

Healthy Hunger-Free Kids Act of 2010

The new meal patterns will help;

- Increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat (1%) fluid milk.
- Reduce the levels of sodium and saturated fat.
- Meet all the nutritional needs of school children within the calorie range requirements.
- Serve more nutritious school meals that improve the dietary habits of school children and protect their lifelong health.

National School Breakfast Program Requirements for Grades K-8 SY2014-Now

- 1 cup of fruit is required to be offered at breakfast, children may take the full cup offering but are required to take at least a ½ cup. Fruit offered is (frozen without sugar, canned in light syrup, water, or fruit juice, fresh, or dried.) 100% fruit or vegetable juice may be offered but may not be more than half the weekly offering.
- A total of five cups of fruit are offered weekly at breakfast.
- A daily grain requirement of 1 ounce equivalent is required to be served at breakfast daily. This grain serving must be whole-grain rich, containing at least 50 percent whole-grain and the remaining grain, if any, must be enriched. Schools are required to serve a minimum of 7 ounces of whole grain equivalent throughout the school week, with the 1 ounce equivalent being the daily minimum. There are no grain maximums.
- Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after the minimum daily grains requirement is met. There is no meat/meat alternate requirement at breakfast.
- Milk; an 8 ounce serving of milk is offered daily which must be either (flavored or unflavored) fat-free or low fat 1% milk. (1% milk must be unflavored) Fluid milk with a fat content greater than 1 percent milk fat is not allowed.
- Calorie Minimums/Maximums- 400-500: Daily amount is based on an average for a 5-day week.
- Sodium Target- must be less than or equal to 540 milligrams of sodium as a weekly average.
- Trans fat; Zero grams of Trans fat except when naturally occurring such as in ground beef, must be limited.
- Saturated Fat; should be less than 10% of total calories offered.

Note: All students, at any grade level, must select at least three food items with one being the required ½ cup of fruit in order to meet the requirements for a reimbursable meal.