

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

Nutrition Facts	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat	10g
Cholesterol	20g
Sodium	100mg
Total Carbohydrate	30g
Dietary Fiber	5g
Sugars	10g
Protein	10g
*Percent Daily Values are based on a diet of other people's secrets.	

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