

# Update to School Nutrition Standards

## Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans



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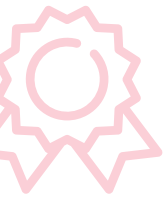
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MISSISSIPPI  
DEPARTMENT OF  
EDUCATION

Summer 2025





1

**ALL** Students Proficient  
and Showing Growth in All  
Assessed Areas



2

**EVERY** Student Graduates  
from High School and is Ready  
for College and Career



3

**EVERY** Child Has Access  
to a High-Quality Early  
Childhood Program

**EVERY** School Has Effective  
Teachers and Leaders

4



**EVERY** Community Effectively  
Uses a World-Class Data System to  
Improve Student Outcomes

5



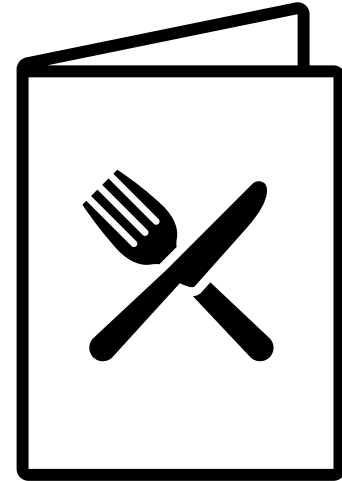
**EVERY** School and District is  
Rated “C” or Higher

6



The final rule resulted in changes in two main categories:

- 1) Nutrition Requirements
- 2) Menu Planning Flexibilities



# Nutrition Requirements



Limits on added sugar will use a phased approach.

- **Phase 1: Limits on specific high-sugar products (cereals, yogurt, and flavored milk)**
  - Implemented by school year 2025-2026 (beginning July 1, 2025)
- **Phase 2: Overall weekly limits.**
  - Weekly dietary limits to be implemented by school year 2027-2028 (beginning July 1, 2027)
  - <10% weekly calories from added sugars



Limits on added sugar will use a phased approach.

✔ indicates implementation date. Blank cells indicate no changes/no new requirements.

Requirements	SY 2024-25	SY 2025-26	SY 2026-27	SY 2027-28
Product-based limits for breakfast cereals, yogurt, and flavored milk		✔		
Weekly limit (<10% weekly calories from added sugars for both lunch and breakfast programs)				✔



# Added Sugar: Specific Limits on High-Sugar Products

7

- Limits on added sugar will use a phased approach.

Breakfast cereals may have no more than 6 grams of added sugar per dry ounce.

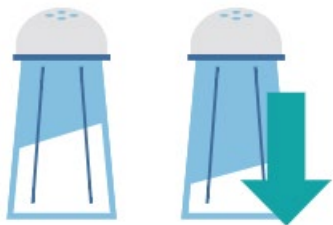
Yogurt may have no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces or, for flavored milk sold as a competitive food for middle or high schools, 15 grams of added sugar per 12 fluid ounces.



## Gradually phase in one reduction of weekly limit.

- For the next 2 school years (through 2026-2027), schools will maintain current sodium limits
  - Target 1A will continue for lunch; Target 1 will continue for breakfast
- By school year 2027-2028 (beginning July 1, 2027), schools will implement a 15% reduction for lunch and a 10% reduction for breakfast.

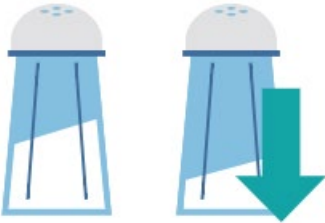




Gradually phase in one reduction of weekly limit.

✔ indicates implementation date.

Requirements	SY 2024-25	SY 2025-26	SY 2026-27	SY 2027-28
Lunch - 15% reduction from current sodium limits: <ul style="list-style-type: none"><li>• Grades K-5: ≤ 935 mg</li><li>• Grades 6-8: ≤ 1,035 mg</li><li>• Grades 9-12: ≤ 1,080 mg</li></ul>				✔
Breakfast - 10% reduction from current sodium limits: <ul style="list-style-type: none"><li>• Grades K-5: ≤ 485 mg</li><li>• Grades 6-8: ≤ 535 mg</li><li>• Grades 9-12: ≤ 570 mg</li></ul>				✔



# Sodium Standards: National School Lunch Program


10



<u>Age/Grade Group</u>	<u>Target 1:</u> <u>Effective July 1,</u> <u>2022</u>	<u>Interim Target</u> <u>1A:</u> <u>Effective July 1,</u> <u>2023</u>	<u>15% Sodium</u> <u>Reduction</u> <u>Effective July 1,</u> <u>2027:</u>
K-5	$\leq 1,230$ mg	$\leq 1,110$ mg	$\leq 935$ mg
6-8	$\leq 1,360$ mg	$\leq 1,225$ mg	$\leq 1,035$ mg
9-12	$\leq 1,420$ mg	$\leq 1,280$ mg	$\leq 1,080$ mg

# Sodium Standards: School Breakfast Program

11

Age/Grade Group	 Target 1: Effective July 1, 2022 – SY 2024	10% Sodium Reduction Effective July 1, 2027
K-5	$\leq 540$ mg	$\leq 485$ mg
6-8	$\leq 600$ mg	$\leq 535$ mg
9-12	$\leq 640$ mg	$\leq 570$ mg

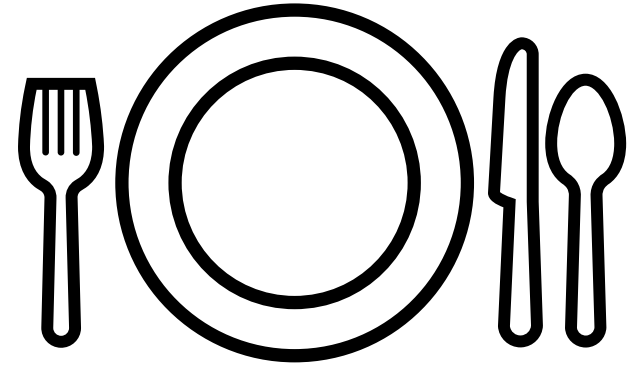
Milk may be fat-free or low-fat (1%), flavored or unflavored.

Unflavored milk must be offered at each school meal service.



# Snack

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Aligns NSLP afterschool snack meal pattern requirements for K-12 children with the CACFP snack meal pattern requirements with an implementation date of July 1, 2025.

7 CFR 210.10(o)(2)

Adds bean dip to the list of foods exempt from the total fat standard in the Smart Snacks regulation:

- Exemption applies to products marketed as hummus, as well as dips made from any variety beans, peas, or lentils.
- Bean dip will still need to meet the saturated fat standard for smart snacks.

Topic	OLD NSLP Snacks Requirements for K-12 Children	NEW NSLP Snacks Requirements for K-12 Children (Must be Implemented July 1, 2025)
<b>Total number of snack components</b>	Snacks must contain two different components out of four total components	Snacks must contain two different components out of five total components
<b>Milk</b>	No regulatory requirements for fat or flavoring in NSLP snacks	Milk must be fat-free or low-fat and may be unflavored or flavored
<b>Fruit and vegetable</b>	Fruits and vegetables are part of a single component	Fruits and vegetables are two separate components

Topic	OLD NSLP Snacks Requirements for K-12 Children	NEW NSLP Snacks Requirements for K-12 Children (Must be Implemented July 1, 2025)
Juice	No regulatory juice limits in NSLP snacks	No more than half (50 percent) of the weekly fruit and vegetable offerings in NSLP snacks are in the form of juice
Whole grain-rich	No regulatory requirements to offer whole grain-rich grains in NSLP snacks	At least 80 percent of the weekly grains offered in NSLP snacks must be whole grain-rich, based on ounce equivalents of grains offered

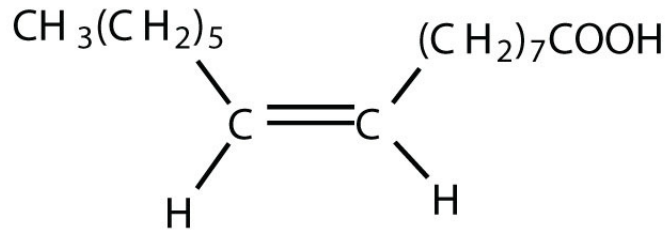


Topic	OLD NSLP Snacks Requirements for K-12 Children	NEW NSLP Snacks Requirements for K-12 Children (Must be Implemented July 1, 2025)
<b>Grain-based desserts</b>	No regulatory requirements for grain-based desserts in NSLP snacks	Grain-based desserts do not count toward the grains requirement
<b>Deep-fat fried foods</b>	No regulatory requirements for deep-fat fried foods in NSLP snacks	Foods that are deep-fat fried on-site are not reimbursable NSLP snacks
<b>Added sugars</b>	No regulatory added sugars limits in NSLP snacks	Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce and yogurt must contain no more than 12 grams of added sugars per 6 ounces <sup>110</sup>

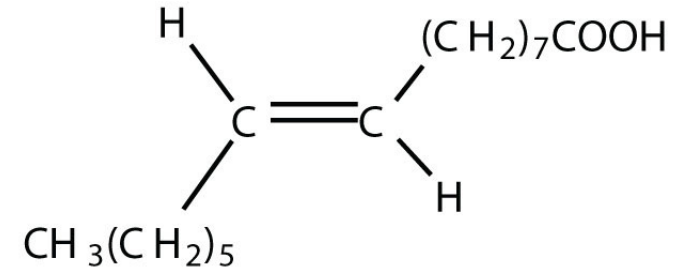
# Menu Planning Flexibilities

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- **Vegetables for grains substitution has been expanded to school food authorities and schools that are tribally operated, operated by the Bureau of Indian Education, and that serve primarily American Indian or Alaska Native Children.**
- **Traditional Indigenous foods may be served in reimbursable school meals.**
  - **Traditional food: food that has traditionally been prepared and consumed by [American] Indian tribe**
  - **USDA expects this term to cover the diversity of food traditions among American Indian and Alaska Native communities.**



*cis* fatty acid

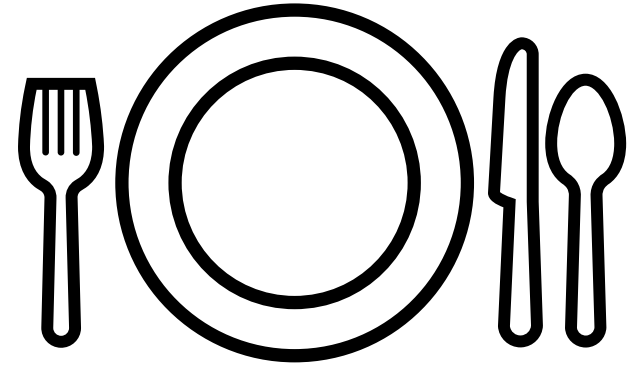


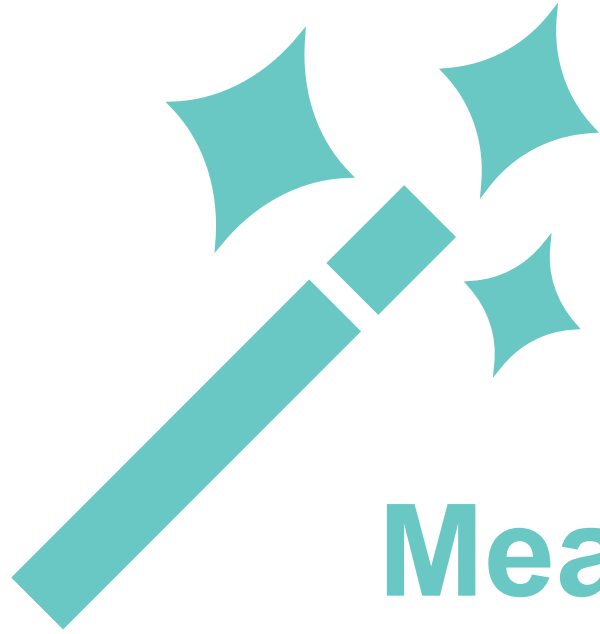
*trans* fatty acid

The FDA has taken actions to effectively eliminate artificial trans fats from foods made or sold in the U.S. The specification prohibiting artificial trans fats in school meals has been eliminated and no longer needs to be monitored.

# Breakfast

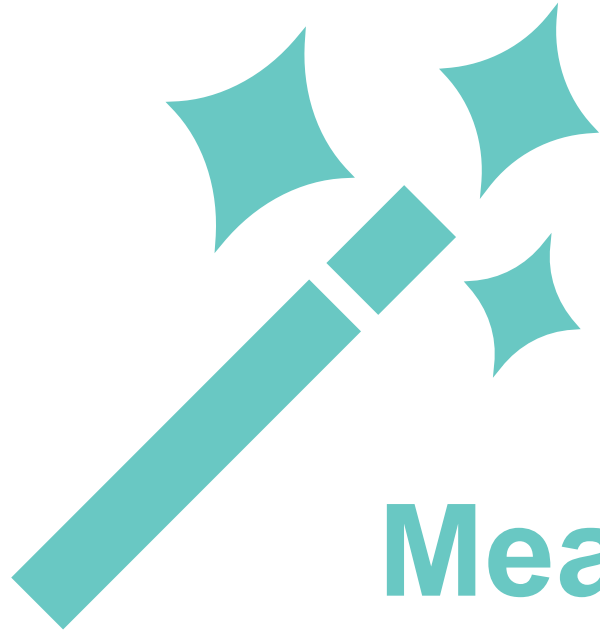
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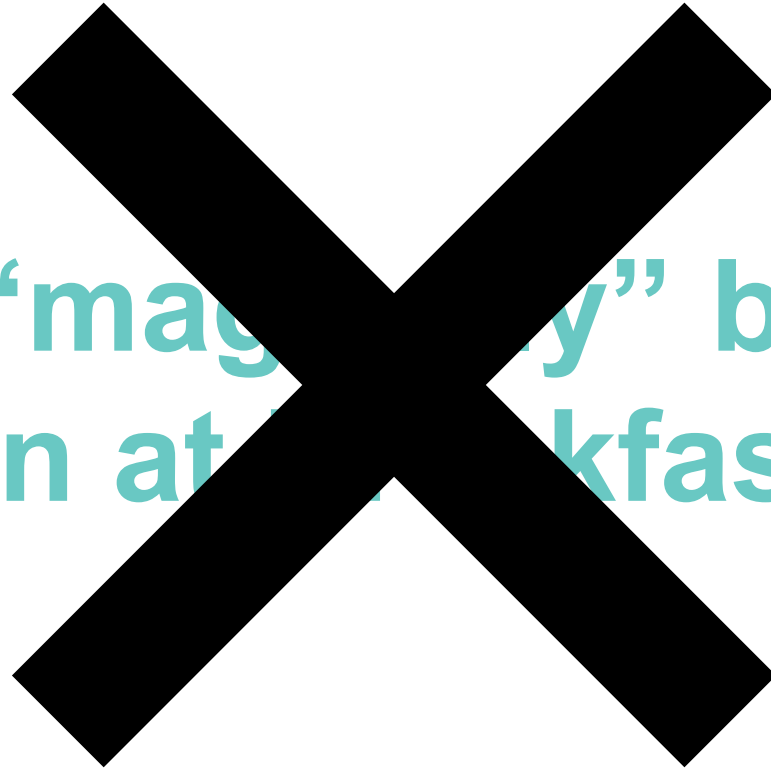


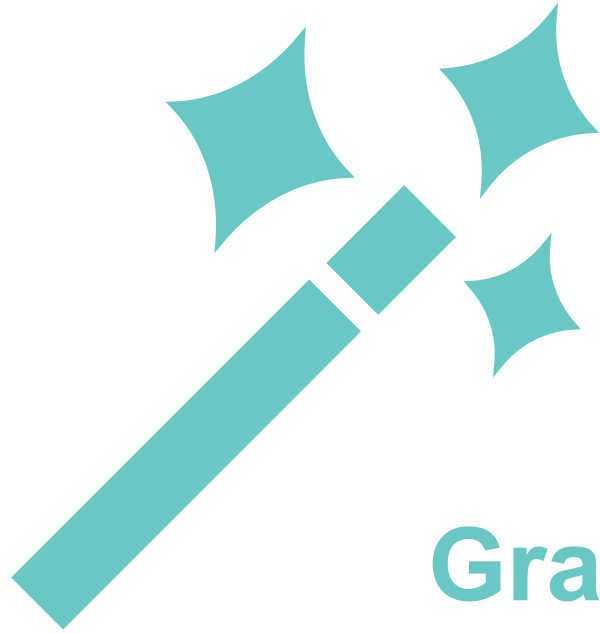
**Meat “magically” becomes  
a Grain at Breakfast!**





Meat “magically” becomes  
a Grain at breakfast!





**Grains and Meat/Meat Alternates are a combined group at breakfast.**



# Grain and Meat/Meat Alternates at Breakfast

25

Required Component Offerings	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
Grains and Meat/Meat Alternates	1 oz. eq./day 7 oz. eq./week	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./week	Grains and meat/meat alternates are a combined group. Schools may offer grains, meat/meat alternate, or a combination of both to satisfy this meal component.  Daily and weekly minimums must be met.  80% of grains offered must be whole grain rich. The remaining grains must be enriched.  Nuts and seeds may be used to satisfy 100% of the meat/meat alternate requirement.  <u>Sugar limits to be implemented by school year 2025/2026:</u> Breakfast cereals may have no more than 6 grams of added sugar per dry ounce. Yogurt may have no more than 12 grams of added sugar per 6 ounces.
WHEN CREATING A K-8 GROUP	8 oz. eq.			
WHEN CREATING A K-12 GROUP	9 oz. eq.			

**Reminder:**  
Your nutrient analysis software company will likely have an update to accommodate this new flexibility.

# Example of Grains and Meat/Meat Alternate at Breakfast

26

Schools, at their option, may offer grains, meats/meat alternates, or a combination of both at breakfast.

Grain Only:



Meat/ Meat Alternate Only:



Combination of Grain and Meat/Meat Alternate:



**Due to the new rule, there was a change to the red book! Meat/Meat alternate can now be recorded at breakfast.**

Date:	2	3a	3b	4	5	6	7	8	
Participation	MENUS and Recipe Numbers	Plan Extra	Extra Extra	FOOD ITEMS	B	L	S N	CONTRIBUTION SIZE	
BREAKFAST SERVED:	BREAKFAST			MEAT/MEAT <u>ALTERNATE</u> M M M M M				9-12	
K-5 _____									1
6-8 _____									2
K-8 _____									3
9-12 _____									4
ADULTS PAID:									5
_____									6
IN KIND:									7
									8
									9
									10
									11
									12
						13			

# Fruit (and Vegetables) at Breakfast

28

K-5

6-8

9-12

Fruit (and Vegetable)	1 cup / day 5 cups/wk	1 cup / day 5 cups / wk	1 cup / day 5 cups / wk	
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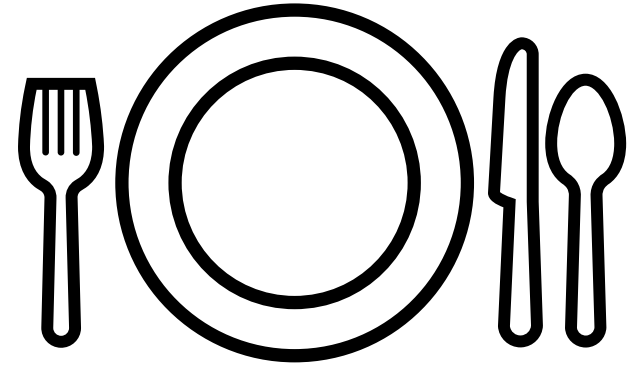
Juice MUST be 100% full strength.

If offering vegetables only 1 day per school week, any vegetable subgroup may be offered.

If substituting vegetables for fruits at breakfast on 2 or more days per school week, vegetables from at least two different subgroups must be offered.

# Lunch

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# Vegetables at Lunch

30

The vegetables component had a few changes from the final rule.

The beans/peas subgroup is now called beans/peas/lentils.

Flexibility to Start July 1, 2024:  
Beans, peas, and lentils offered towards the meat/meat alternate component can also satisfy the weekly vegetable subgroup requirement.



## Important:

Beans, peas, and lentils cannot count towards the daily component as both meat/meat alternate and vegetables in the same meal.

## Example: Red Beans and Rice



Source: MRS 2021

MRS: 2555 – Pork (2500s)

### RED BEANS AND RICE WITH SAUSAGE (DRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 ½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving

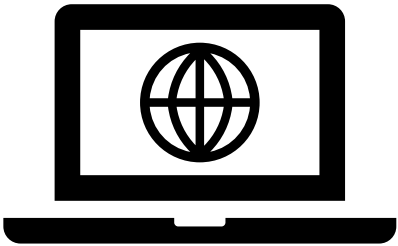
**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

**Daily requirements:** Crediting towards meat/meat alternate component

**Weekly requirements:** Crediting towards meat/meat alternate component **and** satisfying the beans, peas, and lentils subgroup requirement



**Keep in mind that the new menu planning flexibilities were not active in all software last year. Look for updates from your software company as they are produced.**



# Meal Modification

A black and white line drawing of a plate, fork, knife, and spoon. The plate is a circle with a smaller circle inside. The fork is to the left of the plate, the knife is to the right, and the spoon is to the right of the knife. A teal horizontal bar is positioned below the text "Meal Modification".

# Meal Modifications

✓ indicates implementation date. Blank cells indicate no changes/no new requirements.

Requirements	SY 2024-25	SY 2025-26	SY 2026-27	SY 2027-28
Clarifies existing policy guidance by including in regulation that state licensed healthcare professionals may write medical statements to request meal modifications on behalf of students with disabilities in the school meal programs. <sup>1</sup>	✓			
Defines a state licensed healthcare professional as an individual authorized to write medical prescriptions under state law, consistent with current policy guidance. <sup>1</sup>	✓			
In addition to state licensed healthcare professionals, also permits registered dietitians to write medical statements to request meal modifications on behalf of students with disabilities in the school meal programs.		✓		
Regarding non-disability requests, makes clear in regulation that USDA encourages schools to meet participants' non-disability dietary preferences when planning and preparing school meals.	✓			

Updated meal pattern charts will be included in your red book. They are also on the MDE website on the Child Nutrition landing page.

School Breakfast Program (SBP)  
Meal Pattern Requirements for Various Age/Grade Groups

Quantities Required to Offer				
Required Component Offerings	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
<b>Grains and Meat/Meat Alternates</b>	1 oz. eq./day 7 oz. eq./week	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./week	Grains and meat/meat alternates are a combined group. Schools may offer grains, meat/meat alternate, or a combination of both to satisfy this meal component.  Daily and weekly minimums must be met.  80% of grains offered must be whole grain rich. The remaining grains must be enriched.  Nuts and seeds may be used to satisfy 100% of the meat/meat alternate requirement.  <u>Sugar limits to be implemented by school year 2025/2026:</u> Breakfast cereals may have no more than 6 grams of added sugar per dry ounce. Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces.
WHEN CREATING A K-5 GROUP	8 oz. eq.			
WHEN CREATING A K-12 GROUP	9 oz. eq.			
<b>Fruit and Vegetable</b>	1 cup / day 5 cups / week	1 cup / day 5 cups / week	1 cup / day 5 cups / week	No more than ½ of the total weekly requirement may be met with 100% full-strength juice.  Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetables, including a starchy vegetable.  Schools choosing to substitute vegetables for fruit at breakfast on two or more days per school week are required to offer vegetables from at least two different vegetable subgroups.  Milk may be 1% or fat free. Flavored or unflavored milk may be offered.  <u>Sugar limits to be implemented by school year 2025/2026:</u> Flavored milk must contain no more than 10 grams of added sugar per 8 fluid ounces.
<b>Milk</b> 1% or Fat Free Only	1 cup each day; 5 cups per week			
<b>Calorie Ranges</b>	350-500 calories	400-550 calories	450-600 calories	
WHEN CREATING A K-5 GROUP	400-500 calories			Minimum and Maximum Calorie ranges in an average 5-day weekly menu
WHEN CREATING A K-12 GROUP	450-500 calories			
<b>Sodium (mg)</b>	≤ 540	≤ 600	≤ 640	When combining grade groups, the more restrictive requirement must be used. K-5: ≤ 540 K-12: ≤ 540

The School Lunch Pattern for Various Age/Grade Groups  
The United States Department of Agriculture, National School Lunch Program requires that portions of meal components be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages.

Quantities Required to Offer						
Food Components	Ages 1-2	Ages 3-4	Grades K-5 8 oz. eq./wk	Grades 6-8 9 oz. eq./wk	Grades 9-12 10 oz. eq./wk	Specific Requirements
<b>Meat or Meat Alternate (M/MA)</b>						Must be served in the main dish or as the main dish and only one other menu item.
<b>When combining K-5 &amp; 6-8 to establish a K-9 group.</b>			9 oz. eq./wk			
Lean meat, poultry, fish	1 oz.	1 ½ oz.				Vegetable protein products, cheese, alternate cheese products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Food and Nutrition Service Fact Sheets on each of these alternate foods give detailed instructions for use.
Cheese	1 oz.	1 ½ oz.				
Large egg(s)	½	¾				
Cooked, dry beans or peas	½ cup	¾ cup				
Peanut butter (or any nut or seed butter)	2 Tbsp	3 Tbsp	1 oz. eq. <sup>1</sup> per day minimum	1 oz. eq. <sup>1</sup> per day minimum	2 oz. eq. <sup>1</sup> per day minimum	Nuts and seeds may be used to satisfy 100% of the meat/meat alternate requirement.
Peanuts, soy nuts, tree nuts or seeds	½ oz.	¾ oz.				<u>Sugar limits to be implemented by 2025/2026:</u> Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or ½ cup	6 oz. or ¾ cup				
<b>Grains</b>			8 oz. eq./wk	8 oz. eq./wk	10 oz. eq./wk	Require 80% of the weekly grains in the NSLP and SBP be whole grain-rich (WGR), and the remaining weekly grains must be enriched.
<b>When combining K-5 &amp; 6-8 to establish a K-9 group.</b>			8 oz. eq./wk			
Servings of grains or breads must be whole-grain rich	5 per week at least ½ avg. day	8 per week at least 1 avg. day	1 oz. eq. per day minimum	1 oz. eq. per day minimum	2 oz. eq. per day minimum	
<b>Vegetable</b>			½ cup every day		1 cup every day	No more than ½ of the total requirement may be met with full-strength vegetable juice.
Dark Green			½ cup every week		½ cup every week	
Red/Orange			½ cup every week		1 ½ cups every week	In grades K-12 the vegetable subgroups need to be offered throughout the week. The amounts listed here are the minimum amount that must be offered during the week.
Beans/Peas/Lentils	1/2 cup either or	1/2 cup either or	½ cup every week		½ cup every week	Beans, peas, and lentils offered towards the meat/meat alternate component can also count toward the weekly vegetable subgroup requirement.
Starchy			½ cup every week		½ cup every week	
Other			½ cup every week		½ cup every week	
<b>Fruit</b>			½ cup every day	½ cup every day	1 cup every day	No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.
<b>Milk (fluid offered as a beverage)</b>	½ cup (6 fl. oz.)		½ pint (8 fl. oz.)			Milk may be 1% or fat free. Flavored or unflavored milk may be offered.  <u>Sugar limits to be implemented by school year 2025/2026:</u> Flavored milk must contain no more than 10 grams of added sugar per 8 fluid ounces.
<b>Min. and Max. Calorie Ranges in an average 5-day week menu</b>	517*		550-650	600-700	750-850	Menus for students ages 1-2 and ages 3-4 have a minimum calorie requirement of 517 calories averaged over the school week.
<b>When combining K-5 &amp; 6-8 to establish a K-9 group.</b>			600-650			
<b>Sodium</b>			≤ 1110	≤ 1225	≤ 1280	<u>K-5 group sodium max = 1110 mg</u>

\*Schools serving lunch 7 days per week should increase the weekly quantity by approximately 20% for each additional day. Food Buying Guide FNS Instruction 783-1, Rev. 2 Grains and Bread Instruction provides the information for the minimum weight of serving.



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