

•This webcast will cover more in-depth information on the rules for the Meat/Meat Alternates and Fluid Milk components.

Meat/Meat Alternates

	Breakfast Meal Pattern			Lunch Meal Pattern			
	GradesK-5ª	Grades 6-8*	Grades 9-12*	GradesK-5	Grades6-8	Grades9-12	
Meal Pattern	Amount of Fo	oodb Per Week	(Minimum Per	Day)			
Fruits (cups) ^{cd}	5(1) 0	5(1) °	5(1) °	2.5 (0.5)	2.5 (0.5)	5(1)	
Vegetables (cups) ^{≤,d}	0	0	0	3.75 (0.75)	3.75 (0.75)	5(1)	
Dark green f	0	0	0	0.5	0.5	0.5	
Red/Orange f	0	0	0	0.75	0.75	1.25	
Beans/Peas (Legumes) ^f	0	0	0	0.5	0.5	0.5	
Starchy ^f	0	0	0	0.5	0.5	0.5	
Other f.z	0	0	0	0.5	0.5	0.75	
Additional Veg to Reach Total ^b	0	0	0	1	1	1.5	
Grains (oz eq) i	7-10 (1) j	8-10 (1) j	9-10 (1) j	8-9 (1)	8-10 (1)	10-12 (2)	
Meats/Meat Alternates (oz eq)	O k	O k	O k	8-10 (1)	9-10 (1)	10-12 (2)	
Fluid milk (cups) 1	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	
Other Specifications: Dai	ly Amount Bas	ed on the Aver	age for a 5-Day	Week	26		
Min-max calories (kcal)****	350-500	400-550	450-600	550-650	600-700	750-850	
Saturated fat (% of total calories)***	< 10	< 10	< 10	< 10	< 10	< 10	
Sodium (mg)*. p	≤ 430	≤ 470	≤ 500	≤ 640	≤710	≤ 740	
Trans fate.	Nutrition label	or manufacture	er specifications	must indicate zero	grams of trans fa	t ner serving	

- •Let's look first at the meat/meat alternate meal component.
- •For breakfast, as already noted, the meal pattern will not go into effect until SY 2013-14, and there will be no daily or weekly meat/meat alternate requirement. For this upcoming year, you can plan breakfasts as you have previously.
- •For lunch, the requirements do go into effect this next SY 2012-13.
- •Grades K-5 must be offered one ounce of meat in each lunch, and 8-10 ounces over a week's time. Grades 6-8, one ounce daily and 9-10 over a week, and Grades 9-12, 10-12 ounces weekly, at least two ounces per day.
- •Minimum and maximum servings are a new element in meal planning. When offering choices of meat 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. For example, on Monday K-5 students can choose either a

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- Daily and weekly requirements for lunch only
 - 2 oz eq. daily for students in grades 9-12
 - 1 oz eq. daily for younger students
- Variety of meat/meat alternates encouraged
- Lean meat/meat alternates encouraged
- Soy yogurt and tofu are allowed
 - Crediting instruction was sent to each district in an email in March, and is posted at our bureau website.

- •Offering a meat/meat alternate daily as part of the school lunch supplies protein, B vitamins, vitamin E, iron, zinc, and magnesium to the diet of children, and also teaches them to recognize the components of a balanced meal.
- •Students in grades 9-12 must be offered at least 2 ounce equivalents daily, and younger students must be offered at least one ounce equivalent daily. Meal planners have flexibility to determine how to reach the required weekly ranges.
- •USDA encourages schools to offer a variety of protein foods such as lean or extra lean meats, seafood, and poultry; beans and peas; fat-free and low-fat milk products such as cheese and yogurt; and unsalted nuts and seeds, to meet the meat/meat alternate requirement. However, there is no requirement to offer the protein subgroups as described in the 2010 Dietary Guidelines.
- •As in current practice, dried beans and peas will not be allowed to count for both meat/meat alternate and vegetables at the same meal.
- •Additionally, both soy yogurt and tofu will be creditable as meat alternates. This allows schools to diversify the sources of protein available to students and better meet the dietary needs of vegetarians and culturally diverse groups in schools. ½ cup of soy yogurt may credit as 1 ounce of meat/meat alternate. More information on crediting is posted at our website.
- •When a soft tofu is pureed into a soup, it is not creditable because it is not

quiremen	ts at Lunc	h
Food Group	Current Requirement K-12	New Requirement K-12
Meat/Meat Alternative (M/MA)	1.5 – 2 oz. eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1oz. eq. min. daily (8-10 oz. weekly) Grades 6-8: 1oz. eq. daily min. (9-10 oz.
		weekly) Grades 9-12: 2 oz. eq min. daily (10-12 oz . Weekly)

School Year 2011-12 requirements for schools planning under the minor modification for meat/meat alternate were allowed to plan a minimum of one ounce of meat/meat alternate at each meal as long as they met the weekly required amount. The chart above (under Current Requirement) reflects the meal patterns without consideration of minor modifications that previously have been allowed.

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	Breakfast Me	al Pattern		Lunch Meal I	Pattern	
	GradesK-5a	Grades	Grades	GradesK-5	Grades6-8	Grades9-12
Meal Pattern		6-8a	9-12* (Minimum Per		ornaese e	0188637-12
Fruits (cups) ^{c,d}	5(1) e	5 (1) °	5 (1) °	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green f	0	0	0	0.5	0.5	0.5
Red/Orange ^f	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) ^f	0	0	0	0.5	0.5	0.5
Starchy ^t	0	0	0	0.5	0.5	0.5
Other (g	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total ^b	0	0	0	1	1	1.5
Grains (oz eq) i	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9(1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 k	0 k	0 k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk						
(cups) 1	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily	Amount Based	on the Averag	e for a 5-Day W	eek		
Min-max calories (kcal) ^{m,a,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)***	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)*,p	< 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat*.0		or manufacture				

- •Let's now look at fluid milk requirement.
- •One cup of milk must be offered at each breakfast and lunch meal, with 5 cups offered over a week for all grade levels.
- •These milk requirements go into effect for both breakfast and lunch in SY 2012-2013.

Fluid Milk

- Allowable milk options include
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)
- Students may decline milk component under OVS
- Milk provisions also apply to children ages 3-4

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- Schools may offer a variety of milk options. These include: fat-free (unflavored or flavored), low-fat (unflavored only), and fat-free or low-fat (lactose reduced or lactose-free). Schools are not allowed to offer 2% or whole milk. Higher fat content contributes sugars and fat to the meal and would make it difficult for schools to offer meals that meet the limits on calories and saturated fats.
- •Schools must offer at least two choices within the types of milk listed.
- •This final rule does not change the nutrition standards for optional non-dairy drinks offered to students with special dietary needs in place of milk at the request from parents. The Bureau website includes a chart of milk substitution nutrition requirements and more information on milk substitution.
- •Students are able to decline the milk component of a meal in accordance with offer versus serve, as was true in the past.
- Water may not be offered instead of Milk, but water must still be available to students during mealtimes.
- •Lastly, the milk fat and flavor restrictions established by this final rule also apply to meals for children in the 3-4 year-old age group. USDA notified program operators of this requirement for all school meals through implementation memorandum SP-29-2011.

Current vs. New Regulatory Requirements

Food Group	Current Requirement	Final Rule Requirement		
Milk	1 cup daily (variety of fat contents allowed; flavor not	1 cup, fat-free (unflavored/ flavored) or 1% low fat		
	restricted)	(unflavored) daily		



These requirements apply at both Lunch and Breakfast. Amounts of milk do not change but there are new flavor and fat restrictions in this rule.

In the Special Milk Program, only the milk fat restriction applies. The other requirements, such as the limit on flavored milk and the requirement to offer a variety of fluid milk, do not apply to the Special Milk Program. However, consistency with other programs is recommended when possible.

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 <a href="http://educateiowa.gov/index.php?option=com_content&view=article-wid=2595<emid=4678">http://educateiowa.gov/index.php?option=com_content&view=article-wid=2595<emid=4678
- Choose My Plate: http://www.choosemyplate.gov/
- 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.
 http://www.fns.usda.gov/cnd/Governance/Legislation/CNR resources.
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This slide includes some useful websites. These links are also on the lowa Dept. of Education 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

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

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

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