

Comparison of Current and New Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Jan. 2012

National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ - 1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetables under OVS
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-8: 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12: 2 oz eq. min daily (10-12 oz weekly)
Grains	8 servins per week (minimum of 1 server per day)	Daily minimum and weekly ranges: Grades K-8: 1 oz eq. min daily (8-9 oz weekly) Grades 9-12: 2 oz eq. min daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)