Indiana Department of Education IDOE/SNP
Child Nutrition Programs' Policy Instruction SP 03-2008
November 19, 2007

Alternate Menu Planning Approaches- Calorie and Nutrient Standards

Purpose:

This instruction sets forth the policy regarding the calorie and nutrient requirements for meals planned using alternate menu planning approaches.

Scope:

Sponsors participating in the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP).

Description:

As background, section 9 of the National School Lunch Act mandates that school lunches and school breakfasts provide one-third and one-fourth of the daily recommended dietary allowances (RDAs) and energy allowances, respectively, when averaged over a week. The RDAs reflect nutrient intake levels that meet the needs of most children by targeting nutrient levels needed not only to prevent nutrient deficiencies, but also to reduce the risk of chronic disease.

These nutrient standards are found in 7CFR 210.10(c) and (d) and 7CFR 220.8(b) and (c). As cited in 7CFR 210.10(l)(4)(iii) and 7 CFR 220.8(h)(3)(iii), an alternate menu planning approach must meet the statutory requirements for one-third or one-fourth of the RDAs for calories and the specified nutrients, indicate the age/grade groups served, and how the nutrient levels are met for those age/grade groups.

SAs and school food authorities (SFAs) may use established age/grade groups or create unique age/grade groups as part of an alternate menu planning approach. **Regardless of the age /grade grouping, the meals must provide the minimum energy allowances and specified nutrients at the required levels. FNS created a Standard RDA Data Set for each age level that indicates the one-third and one-fourth calorie and nutrient requirements.** (See the attached charts.)

All USDA-approved nutrient analysis software contains this data set to help SAs and SFAs determine the appropriate nutrient standards for any age/grade group based on the RDAs.

When designing an alternate menu planning approach, SAs and SFAs must describe how they will monitor schools which use this approach to assure that the required calorie and nutrient standards, based on the RDAs for the age/grade groups, are met. During School Meals Initiative reviews, SAs must evaluate the alternate menu planning approach using the appropriate calorie and nutrient standards.

Until final regulations modify the calorie and nutrition standards, SAs and SFAs may not establish new energy allowances and nutrient standards for protein, vitamins A and C, iron, and calcium.

MODIFIED RDA DATA SETS

These values represent the nutrient standards and the set of default nutrients. Meals will be evaluated in comparison to these Nutrient Standards. Schools must plan breakfast and lunch meals that provide the following nutrients when averaged over a school week:

Breakfast RDAs (1/4)

Nutrients	Ages 3-6 years	Ages 7-10 years	Ages 11-13 years	Ages 14-17 years
Calories	419	500	588	625
Protein (g)	5.5	7	11.25	12.5
Calcium (mg)	200	200	300	300
Iron (mg)	2.5	2.5	3.4	3.4
Vitamin A (RE)	119	175	225	225
Vitamin A (IU)	595	875	1125	1125
** Fat (g)				
Vitamin C (mg)	11	11.25	12.5	14.4
** Saturated Fat (g)				

Lunch RDAs (1/3)

Nutrients	Ages 3-6 Years	Ages 7-10 Years	Ages 11-13 Years	Ages 14-17 Years
Calories	558	667	783	846
Protein (g)	7.3	9.3	15	16.7
Calcium (mg)	267	267	400	400
Iron (mg)	3.3	3.3	4.5	4.5
Vitamin A (RE)	158	233	300	300
Vitamin A (IU)	790	1165	1500	1500
** Fat (g)				
Vitamin C (mg)	14.6	15	16.7	19.2
**Saturated Fat (g)				

** There are no RDAs for fat or saturated fat; menu planners will monitor the fat content of meals and the percentage of calories from fat and saturated. The nutrient standard for fat will be based on 30 percent of calories from fat. The nutrient standard for saturated fat will be based on 10 percent of calories from saturated fat. The fat and saturated fat standards will vary depending upon the amount of calories per meal; therefore, these columns have been left blank.

STANDARD RDA DATA SET

Not all school districts are divided into the age groups of 3-6, 7-10, 11-13, or 14-17; therefore, the process must support the menu planners ability to create additional RDA standards and categories by weighting, combining, and/or averaging the RDAs from the four different age groups.

Schools in which the age groupings differ from the established standard may create new RDA standards that correlate with the age groups in their school district.

The following Breakfast and Lunch – Standard RDA Data Sets are to be used to determine the RDAs for those schools whose age groupings do not correlate with the standard age groupings:

Breakfast RDAs (1/4)

	Calories	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (RE)	Vitamin A (IU)	**Fat (g)	Vitamin C (mg)	Sat Fat (g)
Age 3	325	4	200	2.5	100	500		10	
Age 4	450	6	200	2.5	125	625		11.25	
Age 5	450	6	200	2.5	125	625		11.25	
Age 6	450	6	200	2.5	125	625		11.25	
Age 7	500	7	200	2.5	175	875		11.25	
Age 8	500	7	200	2.5	175	875		11.25	
Age 9	500	7	200	2.5	175	875		11.25	
Age 10	500	7	200	2.5	175	875		11.25	
Age 11	588	11.4	300	3.4	225	1125		12.5	
Age 12	588	11.4	300	3.4	225	1125		12.5	
Age 13	588	11.4	300	3.4	225	1142		12.5	
Age 14	588	11.4	300	3.4	225	1142		12.5	
Age 15	650	13	300	3.4	225	1125		15	
Age 16	650	13	300	3.4	225	1125		15	
Age 17	650	13	300	3.4	225	1125		15	

**There are no RDAs for fat or saturated fat.

SOURCE: 7CFR 210.10(C) AND (D) AND 7CFR 220.8(B) AND (C). AS CITED IN 7CFR 210.10(L)(4)(III) AND 7 CFR 220.8(H)(3)(III).