The NEW National School Lunch Program Guidelines

Food-based menu planning

Fruits and vegetables offered as separate meal components

Minimum of ½ cup serving of vegetable or fruit required for reimbursement

Vegetables must be offered daily, with weekly subgroup requirements

- Dark green
- Red/orange
- Starchy
- Beans and peas (legumes)
- Other

Whole grains requirement

- Half of grains served must be whole grain-rich (51% whole grain or higher) for school year 2012-2013
- Starting July 1, 2014, all grains served must be whole grain-rich

Offer unflavored or flavored fat-free milk or low-fat unflavored milk

Meals must meet specific calorie ranges for different grades:

- Grades K-5: 550-650 calories
- Grades 6-8: 600-700 calories
- Grades 9-12: 750-850 calories

Limit on trans fat and saturated fat