

“Final Rule” of the Nutrition Standards

The “Final Rule” of the Nutrition Standards in the National School Lunch Program (NSLP) mandates significant changes to the meal patterns of participating school districts. As a result, Mahopac Central School District must 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 (see attached daily menu pattern meal service plan and comparison charts). These improvements to the school meal program are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend. (Most of the required changes will require an increase to the food cost by the Food Service Management Company (FSMC), which is why the district recently went through the Request for Proposal (RFP) process to establish a new contract.)

The key changes to the meals under the NSLP for children in grades K and above are:

- A daily serving of fruits
- A daily serving of vegetables plus a weekly requirement for dark green, red/orange, beans/pea (legumes), starchy, and “other” vegetables; increased quantity of combined fruits and vegetables
- Weekly meat/meat alternate ranges plus a daily requirement
- In the first year of implementation, at least half of the grains offered during the school week must be whole grain-rich

Some of the required nutritional guidelines included in the standard school nutrition program are as follows:

- Zero Trans Fats
- 100% all natural yogurt, containing no artificial ingredients
- Fresh fruites for students in K through 5th grade must be sliced or wedged
- All vegetables served must be fresh or frozen; no canned vegetables (except tomatoes and some bean varieties)
- No products that contain High Fructose Corn Syrup
- A variety of fruits (not just apples and oranges) must be offered at least once in each month of the school year (i.e. grapes, pears, melons, etc.)

In addition, Mahopac Central School District will enhance its Daily Alternates by offering at all levels salads, fresh fruit/yogurt plates, and sandwiches featuring only Boar’s Head cold cuts. The District is also installing new software and hardware (NutriKids by LunchByte, including the on-line prepayment program). These requirements and changes will increase the cost of running the program.

If you would like additional information, please contact Starr Dinio at 845-628-3415 x316. Thank you.

DAILY "MENU PATTERN MEAL" SERVICE

It is the intent of the Mahopac Central School District to continue to provide students and staff with a nutritious, quality child nutrition program featuring fresh foods, which are prepared daily and properly presented. The variety of offerings must meet nutritional requirements and all local, state, and federal regulations.

HIGH SCHOOL GRADES 9-12

All serving lines are to offer reimbursable meals.

DELI BAR, made to order sandwiches**

- A variety of Boar's Head deli meats as well as commercially processed deli meats are required everyday: choice of turkey breast and ham daily PLUS two additional cold cut choices PLUS at least two mixed protein salads such as tuna and egg. (use of 2.4 oz portion of meat or meat alternative & cheese combined). Daily Deli Sandwiches must adhere to the 10-12 oz. eq. for grains & 10-12 oz eq. for Meat/meat alternative on a weekly basis.
- Choice of at least three cheeses
- Lettuce, tomato, onions and pickles
- Various low fat condiments
- Choice of nutritious breads, rolls, wraps, etc. (wheat, rye, hero bread, club rolls, Kaiser roll, bagel, wraps, etc.) 50% of all grains must be whole grain until July 2014 when 100% of the grains must be whole grain.
- The Boar's Head Sandwiches shall be offered at the normal selling price of the lunch meal. All free and reduced priced students shall be eligible for this meal at their current eligibility. A premium (larger) sandwich price of \$3.25 may be offered on an a la carte basis.

SALAD BAR**

Offering a selection and variety of fresh lettuces including romaine, spinach and spring mix, and a variety of a minimum of 12 items with 4 protein sources. (i.e. carrots, chick peas, cucumbers, peppers, celery, tomatoes, hummus, etc.). A dinner roll shall be offered on the salad bar. See schedule B-1 for more specifics.

OR

Plus PRE-MADE SALAD Platter Lunch shall be served with a choice of at least **TWO** protein sources, bread, fruit and milk to make a complete meal. All components must be available, however they do not have to be offered in a pre-wrapped package. Two low fat salad dressings must be available at all times. All dressings are to be clearly labeled.

PIZZA:

Monday: Meatball Pizza
Tuesday: Pepperoni Pizza
Wednesday: Taco
Thursday: Buffalo Chicken
Friday: White - Chicken Parm

Pizza slices must adhere to the weekly grain offering of 10-12 oz. equivalent for High School grades 9-12.

MIDDLE SCHOOL GRADES 6-8

All serving lines are to offer reimbursable meals.

DELI BAR, made to order sandwiches**

- A variety of Boar's Head deli meats as well as commercially processed deli meats are required everyday: choice of turkey breast and ham daily PLUS two additional cold cut choices PLUS at least two mixed protein salads such as tuna and egg. (use of 2.0 oz of meat or meat alternative & cheese combined). Daily Deli Sandwiches must adhere to the 8-10 oz eq. for grains & 9-10 oz. eq. Meat/meat alternative on a weekly basis.
- Choice of at least three cheeses
- Lettuce, tomato, onions and pickles
- Various low fat condiments
- Choice of nutritious breads, rolls, wraps, etc. (wheat, rye, hero bread, club rolls, Kaiser roll, bagel, wraps, etc.) 50% of all grains must be whole grain until July 2014 when 100% of the grains must be whole grain.

SALAD BAR**

Offering a selection and variety of fresh lettuces including romaine, spinach and spring mix, and a variety of a minimum of 12 items with 4 protein sources. (i.e. carrots, chick peas, cucumbers, peppers, celery, tomatoes, hummus, etc.). A dinner roll shall be offered on the salad bar. See schedule B-1 for more specifics.

OR

Plus PRE-MADE SALAD Platter Lunch shall be served with a choice of at least **TWO** protein sources, bread, fruit and milk to make a complete meal. All components must be available, however they do not have to be offered in a pre-wrapped package. Two low fat salad dressings must be available at all times. All dressings are to be clearly labeled.

PIZZA:

Monday: Meatball Pizza

Tuesday: Pepperoni Pizza

Wednesday: Taco

Thursday: Buffalo Chicken

Friday: White - Chicken Parm

Pizza slices must adhere to the weekly grain offering of 8-10 oz. equivalent for the Middle School students.

DAILY "MENU PATTERN MEAL" SERVICE -- continued

ELEMENTARY SCHOOLS, GRADES K-5

ONE Entrée daily as listed on menu

OR

Choice of **ONE** Cold Deli Sandwich. All Boar's Head deli meats shall be shaved and thinly sliced. All sandwiches including Peanut Butter and Jelly, shall be offered Monday-Thursday and must not exceed the total grains equate to 8-9 oz. eq. weekly. Bagel Platter Lunch with veggies shall be offered **DAILY** using a 1.8 oz bagel. Larger bagels may not be offered daily.

Plus Choice of at least **TWO** **FRESH** vegetables daily selected from: tossed salad, raw or cooked vegetables.

Plus Choice of at least **TWO** **FRESH** fruits daily.

All fresh fruits must be wedged or sliced for grades K-5.

Plus Choice of 1% and fat-free white milk, or fat-free chocolate milk.

Plus **PRE-MADE SALAD** Platter Lunch shall be served with a choice of at least **TWO** protein sources, bread, fruit and milk to make a complete meal. All components must be available, however they do not have to be offered in a pre-wrapped package. Two low fat salad dressings must be available at all times. All dressings are to be clearly labeled.

Daily Alternate Sandwich Selection:

Monday -- Turkey

Tuesday -- Tuna Salad

Wednesday -- Baked Ham

Thursday -- Turkey

Friday -- No Sandwiches Offered

All sandwiches will have a choice of cheese, lettuce and tomato at no extra charge.

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ -1 cup of fruit per day Note: Students are allowed to select ¼ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

Nutrient Standards	New Standards K-12		
<p>Sodium Reduce, no set targets</p>	<p>Target I: SY 2014-15 Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)</p>	<p>Target 2: SY 2017-18 Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)</p>	<p>Final target: 2022-23 Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p>Calories (min. only) <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)</p> <p><i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12)</p> <p><i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p>Calorie Ranges (min. & max.) <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>		
<p>Saturated Fat <10% of total calories</p>	<p>Saturated Fat <10% of total calories</p>		
<p>Trans Fat: no limit</p>	<p>New specification: zero grams per serving (nutrition label)</p>		