

IMPLEMENTATION TIMELINE FOR THE U.S. DEPARTMENT OF AGRICULTURE'S (USDA) FINAL RULE

Nutrition Standards in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Implementation of most meal requirements in the NSLP began in school year 2012-13. In the SBP, the meal requirements (other than milk) were implemented gradually beginning school year 2013-14.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2022-23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups per week (minimum of 1 cup per day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains range	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily minimum)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Target 1			L, B				
• Sodium Target 2						L, B	
• Sodium Final target							L, B
• Zero grams of trans fat per portion	L	B					
Menu Planning							
• A single food-based menu planning approach	L	B					
Age-Grade Group							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer versus Serve							
• Reimbursable meals must contain a fruit or vegetable (½ cup minimum)	L		B				
Monitoring							
• 3-year administrative review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

IMPLEMENTATION TIMELINE, continued



For more information on the NSLP and SBP meal patterns, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) Web page or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/implementation_timeline.pdf.

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