

2012 Criteria for Meeting the Dietary Guidelines In Menu Planning

These criteria are to be utilized to begin full integration of all dietary guidelines and USDA guidance into menu planning for variety, offerings of fruit and vegetables, cholesterol, fiber, and sodium guidelines. These guidelines represent a goal and it is recognized that the sodium guidelines will be a work in progress as processed manufactured precuts struggle to be redeveloped yet again. Currently a reduction from the 2008 school year menu levels is required.

During the upcoming year sponsors will begin a paced implementation of the new USDA guidance for healthier school meals. At a minimum the menu planner should try to increase fiber by 2 to 5 grams depending on the student age group and reduce sodium by to 750 mg per meal from SY 2008 values. If your menu currently meets the fiber goal (age + 5 grams per day), an increase is not required. The goal for cholesterol at breakfast should be 75 mg and at lunch should be 100 mg. The last goal is to provide both a fruit and a vegetable at the lunch meal and a variety of foods throughout the week.

Vegetables	<p>At least five different vegetables must be offered each week. All servings must be at least $\frac{1}{4}$ cup. Of these five:</p> <ul style="list-style-type: none"> • Dark green or orange vegetables must be offered three or more days per week (at least one choice must be different). • Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas).
Note:	At least one fruit and one vegetable must be offered with the lunch meal.
Fruits	<p>At least five different fruits must be offered each week. (Fresh, frozen, canned, dried or 100% juice.) All servings must be at least $\frac{1}{4}$ cup.</p> <ul style="list-style-type: none"> • 2 should be fresh (season and availability permitting); • Dried fruit must have no added sweetener (nutritive or non-nutritive); • Canned fruit must be packed in juice or light. 100% juice can only be counted as a fruit once per week.
Grains/ Breads	<p>At least one grains/bread serving of a whole grain food must be offered each day in the National School Lunch Program (NSLP).</p> <ul style="list-style-type: none"> • At least one grains/bread serving of a whole grain food must be offered 3 or more times per week in the NSLP.

	<ul style="list-style-type: none"> Whole grain food is defined as “whole grain as the primary ingredient by weight”, i.e., whole grain listed first in the ingredient statement. “Serving” is defined by the Food Buying Guide.
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Milk	Only low-fat (1% or less) or fat-free offered daily.
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Calories	Unless adjusted for increased activity levels and approved by your consultant, calories shall not exceed an overage above the target goal for age or grade by 5%.
Total Fat	≤ 30% of total calories
Saturated Fat	≤ 10% of total fat calories
Cholesterol	Limit cholesterol to 75 mg at breakfast Limit cholesterol to 100 mg at lunch
Fiber	Fiber goals should be set to a median age/grade range determined by median age +5 mg.
Sodium	Sodium goals should be set to reflect 2300 mg per day or a maximum of : 575 mg at breakfast 767 mg at lunch or 1 mg/kcal
Other Nutrients	As established on your Nutrikids program by age/grade level