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HANNA SKANDERA
SECRETARY-DESIGNATE OF EDUCATION

SUSANA MARTINEZ
Governor

March 26, 2012

MEMORANDUM

TO: Superintendents
Charter School Administrators
Bureau of Indian Education School Administrators

FROM: Denise Koscielniak, Director of Federal Programs *DK*
Regina Madrid, Director of Student Nutrition *RM*

**RE: USDA NEW MEAL PATTERNS AND DIETARY SPECIFICATIONS FOR
SCHOOL MEALS EFFECTIVE JULY 1, 2012**

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). As a result of the HHFKA, the United States Department of Agriculture (USDA) was required to update school meal nutrition standards to reflect the most current dietary science.

USDA updated the school lunch and breakfast meal patterns (see attached) which can be viewed at <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>. The new lunch meal pattern is effective July 1, 2012, the beginning of SY 2012–2013. With the exception of the new milk requirement effective July 1, 2012, changes to the breakfast program will be phased-in beginning July 1, 2013 (SY 2013–2014). The implementation chart is attached and can also be downloaded from the website listed above.

In order for a school district or school to be reimbursed during the 2012–2013 school year, it must meet the National School Lunch Program regulations which include the new meal patterns, including the requirement that at least half of the grains offered during the school week must be whole grain-rich, weekly calorie maximum and minimums, percent of saturated fat calories, trans fat requirements and sodium restrictions. During the 2013–2014 school year, school districts and schools must meet both breakfast and lunch meal patterns in order to be reimbursed for meals.

The Student Nutrition Bureau will be holding its annual conference on May 1 and 2, 2012 at the Hotel Albuquerque. The conference will include presentations from USDA staff on the new meal patterns, as well as bureau staff presentations on meal pattern implementation that includes menu planning that meets the criteria for reimbursement. We strongly encourage you to send appropriate staff to this conference. Additional webinars are planned for late spring and training will be provided in the fall on the updated claims system for reimbursable meals. The New Mexico School Nutrition Association will be holding its annual conference June 12–15, 2012 at the Hard Rock Resort and Convention Center. Information about this conference can be found at <http://nmsna.webs.com/>.

Nutritious and healthy breakfasts and lunches are critical in order to ensure that students in our schools are ready for success while improving student academic growth. If you have any questions, please do not hesitate to call Ms. Regina Madrid at (505) 827–1821 or email reginaa.madrid@state.nm.us.

Attachments (2)

cc: Hanna Skandera, Secretary-Designate of Education
Paul Aguilar, Deputy Secretary, Finance and Operations
Student Nutrition Bureau Staff
Student Nutrition Directors

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green^f	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^g	0	0	0	½	½	¾
Additional Veg to Reach Total^h	0	0	0	1	1	1½
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)^l	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)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n, p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^bFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^gThis category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

Implementation Timeline for Final Rule

“Nutrition Standards in the National School Lunch and School Breakfast Programs”

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

NEW REQUIREMENTS	Implementation (School Year)						
	for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
FRUITS COMPONENT							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
VEGETABLES COMPONENT							
• Offer vegetables subgroups weekly	L						
GRAINS COMPONENT							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
MEATS/MEAT ALTERNATES COMPONENT							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
MILK COMPONENT							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
DIETARY SPECIFICATIONS (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
MENU PLANNING							
• A single FBMP approach	L	B					
AGE-GRADE GROUPS							
• Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
OFFER VS. SERVE							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
MONITORING							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					