

ISBE Meal Patterns Consistent with the Dietary Guidelines

Tuesday, Jan. 21, 2025

Agenda

- Review Current Meal Pattern Requirements
- New Requirements
 - Added Sugars
 - Whole Grains
 - Sodium
- Menu Planning Flexibilities

Meal Pattern Requirements

Current Standards

SBP Meal Pattern Overview

Meal Pattern Components and Minimum Serving Sizes

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
★ Fruit (cups)	5 (1)	5 (1)	5 (1)
★ Grain (ounce-equivalents)	7-10 (1)	8-10 (1)	9-10 (1)
Milk (cups)	5 (1)	5 (1)	5 (1)

Dietary Specifications

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Calories (kcal)	350-500	400-550	450-600
Sodium (mg)	≤540 mg	≤600 mg	≤640 mg
Saturated Fat (% total kcal)	<10	<10	<10

SBP Meal Pattern Overview

Meal Pattern Components and Minimum Serving Sizes Daily Requirements

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit (cups)	5 (1)	5 (1)	5 (1)
Grain (ounce-equivalents)	7-10 (1)	8-10 (1)	9-10 (1)
Milk (cups)	5 (1)	5 (1)	5 (1)



SBP Meal Pattern Overview

Meal Pattern Components and Minimum Serving Sizes—Weekly Requirements

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit (cups)	5 (1)	5 (1)	5 (1)
Grain (ounce-equivalents)	7-10 (1)	8-10 (1)	9-10 (1)
Milk (cups)	5 (1)	5 (1)	5 (1)

Dietary Specifications—Weekly Requirements

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Calories (kcal)	350-500	400-550	450-600
Sodium (mg)	≤540 mg	≤600 mg	≤640 mg
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NSLP Meal Pattern Overview

Meal Pattern Components and Minimum Serving Sizes

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit (cups)	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups)	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Grain (ounce-equivalents)	8-9 (1)	8-10 (1)	10-12 (2)
M/MA (ounce-equivalents)	8-10 (1)	9-10 (1)	10-12 (2)
Milk (cups)	5 (1)	5 (1)	5 (1)

Dietary Specifications

Meal Component	Grades K-5	Grades 6-8	Grades 9-12
Calories (kcal)	550-650	600-700	750-850
Sodium (mg)	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Saturated Fat (% total kcal)	<10	<10	<10

NSLP Meal Pattern Overview

Meal Pattern Components and Minimum Serving Sizes


Daily Requirements

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Vegetables (cups)	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Grain (ounce-equivalents)	8-9 (1)	8-10 (1)	10-12 (2)
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M/MA (ounce-equivalents)	8-10 (1)	9-10 (1)	10-12 (2)
Milk (cups)	5 (1)	5 (1)	5 (1)



	Grades K-8	Grades 9-12
Dark Green	½ cup	½ cup
Red/Orange	¾ cup	1 ¼ cup
★Beans/Peas/Lentils	½ cup	½ cup
Starchy	½ cup	½ cup
Other	½ cup	¾ cup
Additional to reach weekly total	1 cup	1 ½ cup

*Formerly Legumes/Bean/Peas

New Requirements

Added Sugars

- What are the current requirements for added sugars in school meals?

Currently, there are not added sugars limits in school meal programs.

Meal (Breakfast)	Grades K-5	Grades 6-8	Grades 9-12
Calories (kcal)	350-500	400-550	450-600

Meal (Lunch)	Grades K-5	Grades 6-8	Grades 9-12
Calories (kcal)	550-650	600-700	750-850

What are the changes for added sugars in school meals?

Product-based limits beginning **July 1, 2025**

Breakfast Cereals

no more than 6 grams of added sugar per dry ounce

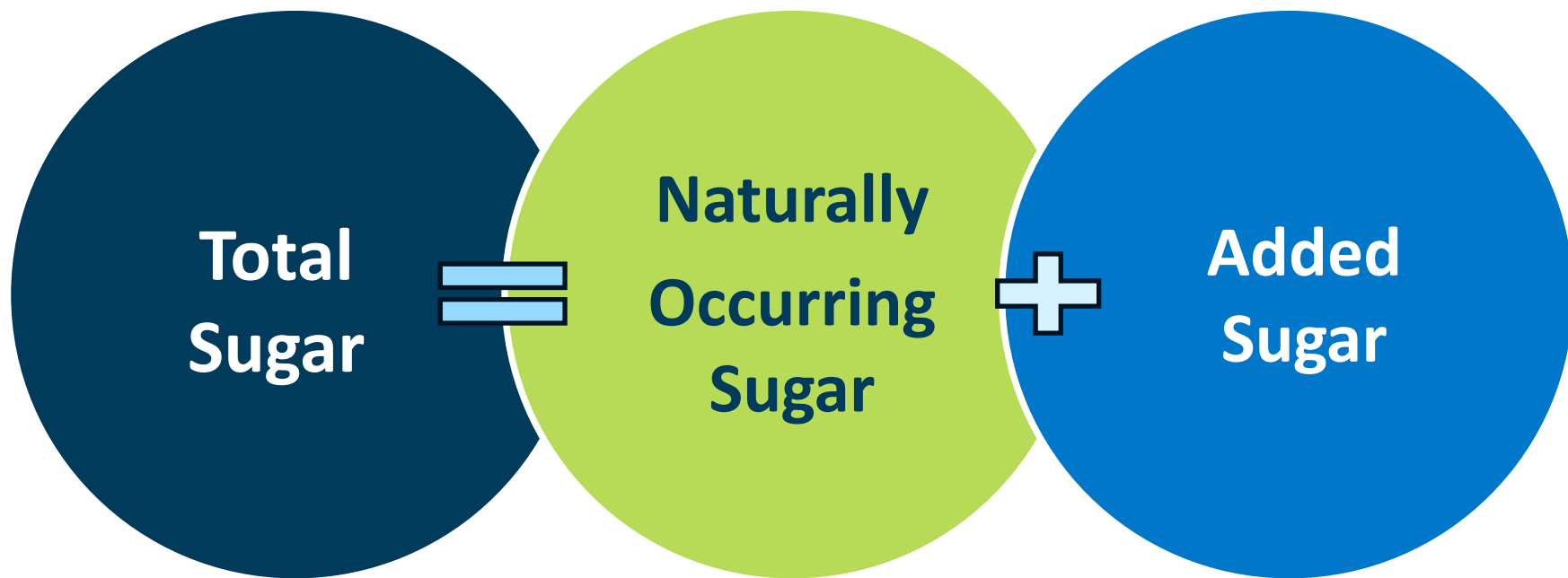
Yogurt

no more than 12 grams of added sugar per 6 ounces (2 grams per ounce)

Flavored Milk

no more than 10 grams of added sugar per 8 fluid ounces

Added Sugar vs. Total Sugar



Added Sugar vs. Total Sugar

- The nutrition facts label is required for most packaged foods and drinks. You can use this label to determine the amount of added sugars per serving.
 - You can see that one serving of this item contains 23 grams of added sugar.

Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Added Sugars and Breakfast Cereals



Recommended limits based on serving size

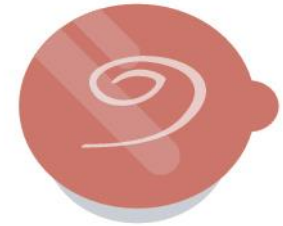
Serving Size Grams (g)	Added Sugars Grams (g)
If the serving size is:	Added sugars should be this amount or less:
12-16 g	3 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
45-49 g	10 g
55-58 g	12 g
59-63 g	13 g
74-77 g	16 g

*no more than 6 grams of added sugar per dry ounce (28 g)

More information can be found at the following link:

[Reducing Added Sugar at Breakfast](#)

Added Sugars and Yogurt



Recommended limits based on serving size

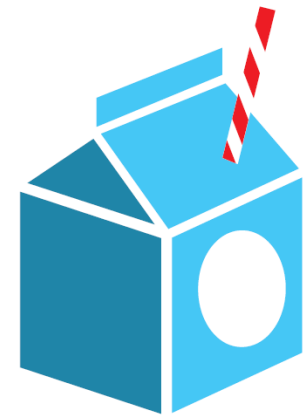
Serving Size Ounces (oz)	Serving Size Grams (g)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars should be this amount or less:
2 oz	57 g	4 g
3 oz	85 g	6 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

*no more than 12 grams of added sugar per 6 ounces

Added Sugars and Milk

Serving Size Fluid Ounces (fl oz)	Added Sugars Grams (g)
If the serving size is:	Added sugars should be this amount or less:
8 fl oz	10 g
12 fl oz	15 g

Flavored milk sold a la carte for middle and high schools must contain no more than 15 grams of added sugar per 12 ounces.



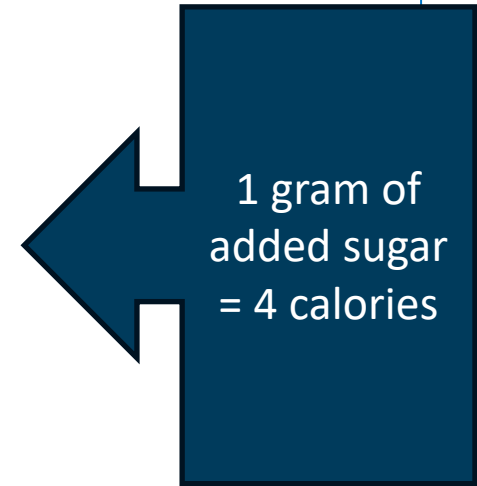
Added Sugar and Weekly Limits

- In addition to product-based limits that begin for the 2025-2026 school year
- Final rule establishes weekly dietary limits for added sugar
 - Beginning July 1, 2027, no more than 10 percent of calories across the week can be served in the school lunch and breakfast programs



Added Sugar and the Overall Meal

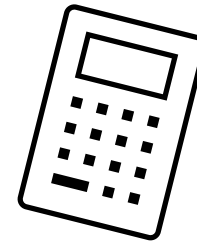
- Some schools may have nutrient analysis software or other system to help with the calculation.
- If your school does not have nutrient analysis software, we can calculate the added sugar requirement knowing the average calories served over the week.



Added Sugar Example

- ABC Middle School served an average of 650 calories over the course of the week for lunch.
 - 10 percent of the calories (or 65 calories) can be from added sugar.
 - This means that calories from added sugar should be less than 65 calories (or 16 grams of added sugar).

1. $650 \text{ calories} \times 0.1 (10\%) = 65 \text{ calories}$

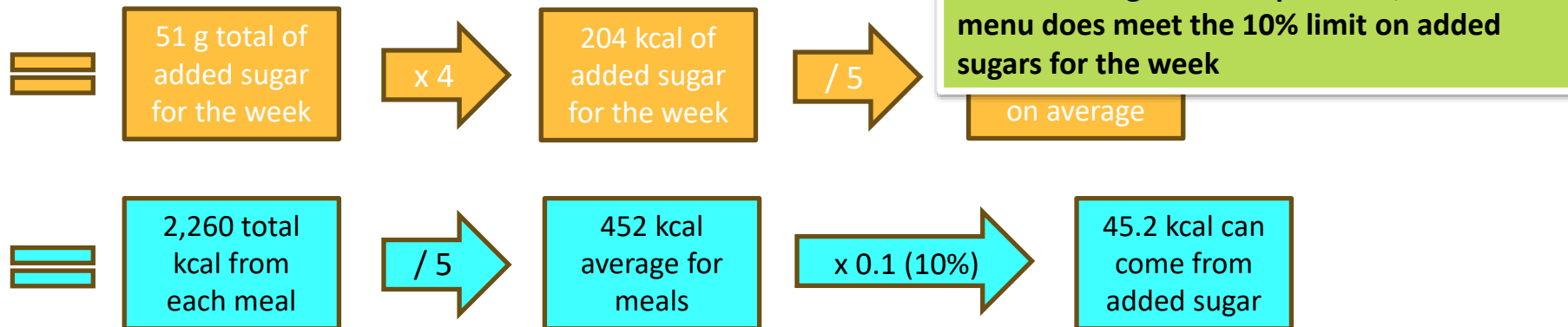


2. $65 \text{ calories} \div 4 \text{ calories} = 16 \text{ g of sugar}$

Added Sugar Example 2

Monday	Tuesday	Wednesday	Thursday	Friday
WGR English Muffin w/ Jelly (1 oz. eq.) Grapes (1/2 c.) Apple Juice (1/2 c.) Choice of Milk* (1 c.) 400 Calories	WGR Toast (1 oz. eq.) Peanut Butter (1 oz. eq.) Banana (1/2 c.) Orange Juice (1/2 c.) Choice of Milk* (1 c.) 475 calories	Yogurt (2 oz. eq.) Granola (1 oz. eq.) Apple Slices (1 c.) Choice of Milk* (1 c.) 375 calories	WGR Donut (2 oz. eq.) Strawberry Cup (1/2 c.) Orange Juice (1/2 c.) Choice of Milk* (1 c.) 490 calories	WGR French Toast w/ Sugar-Free Syrup (1 oz eq) Orange Slices (1/2 c.) Apple Juice (1/2 c.) Choice of Milk* (1 c.) 520 calories

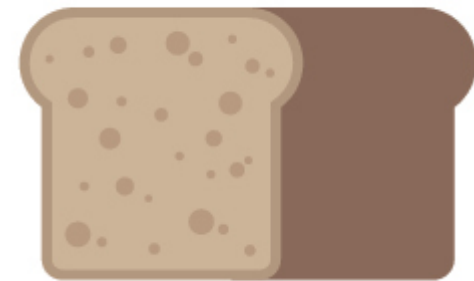
*Choice of skim (fat-free) or 1% (low-fat) unflavored milk



Whole Grain-Rich

- What are the current requirements for whole grains in school meals?
 - At least 80 percent of the weekly grains offered in the school lunch and breakfast programs must be whole grain-rich (WGR)
 - Any remaining grain products offered during the week must be enriched

Whole grain-rich (WGR) – a product must contain at least 50 percent whole grains, and any remaining grain ingredients must be enriched



What are the changes for whole grains?

- The final rule maintains the current whole grain requirement of 80 percent.
 - Note that this is a minimum standard, and schools may choose to increase whole grain offerings beyond 80 percent.



Ingredients:

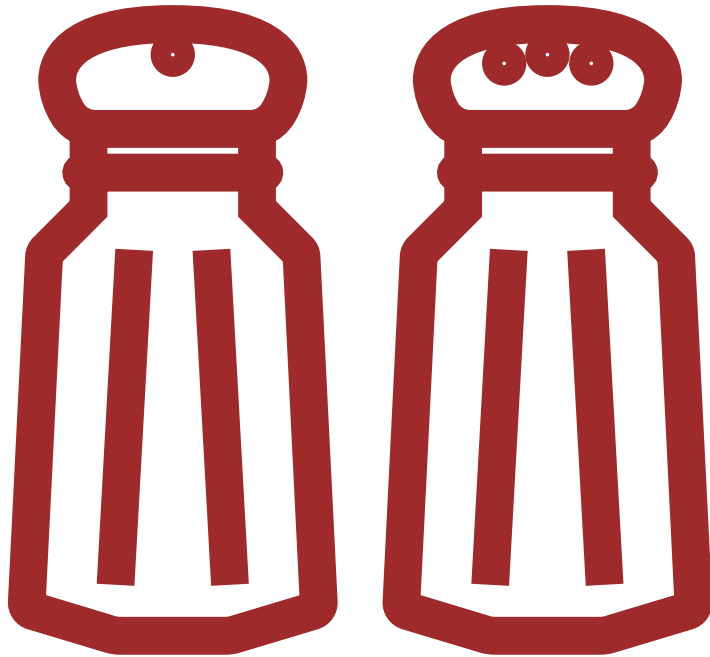
Whole grain wheat flour, wheat flour, oat fiber.



More information on whole grains can be found at:

[Whole Grain Resource](#)

Sodium

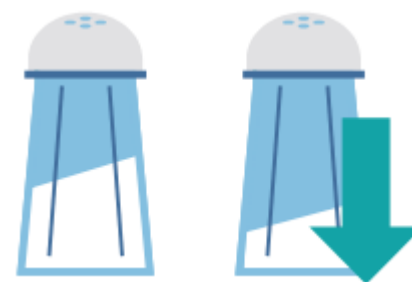


- What are the current requirements for sodium in school meals?
 - Current requirements are sodium Target 1A for school lunch and sodium Target 1 for breakfast.

Current Sodium Limits

School Breakfast Program

Age/Grade Group	Target 1: Effective July 1, 2022
Grades K-5	≤ 540 mg
Grades 6-8	≤ 600 mg
Grades 9-12	≤ 640 mg



School Lunch Program

Age/Grade Group	Target 1A: Effective July 1, 2023
Grades K-5	$\leq 1,110$ mg
Grades 6-8	$\leq 1,225$ mg
Grades 9-12	$\leq 1,280$ mg

Final Changes for Sodium

Through school year 2026-2027

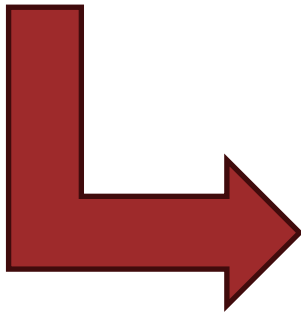
- Schools will maintain current sodium limits (Target 1A for lunch & Target 1 for breakfast)

Beginning school year 2027-2028

- Schools will implement a 15 percent reduction for lunch and 10 percent reduction for breakfast

Lunch Sodium Changes

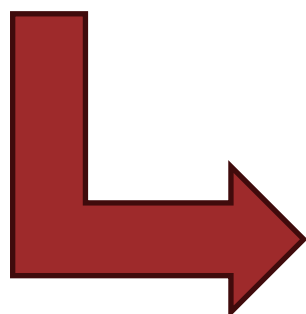
Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	$\leq 1,110$ mg	≤ 935 mg
Grades 6-8	$\leq 1,225$ mg	$\leq 1,035$ mg
Grades 9-12	$\leq 1,280$ mg	$\leq 1,080$ mg



Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	$\leq 1,110$ mg	≤ 935 mg
Grades 6-8	$\leq 1,225$ mg	$\leq 1,035$ mg
Grades 9-12	$\leq 1,280$ mg	$\leq 1,080$ mg

Breakfast Sodium Changes

Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 540 mg	≤ 485 mg
Grades 6-8	≤ 600 mg	≤ 535 mg
Grades 9-12	≤ 640 mg	≤ 570 mg



Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 540 mg	≤ 485 mg
Grades 6-8	≤ 600 mg	≤ 535 mg
Grades 9-12	≤ 640 mg	≤ 570 mg

Implementation Timeline

Beginning July 1, 2025

Product Based Limits for Added
Sugar

Beginning July 1, 2027

Added Sugar Weekly Limit
Sodium Reduction

Fall 2026

No required changes for schools
Can voluntarily continue to
reduce added sugar and sodium

Menu Planning Flexibilities



Meat/Meat Alternates at SBP



The three required components are fruit, grains, and milk.



Meat/Meat Alternates are not a required component at breakfast.



Final rule establishes a **combined** grain and meat/meat alternate component and may be met with meat/meat alternates served in place of grain, removing the requirement to menu 1 oz grain for each meal.

Meat/Meat Alternates at SBP

- Schools may offer meats/meat alternates, grains, or a combination of both in meeting this combined component requirement
- Whole grains, 80% of actual grains served must be WGR.
- Any remaining grains served must be WGR or enriched.



[Offering Meats and Meat Alternates at School Breakfast](#)

Meat/Meat Alternates at SBP

Breakfast ONLY Meat Alternates Substitutes for 1- 2 oz Grain	One ounce Equivalents
Peanut Butter/Nut Butters	2 tablespoons
Cheeses	1 ounce
Yogurt/ Greek Yogurt	4 ounces
Large egg	½ egg
Cottage cheese	¼ cup
Beans/peas/lentils	¼ cup

Nuts and Seeds

- Final rule allows nuts and seeds to credit for the full meat/meat alternate component
- Note this is an option and schools can choose to offer nuts and seeds to meet the full component or a portion.
- Nuts and seeds credit ounce for ounce
 - 1 oz pumpkin seeds = 1 oz meat alternate



Substituting Vegetables at SBP

2024
Consolidated
Appropriations
Act: allows
vegetables to be
substituted for
fruit at breakfast

- No subgroup requirements for school year 2024-2025

Final rule:
provides the
option to serve
any vegetable for
fruit at breakfast

- If offering vegetables at breakfast one day per week schools continue to have the option to serve any subgroup.

Two or more
days required
to offer two
different
subgroups,
effective-
July 1, 2025

Vegetable Subgroups-NSLP/SBP

	Grades K-8	Grades 9-12
	($\frac{1}{2}$ cup)	$\frac{1}{2}$ cup
Red/Orange	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
*Beans/Peas/Lentils	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Starchy	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Other	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Additional to reach weekly total	1 cup	1 $\frac{1}{2}$ cup

*Formerly Legumes/Bean/Peas

Beans, Peas, and Lentils

A serving of Beans/Peas/Lentils offered, may credit as either a meat alternate or as a vegetable serving in a meal but may not credit as both for **daily meal components**.



New

Schools may count Beans, Peas, and Lentils offered and credited as **M/MA daily meal components** toward the **weekly VEGETABLE subgroup requirement**

When offering Beans/Peas/Lentils as M/MA, an additional serving of vegetable must also be offered as the **daily vegetable meal component** since the Beans/Peas/Lentils is crediting as the M/MA

Beans, Peas, and Lentils

Example: Beans as Meat/Meat Alternate

½ cup of cooked black beans* are served as part of the veggie quesadilla entrée for grades K-5

*½ cup of cooked black beans = 2 oz eq M/MA

K-5 Meal Pattern Component	Requirement	Example	Requirement Met?
Daily M/MA Requirement	1 oz eq	2 oz eq	✓
Daily Vegetable Requirement	¾ cup	N/A	✗
Weekly Beans, Peas, and Lentils Requirement	½ cup	½ cup	✓

Note: The **daily** vegetable requirement (¾ cup for K-5) is **not** met until another vegetable(s) is offered with the meal because the beans can only credit as one component (i.e. M/MA in this example)

Traditional Indigenous Foods

- The final rule states that traditional Indigenous foods may be served in reimbursable school meals.

Vegetables and Grains

- The final rule clarifies that any creditable vegetable can be substituted for grains or breads in tribal communities.

Bean Dip Exemption

- The final rule adds bean dip to the list of foods exempt from the total fat standard in Smart Snacks regulations.
- Example: Hummus



Afterschool Snack Program-NSLP

Must include 2 of the 5 meal components:



Fruits



Vegetables



Grains



Meats/Meat
Alternates



Milk

The final rule updated NSLP snack meal pattern requirements to align with CACFP snack requirements.

[Nutrition Standards for CACFP Meals and Snacks](#)

Final Rule Webpage



Added Sugars



Milk



Sodium



Whole Grains

[Updates to the School Nutrition Standards](#)

[Road to Successful Menu Planning for School Meals Training Series](#)

[ISBE School Nutrition Programs Administrative Handbook](#)



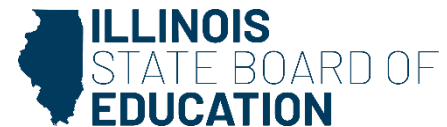
Questions?



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Thank you