

# Final Rule to Update School Lunches and Breakfasts

Grain/Bread Component Requirements



•Thank you for viewing this webcast. The focus of this webcast is the Grain/Bread Component Requirements for the new meal pattern.

# Grains: New Meal Pattern

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green <sup>f</sup>	0	0	0	0.5	0.5	0.5
Red/Orange <sup>f</sup>	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	0.5	0.5	0.5
Starchy <sup>f</sup>	0	0	0	0.5	0.5	0.5
Other <sup>g,h</sup>	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total <sup>b</sup>	0	0	0	1	1	1.5
<b>Grains (oz eq)</b>	<b>7-10 (1)</b>	<b>8-10 (1)</b>	<b>9-10 (1)</b>	<b>8-9 (1)</b>	<b>8-10 (1)</b>	<b>10-12 (2)</b>
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>i</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n, p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>q</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

- The biggest change from current practice is a new requirement for whole grain-rich food items. No changes were made to the original proposed rule. (More on this later)
- Even though the whole grain-rich proposal was not changed, many program operators did express concern about the increased quantity of food offered to children. Therefore, as you can see on the right-hand side of the slide under Lunch Meal Pattern, the weekly grain quantities required at lunch have been reduced. Grades K-5 must have between 8-9 ounce equivalents of grains per week with a minimum of one ounce equivalent per day, 8-10 ounce equivalents per week are required for grades 6-8 with a minimum of one ounce equivalent per day, and 10-12 ounce equivalents of grains per week are required for grades 9-12 with a minimum of two ounce equivalents per day. As in other areas of the new rule, these are now both minimums and maximums. Please note that maximums on weekly grains is new.

## Grains: Breakfast



- New breakfast meal pattern not implemented until **SY 2013-14**
  - Schools must ask permission to implement earlier
- Offer daily and weekly serving ranges of grains at breakfast
  - Phased-in implementation of whole grain-rich
- Schools may substitute meat/meat alternate for grains once daily grains minimum met only at breakfast

- In an effort to keep all known information available, information about the breakfast program grains is included here. Program operators will have an additional year to implement the breakfast meal pattern, and there are a few questions yet to be answered about the grain and meat substitutions. As more information is available, it will be shared. For the upcoming year (SY 2012-13), it would be advisable to continue to offer a breakfast program meal planned according to the requirements currently in place. (In other words, keep doing what you have been doing.) If a school wishes to implement the new meal pattern before SY 2013-14, they must request permission from the Bureau of Nutrition Programs (please contact Patti Harding).
- In the new breakfast meal pattern implemented in SY 2013-14, schools must offer daily and weekly servings of grains at breakfast, and at least half of the grains offered must be whole grain-rich.
- Beginning SY 2014-15, **all** grains offered at breakfast must be whole-grain rich.
- The new breakfast meal pattern will not require a daily meat/meat alternate at breakfast, as was originally proposed. However, once schools meet the daily minimum grain quantity required (1 ounce equivalent for all age-grade groups) for breakfast, they are allowed to offer a meat/meat alternate in place of grains if they want to.
- The meat/meat alternate can therefore count toward the weekly grains



## Grains: Lunch

- Schools must offer daily and weekly serving ranges of grains at lunch
  - *Daily* minimums plus *Weekly* minimums *and* maximums
- Initially, at least half of grains offered during week must be whole grain-rich
- For **SY 2012-13 only**, battered and breaded products do not have to be counted towards the maximum grains offered
- Beginning in **SY 2014-15**, all grains offered must be whole grain-rich
  - “Whole grain-rich” foods must contain at least 50 percent whole grains

- The grains requirement for lunch must be implemented in SY 2012-13. Schools must offer daily and weekly servings of grains at lunch. Please note that there are daily minimums plus both weekly and minimums and weekly maximums.
- The whole grain-rich requirements for lunch will also be phased in gradually, but over a slightly different time frame than breakfast. Beginning SY 2012-2013, at least **half** of the grains offered at lunch must be whole grain-rich. Beginning SY 2014-15, **all** grains offered at lunch must be whole-grain rich.
- For the next school year, SY 2012-13 **only**, battered and/or breaded products, such as chicken nuggets or fish sticks, will not have to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning in SY 2013-14, the battered and breaded products **will** count towards the weekly maximum of grains allowed.

## Criteria for Whole Grain-Rich Foods

- Meet serving size requirements in Grains/Breads Instruction and
- Meet at least one of the following
  - Whole grains per serving must be  $\geq 8$  grams
  - Product includes FDA's whole grain health claim on its packaging
  - In a grain item, product ingredient listing lists whole grain first (HUSSC criteria)
  - In a mixed item, whole grain must be the primary grain ingredient



•Until the FDA addresses labeling for the whole grain content of food- products, schools will follow USDA guidance on whole grain-rich foods. Our guidance will incorporate the temporary criteria for whole grain-rich foods provided in the IOM (Institute of Medicine) report.

•Whole grain-rich criteria is based on what is currently possible given the limited information on product packaging regarding the whole grain content of food products.

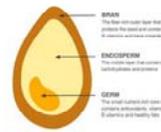
•First, a product must meet the grains/breads serving size requirements, which have been updated. Part of the update is a new grains/breads chart. Both the previous grains/breads chart which is based on 14.75 grams per serving, and the new grains/breads chart which is based on 16 grams per serving are available as attachments to this presentation. For SY 2012-13 **only**, grain/bread equivalents may be based on either the old or new chart.

•Second, a product must also meet one of the following:

- Whole grains per serving must be greater than or equal to 8 grams, OR
- The product includes FDA's whole grain health claim on its packaging, OR
- In a grain item, the product ingredient listing lists whole grain as the primary ingredient by weight, OR
- In a mixed item (pizza, corn dogs, etc), the product ingredient listing identifies whole grain as the primary grain ingredient

## Additional Criteria

- Whole grain: intact, ground, cracked, or flaked grain seed with endosperm, germ and bran present in same relative proportion
- 50% whole grain and the remaining grain must be labeled 'enriched'



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•At this time, the product ingredient listing is the only certain way to tell because manufacturers aren't required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory.

•USDA's Healthier US School Challenge initiative has already developed whole grains guidance, and we will provide more technical assistance as needed. There will be more training and guidance as questions are answered. For a more detailed explanation of the information presented above, please refer to the 3 page handout titled 'Grains and Breads' posted on the Bureau website. It includes examples of ingredient labels, the whole grain health claim and the whole grain stamp.

## Formulated Grain-Fruit Products

- Cannot be used to meet grain or fruit components at breakfast
- Consist of (1) grain-type products that have grain as the primary ingredient, and (2) grain-fruit type products that have fruit as the primary ingredient
  - Heavily fortified, high in solid fats and added sugars (e.g., fortified pastries)
- Does not apply to granola bars or fortified cereals



•This final rule also removes the use of formulated grain-fruit products to meet the grain and fruit components at breakfast. These items are either grain-type products that have grain as the primary ingredient, or grain-fruit type products that have fruit as the primary ingredient. They are often heavily fortified, as well as high in solid fats and added sugars.

•Accordingly, this rule removes the text on Formulated Grain-Fruit Products in its entirety from Appendix A to 7 CFR part 220.

•Note that this provision does *not* apply to granola bars or fortified cereals. Formulated grain-fruit products are a very specific food item. Examples include, but are not limited to, Dynamic Donuts, Capt'n Gregory's Fortified Honey Bun, and Super Bakery's Super Bun.

## Multiple Options

- Calculating grains when there is more than one option:
  - Add the smallest grain servings per day for the weekly total
  - Add the highest grain servings per day for the weekly total

Sample Menu for Grades 6-8:

Monday--Hamburger bun = 2; Corn dog = 1.5\*

Tuesday--Pizza crust = 2; Macaroni & Cheese = 2

Wednesday--Italian bread = 1; Taco shells = 2

Thursday--Toast = 2; Hot dog bun = 1.5

Friday--Rice = 2; Pasta = 2

Lowest is  $(1.5) + (2) + (1) + (1.5) + (2) = 8$

Highest is  $(2) + (2) + (2) + (2) + (2) = 10$

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Minimum and maximum servings are a new element in meal planning. When offering choices of grain items to students each day for lunch, the smallest each day is added together for the week's minimum, and the largest serving each day is added together for the week's maximum.

Sample Menu for grades 6-8: (min 1 grain/day and range of 8-10/week)

Monday--Hamburger bun = 2; Corn dog = 1.5

Tuesday--Pizza crust = 2; Macaroni & Cheese = 2

Wednesday--Italian bread = 1; Taco shells = 2

Thursday--Toast = 2; Hot dog bun = 1.5

Friday--Rice = 2; Pasta = 2

Lowest is  $(1.5) + (2) + (1) + (1.5) + (2) = 8$

Highest is  $(2) + (2) + (2) + (2) + (2) = 10$

(FYI, for grades K-5, if the hamburger bun was 1.5 or the rice or pasta was 1.5, this menu would work for K-8. For grades 9-12, the corn dog and Italian bread days would need additional grains for the minimum of 2 per day.)

\*Another consideration, is that for SY 2012-13, the breading on the corn dog does not *have* to count towards total grains.

Your menu planning documentation will need to show this information. for more detail on how to document this information, please see the Menu Planning Tool webcast.

## Other Grain Component Issues

- Grain-Based Desserts
  - Only two creditable grain-based desserts allowed at lunch per school week (includes sweet crackers)
  - These items are major source of solid fats and added sugars, per DGA 2010
- Cost and Availability Concerns
  - Important to note that many whole grain options available in USDA Foods: brown rice, whole grain pasta, oatmeal, etc.



•Additional items to be aware of within the grains component in the meal pattern include:

•Limits on grain-based desserts. Due to their contribution toward intake of solid fats and added sugars, USDA has reduced the number of allowable grain-based desserts at lunch to a maximum of 2 per week. Please note on the new grains/breads chart that graham crackers, animal crackers, and other sweet crackers are now considered a grain dessert. While food service operators may follow the ounce equivalents of either the old or new grain/bread charts for SY 2012-13, that does not include the group categories which must be followed beginning SY 2012-13. In other words, sweet crackers **must** be considered a dessert beginning July 1, 2012.

•USDA recognizes that there are cost and availability concerns associated with the move toward whole grain-rich foods. It is expected that industry will increase the number of items that can meet the definition of whole grain rich. It is also important to note that there are many whole grain options available from USDA Foods, including brown rice, whole grain pasta, oatmeal, etc.



## Grains

- Additional USDA FNS guidance will be coming soon.
- The Bureau of Nutrition Programs is collecting questions to pass along to our regional office, and will post Q/A on our website. Send your questions in to us!



More guidance will be coming. Watch for memos with Q & A from the USDA. New information is added to previously released Q & A, and the new questions are noted. Watch for updates to the FBG, and messages from our Bureau.

## Useful Websites

- Nutrition Standards for School Meals FNS site:  
<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>
- School Nutrition Standards 2012- Iowa Dept. of Education  
[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2595&Itemid=4678](http://educateiowa.gov/index.php?option=com_content&view=article&id=2595&Itemid=4678)
- Choose My Plate: <http://www.choosemyplate.gov/>
- Healthy Meals Resource site:  
[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)
- Let's Move school page: <http://www.letsmove.gov/healthy-schools>
- The Healthy, Hunger-Free Kids Act site:  
[http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_resources.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_resources.htm)

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We have listed some useful websites. These links are also on the Bureau School Nutrition Standards 2012 web page.

Nutrition Standards for School Meals FNS site: (USDA website on the new meal patterns)  
<http://www.fns.usda.gov/cnd/Governance/legislation/nutritionstandards.htm>

Our Bureau:  
[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1235&Itemid=391](http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391)

Choose My Plate: (these food groups match new meal patterns)  
<http://www.choosemyplate.gov/>

Healthy Meals Resource site: (Team Nutrition)  
[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

Let's Move school page:  
<http://www.letsmove.gov/healthy-schools>

The Healthy, Hunger-Free Kids Act site:  
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## Interested in More Information?

- Check out all of the webcasts at the Bureau website
- Keep a careful watch on your e-mail for updates
- Continually check the Bureau website for new information
- Regional Workshops are in the planning stages for Fall 2012
- Annual SNAI Conference in June 2012 at Dubuque
- Summer Short Courses in June and July 2012 at Ames
- Contact your consultant

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You may have already heard or participated in learning some of the updates in various ways—webinars, webcasts, SNAI district workshops, e-mail messages, spring regional workshops—keep all of those in mind, as new and additional information becomes available.

Contact your consultant for further information on training opportunities.

Call our Bureau at 515-281-5356. Ask Janelle to direct you to your local Consultant. Our Bureau website: [http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1235&Itemid=391](http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=391)

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Healthy Meals Resource site:  
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