

NSLP/SBP Helper Sheets

SY 2024-2025



CHILD NUTRITION

SCHOOL BREAKFAST PROGRAM
NATIONAL SCHOOL LUNCH PROGRAM



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program

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SY 2024-2025 Updates

Final Rule for School Meal Standards

On April 25, 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans, which is the next step in continuing the science-based improvement of school meals and other USDA Child Nutrition Programs (CNP), as well as advancing USDA's commitment to nutrition security.

While this rulemaking is effective July 1, 2024, USDA is gradually phasing in required changes over time. Program operators are not **required** to make any changes to their menus as a result of this rulemaking until school year 2025-26 at the earliest.

Visit [USDA](#) for more information on the final rule and a full description of all provision



Transitional Standards for Milk, Whole Grains, and Sodium Final Rule

This rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to transition in the short term. Meanwhile, USDA is working to develop long-term nutrition standards - based on the newest DGA and extensive input from a wide range of partners - that will work for schools, families, and industry alike.

Through school year 2026-27 (until June 30, 2027), schools will maintain current sodium limits (Sodium Target 1A for lunch and Sodium Target 1 for breakfast).

Sodium Limits in Effect Through SY 2026-2027
Breakfast

Grade Group	Target
K-5	≤ 540 mg
K-8	≤ 540 mg
6-8	≤ 600 mg
9-12	≤ 640 mg
K-12	≤ 540 mg

Sodium Limits in Effect Through SY 2026-2027
Lunch

Grade Group	Target
K-5	≤ 1110mg
K-8	≤ 1110mg
6-8	≤ 1225mg
9-12	≤ 1280mg

SY 2024-2025 Meal Pattern Chart

National School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk , Unflavored: Age 1, Whole Age 2-5, low-fat or fat-free	½ Cup	¾ Cup
Fruits and Vegetables	¼ Cup	½ Cup
1,2Grains: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Cooked: Cereal, Cereal Grain, Pasta	0.5 oz eq	
3Ready-to-Eat Breakfast Cereal, Dry or Cold: Flakes or Rounds Puffed Cereal Granola	½ Cup ¾ Cup ⅛ Cup	

School Age Daily and Weekly					
Meal Pattern Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12	Grades K-12
4Milk Unflavored/flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and 5Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
6Grains+ 80 % WG-Rich	7 – 10 (1 oz eq)	8 – 10 (1 oz eq)	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)
Nutrient Specifications: Daily Amount Based on Average 5- Day Week					
Min.–Max. Calories (kcal)	350–500	400-500	400–550	450–600	450–500
Saturated Fat % of total calories	< 10	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 540	≤ 540	≤ 600	≤ 640	≤ 540
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.				

¹CACFP: grain-based desserts are not creditable toward the grains component

²CACFP: one whole-grain rich food item must be served each day across all meals

³CACFP: breakfast cereals and yogurt must meet sugar standard - [TDA CACFP sugar limit calculator](#)

⁴One choice of milk must be unflavored at each meal service.

⁵Through SY 2024-25, CEs may substitute any vegetable from any subgroup in place of a fruit.

⁶At least 80% of weekly grains offered must be whole grain rich.

+ A Meat/Meat Alternate may be offered as a substitute for grain.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.

SY 2024-2025 Meal Pattern Chart

National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk: Unflavored Age 1, whole milk Age 2-5, 1 percent low fat or fat free unflavored	½ cup	¾ cup
Fruits	½ cup	¼ cup
Vegetables	½ cup	¼ cup
^{1,2} Grains: Whole Grain-Rich or Enriched		
Bread product {e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq
Pasta	0.5 oz eq	
Meat/Meat Alternates		
Lean meat, poultry, or fish	1 oz	1.5 oz
Tofu, soy product, or alternate protein products	1.0 oz	1.5 oz
Cheese	1 oz	1.5 oz
Large egg	½ egg	¾ egg
Cooked dry beans or peas	0.5 oz eq	0.75 oz eq
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp
³ Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
⁴ Milk Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans/Peas {Legumes}	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
⁵ Grains 80 % Whole Grain-Rich	8 – 9 (1 oz eq)	8 – 10 (1 oz eq)	8 – 9 (1 oz eq)	10 – 12 (2 oz eq)
Meat/Meat Alternates	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq)
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.-Max. Calories{kcal)	550-650	600-700	600-650	750-850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target {mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

¹CACFP: grain-based desserts are not creditable toward the grains component

²CACFP: one whole-grain rich food item must be served each day across all meals

³CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

⁴One choice of milk must be unflavored at each meal service

⁵At least 80% of weekly grains offered must be whole grain rich with the remaining enriched

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.

Smart Snacks

Nutrition Standards

Any food sold in schools must:

- Be a “whole grain-rich” grain products; or
- Have as the first ingredient a fruit, vegetable, dairy products, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack Items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack Items: ≤ 200 mg*
 - Entrée Items: ≤ 480 mg
- Fat limits:
 - Total Fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Definitions

- **School Campus:** all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- **School Day:** the period from the midnight before, to 30 minutes after the end of the official school day

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored fat-free or 1% milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. **NOTE:** *Caffeinated beverages are only permitted at the High School level.*

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and

No more than 12-ounce portions of

- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

Fundraisers / Vending Machines

- The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Exempt Fundraiser Days

- Texas allows up to 6 fundraisers per campus, per year.
- Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

Alternative standards must be included in the Local Wellness Policy but must not be less restrictive than the federal standards

Offer vs Serve Breakfast Tips

Under OVS at Breakfast, schools must offer at least four food items from the three required food components (fruit⁺, grains⁺⁺, and fluid milk).

Required Components at Breakfast



Fruit
1 cup



Grains
1 ounce equivalent
(oz eq)



Fluid Milk*
1 cup

Sample OVS Breakfast Menu

- Variety of Milk: Fat-free or 1% (1 Cup Milk)
- Slice of Whole Grain-Rich Toast (1 oz eq Grain)
- Whole Grain-Rich Cereal (1oz eq Grain)
- Orange Slices (1 Cup Fruit)

Is it Reimbursable?

For a breakfast to be reimbursable, at least four food items must be offered. Students must select three food items including ½ cup of fruit and/or vegetable for the meal to be reimbursable under OVS.

Use this simple checklist to determine if breakfasts are reimbursable under OVS:

- Does the meal offered consist of at least four food items?
- Does the meal offered include the minimum required amounts of fruits, grains, and milk*?
- Does the meal selected by the student contain at least three food items, including at least ½ cup fruit and/or vegetable?



If the answer to each of these questions is yes, the breakfast meal is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

+ Vegetables may be offered as a substitute for fruits.

++ A Meat/Meat Alternate may be offered as a substitute for grain.

Offer vs Serve

Lunch Tips

Under OVS at Lunch, schools must offer all five food components in at least the minimum required quantities. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch.

Required Food Components

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup



Sample OVS Lunch Tray

- Hamburger on a Whole Grain-Rich Bun (2 oz eq Grain, 2 oz eq Meat/Meat Alternate)
- Corn (1/2 Cup Starchy Vegetable)

Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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