higher. School nutrition professionals can offer more fruits and vegetables to meet the higher calorie ranges. High school students are more savvy and may want foods similar to what they'd find at a restaurant. It's important to focus on adult-type offerings. Student involvement through tastings and surveys is critical.

Most of the changes will occur during a three-year period beginning with school year 2012-2013. Schools will have an additional 8 years to meet the sodium targets beyond school year 2014-2015.

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FOOD-BASED MENU PLANNING APPROACH

School Year 2012-2013	Lunch
School Year 2013-2014	Breakfast & Lunch

MONITORING

Breakfast & Lunch	A three year administrative review cycle for breakfast and lunch begins in school year 2013-2014, that will include a weighted nutrient analysis.
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OFFER VS. SERVE

Breakfast	Beginning with school year 2014–2015, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).
Lunch	Beginning with school year 2012–2013, reimbursable meals must contain a fruit or vegetable (1/2 cup min.).

9–12 SODIUM TARGETS BEYOND SCHOOL YEAR 2014-2015

	SCHOOL YEAR 2017-2018	SCHOOL YEAR 2022-2023
Breakfast	Less than or equal to 570mg	Less than or equal to 500mg
Lunch	Less than or equal to 1080mg	Less than or equal to 740mg

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