

Significant Changes for the National School Lunch and Breakfast Program are:

- ⇒ One food-based menu planning approach and same age/grade groups requirements. Food-based menu planning for lunch begins 2012-2013, breakfast is delayed one year. Local school districts may decide to begin breakfast also with permission of the state authority for the program.
- ⇒ Fruits and vegetables are now considered two separate food components in the meal pattern.
- ⇒ All students must select a 1/2 serving of fruit or vegetable as part of a reimbursable lunch under the Offer versus Serve provision.
- ⇒ Weekly requirements established for whole grain in ranges plus a daily requirement
- ⇒ All grains offered during the school week must be whole grain-rich on the third year of implementation.
- ⇒ Only fat-free (flavored and unflavored) and unflavored low-fat milk may be served.
- ⇒ Calorie minimum and maximum limits for specific age groups set for meals.
- ⇒ Limits set on sodium to be phased in over ten years with three target dates of implementation: Target 1-school year 2014-2015, Target 2-school year 2017-2018 and Target 3-school year 2022-2023. Sodium limits are age group specific.
- ⇒ Meals must be trans-fat free.
- ⇒ Limit set on saturated fat.
- ⇒ Three year cycle for administrative reviews of local programs instead of five year. SMI and CRE will be combined into one administrative review.