

## 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 Lunch Program Requirements for Grades K-8 SY2014-Now

- A ½ cup of fruit is required to be offered daily at lunch. Fruit is (frozen without sugar, canned in light syrup, water, or fruit juice, fresh, or dried.) 100% fruit or vegetable juice may be offered. 2 and ½ cups of fruit are offered weekly.
- A ¾ cup serving of vegetables are required to be offered daily with additional weekly requirements of the following groups; dark green, red/orange, legumes (beans and peas), starchy and other. 3 and ¾ cups of vegetables are offered weekly.
- A daily minimum of 1 ounce equivalent of whole grain per meal is required to be offered with a minimum of 8 ounces equivalent of whole grain being offered weekly. All grains offered are whole-grain rich, there are no grain maximums.
- A minimum of 1 ounce equivalent of meat/meat alternate is offered daily with a minimum of 9 ounces meat/meat alternate equivalent being offered weekly. There are no maximums for meat/meat alternate equivalents.
- 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-600-650: Daily amount is based on an average of a 5-day week.
- Sodium Target- must be less than or equal to 1,230 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 must select a ½ cup of either fruit or vegetable or a combination of both, along with two other components offered at lunch in order to meet the requirements for a reimbursable meal.**