

## Information *Food Service Managers* Need to Know for SY 2012-13

### New School Meal Patterns and Nutrition Standards to Enhance Student Academics and Health

Starting in school year 2012-13, schools participating in the USDA's School Meal Programs are required to meet new nutrition standards for breakfast and lunch meal patterns. This change is driven by the 2010 Healthy, Hunger-Free Kids Act (Public Law 111-296) which was signed into law by President Obama and is part of the First Lady's *Let's Move! Campaign* to improve the health of our nation. The standards will be implemented gradually, over a multiple year period, giving school district staff and students time to adjust to the changes. The new meal patterns;

- Includes more fruits , vegetables, and whole grains.
- Contains less fat and sodium.
- Meets specific calorie ranges for children in grades K-5; 6-8; and 9-12.

### What Food Service Managers Need to Know About the New Meal Patterns and Nutrition Standards

1. Food Based Lunch Meal Pattern Required: A food-based lunch meal pattern must be followed by all programs in School Year (SY) 2012-2103. The new breakfast pattern **is not required** until School Year 2013-2014.
2. Meal Pattern is Made up of Five Food Components: Milk; Meat/ Meat Alternates; Grains; Fruit; and Vegetables. Therefore, fruit and vegetables make up two separate components. Each of the five food components must be offered in specific portion sizes (see number 5).
3. Vegetable Subgroups Requirement: Dark green, red/orange, beans/peas (legumes), starchy, and other.
4. Grain Component Changes: At least half of the grains served per week must be from whole grain sources. Two grain-based desserts are allowed at lunch; no formulated grain-fruit products are allowed at breakfast. (super donuts or rolls). Energy/cereal/granola bars are permissible.
5. Specific Portion Sizes: Meals must meet grade specific portion sizes for grades K-5; 6-8; and 9-12, This is to ensure the **minimum and maximum levels** of calories and nutrients are met. There is a **daily and weekly requirement** for meat/meat alternates, grains, fruits, and vegetable components.
6. Nutrients to Decrease: Saturated fat, trans fat and sodium levels are set, but sodium target is not required until SY 2014-15. The total fat level in no longer monitored.
7. Offer Versus Serve is required for high school students; optional for below high-school levels: Students may refuse two of the five components served at lunch (one of four at breakfast) but the reimbursable meal must include at least a fruit **or** vegetable with minimum serving size = 1/2 cup.
8. Purchasing, Meal Pricing and Meal Costs Considerations: As you are preparing bids, menus, and meal prices for the SY 2012-13, please keep in mind these new menu regulations. The USDA is committed to enhancing the *USDA Foods items* to support the new meal patterns.
9. Meal Schedules and Service: As more schools offer a wider variety of menu choices and salad or fruit/vegetable bars to students, it is important to ensure the meal schedule allows adequate time for children to eat and *enjoy* their meals. Montana Team Nutrition has developed a *Comfortable Cafeteria* resource guide to assist schools with ensuring a pleasant mealtime experience for children (page 2).
10. Cash Assistance from USDA for Meeting New Standards: The USDA is offering performance-based cash assistance to School Food Authorities that become certified compliant with the meal pattern and nutrition standards. Cash assistance equals an additional six cents per lunch, available beginning October 1, 2012. Information on this certification process will be available this summer.



## Training Opportunities and Resources

The Office of Public Instruction School Nutrition Programs is committed to assisting schools in meeting these new USDA requirements through on-going training and technical assistance. In collaboration with statewide partners, like Montana School Nutrition Association and Montana Action for Healthy Kids, we are developing a comprehensive training plan to be delivered through statewide, regional, or local workshops.

*Plan on attending the 2012 Montana School Nutrition Association Conference occurring in Great Falls at the Heritage Inn in Great Falls, Montana from June 19-21st, 2012*

Registration information can be found at the following website:

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/index.html#gpm1\\_2](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_2)

Individualized school district level professional development opportunities will also be available. While we are confident that many Montana schools are close to or already meeting these new standards, we are ready to help you meet them. We encourage you to check out the many resources available on the following Web sites or please feel free to contact us for additional information. Thank you in advance for your cooperation.

USDA Nutrition Standard for School Meals. Check out the meal patterns, timeline, question and answers, policy memo and final rule at this site:

<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

Office of Public Instruction, School Nutrition Programs Web Site:

[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/)

Comfortable Cafeterias Resource to Ensure Pleasant and Positive Mealtimes:

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/MTTeam.html#p7GPc1\\_7](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html#p7GPc1_7)

Montana Team Nutrition Program for a variety of foodservice training resources:

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/MTTeam.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html)

School Nutrition Programs

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