

*Samantha Taggart,
Food and Nutrition Services*



4 Day Meal Pattern Lunch and Breakfast

June 2019



Objectives

- Meal Pattern Requirements
- Dietary Specifications





The Basics



Lunch Component Requirements





Grade Groups

- K-5
- 6-8
- K-8 (overlap)
- 9-12



K-5 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	6.5 oz eq
Meat/Meal Alternate	1 oz eq	6.5 oz eq
Fruit	½ cup	2 cups
Vegetable	¾ cup	3 cups
Milk	1 cup	4 cups



K-5 Vegetable Subgroups

Subgroup	Weekly Requirement
Dark Green	½ cup
Red Orange	¾ cup
Bean/Peas/Legumes	½ cup
Starchy	½ cup
Other	½ cup



6-8 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	6.5 oz eq
Meat/Meal Alternate	1 oz eq	7 oz eq
Fruit	½ cup	2 cups
Vegetable	¾ cup	3 cups
Milk	1 cup	4 cups



6-8 Vegetable Subgroups

Subgroup	Weekly Requirement
Dark Green	½ cup
Red Orange	¾ cup
Bean/Peas/Legumes	½ cup
Starchy	½ cup
Other	½ cup



K-8 Component Requirements (overlap)

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	6.5 oz eq
Meat/Meal Alternate	1 oz eq	7 oz eq
Fruit	½ cup	2 cups
Vegetable	¾ cup	3 cups
Milk	1 cup	4 cups



K-8 Vegetable Subgroups (overlap)

Subgroup	Weekly Requirement
Dark Green	½ cup
Red Orange	¾ cup
Bean/Peas/Legumes	½ cup
Starchy	½ cup
Other	½ cup



9-12 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	2 oz eq	8 oz eq
Meat/Meal Alternate	2 oz eq	8 oz eq
Fruit	1 cup	4 cups
Vegetable	1 cup	4 cups
Milk	1 cup	4 cups



9-12 Vegetable Subgroups

Subgroup	Weekly Requirement
Dark Green	½ cup
Red Orange	1 ¼ cup
Bean/Peas/Legumes	½ cup
Starchy	½ cup
Other	¾ cup



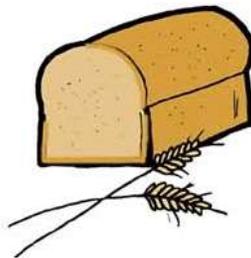
Additional Notes

- At least 1/8 cup must be offered to credit
- Dried fruit – credit amount is double volume
- Leafy greens – credit amount is half volume
- No more than ½ of fruit component for the week can be juice
- All juice must be 100% full strength



Updates Implemented SY 2019-20

- Flavored, low-fat milk (1%)
- Whole grains



Lunch Dietary Specifications





K-5 Dietary Specifications

Dietary Specification	Weekly Average
Calories	550-650
Sodium	< 1,230 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



6-8 Dietary Specifications

Dietary Specification	Weekly Average
Calories	600-700
Sodium	< 1,360 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



K-8 (overlap) Dietary Specifications

Dietary Specification	Weekly Average
Calories	600-650
Sodium	< 1,230 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



9-12 Dietary Specifications

Dietary Specification	Weekly Average
Calories	750-850
Sodium	< 1,420 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



Updates Implemented SY 2019-20

- Sodium Target 1 – retained through 2023-24
- Sodium Target 2 – taking effect 2024-25
- Sodium Target 3 – removed



Breakfast Component Requirements





Grade Groups

- K-5
- 6-8
- K-8 overlap
- 9-12
- K-12 overlap



K-5 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	5.5 oz eq
Fruit	1 cup	4 cups
Milk	1 cup	4 cups



6-8 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	6.5 oz eq
Fruit	1 cup	4 cups
Milk	1 cup	4 cups



K-8 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	6.5 oz eq
Fruit	1 cup	4 cups
Milk	1 cup	4 cups



9-12 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	7 oz eq
Fruit	1 cup	4 cups
Milk	1 cup	4 cups



K-12 Component Requirements

Component	Daily Requirement	Weekly Requirement
Grain	1 oz eq	7 oz eq
Fruit	1 cup	4 cups
Milk	1 cup	4 cups



Breakfast Dietary Specifications



K-5 Dietary Specifications

Dietary Specification	Weekly Average
Calories	350-500
Sodium	< 540 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



6-8 Dietary Specifications

Dietary Specification	Weekly Average
Calories	400-550
Sodium	<600 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



K-8 Dietary Specifications (overlap)

Dietary Specification	Weekly Average
Calories	400-500
Sodium	< 540 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



9-12 Dietary Specifications

Dietary Specification	Weekly Average
Calories	450-600
Sodium	< 640 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



K-12 Dietary Specifications (overlap)

Dietary Specification	Weekly Average
Calories	450-500
Sodium	< 540 mg
Saturated Fat (% of total calories)	< 10
Trans Fat	0



Proposed Rule

- Vegetable subgroups
- Flexible age/grade groups
- M/MA flexibility at breakfast
- Fruit component flexibility at breakfast
- Trans fat limitation
- Potable water requirement
- Exempt entrée flexibility
- Calorie free, naturally flavored waters



Email: foodandnutritionservices@dese.mo.gov

573-751-3526