

## NEW MEAL PATTERN FOR NATIONAL SCHOOL LUNCH AND BREAKFAST

The Richard B. Russell National School Lunch Act (NSLA) in Section 9(a) (4), 42 USC 1758(a)(4), requires that school meals reflect the latest Dietary Guidelines for Americans (Dietary Guidelines). In addition, section 201 of the Healthy, Hunger-Free Kids Act of 2010 (Pub. L. 111-296, HRFKA) amended Section 4(b) of the NSLA, 42 USC 1753(b), to require the

U.S. Department of Agriculture (USDA) to issue regulations to update the meal patterns and nutrition standards for school lunches and breakfasts based on the recommendations issued by the Food and Nutrition Board of the National Research Council of the National Academies of Science, part of the Institute of Medicine (IOM).

Nutrition standards are the foundation of federal school nutrition programs and have recently been updated to reflect the current Dietary Guidelines for Americans. The standards were established for menu planning by studying the nutritional needs of groups of children at different ages. Nutrition standards consist of the required food components, levels of calories, and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch over the course of one week. Nutrition standards reflected in the new meal pattern require School Food Authorities (SFAs) to: increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat, and trans fat in meals; and meet the nutrition needs of school children within their calorie requirements.

The New Meal Pattern for Johnson County Schools can be first recognized on the menu. We have a menu for grades Head Start/Pre K, K-8, and menus for grades 9-12. Students that choose a school lunch will need to take 3 of the 5 food components and at least ½ cup of a vegetable or ½ cup fruit. Students may take all 5 meal components. Meal components are meat, grain, fruit, vegetables, milk. Students must be given a variety of vegetables from different colors during the week. One-half of the grains are whole wheat. Grains/breads must be a minimum and maximum for the week, k-8 –are 8 to 9 grains and 9-12 are 10-12 grains per week. The milk is 1% low-fat white and skim chocolate milk.

PLEASE DON'T 4 FORGET! TAKE AT LEAST ONE FRUIT OR VEGGIE AND AT LEAST THREE ITEMS TOTAL FOR A COMPLETE LUNCH.

Please visit <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm> for the most up-to-date information.