Transitional Standards
For Milk, Whole Grains, and Sodium

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Mississippi Department of Education/Office of Child Nutrition ~ School Support Division

Date: April 14, 2022
To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens.

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community.
State Board of Education  STRATEGIC PLAN GOALS

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

4. **EVERY** School Has Effective Teachers and Leaders

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

6. **EVERY** School and District is Rated “C” or Higher
Thank you!!

Your Opinion does matter! I hope you all took the time to express your voice before March 24, 2022.
Agenda

- Background
- Transitional Standards for Milk, Whole Grains, and Sodium
- Fall of 2022 USDA Nutrition Standards to address SY 24-25
- Resources
- Questions
December 2018: Final Rule changed standards for milk, whole grains and sodium

April 2020: 2018 Final Rule was vacated – which reversed back to 2012 meal standards

Through June 2012: Due to COVID, Congress provided USDA authority to issue nationwide meal pattern waivers
Impacted

• Types of milk
• Amount of whole grains-rich required
• Sodium Level

No Changes

• Amount of foods required in any component
• Fruits, Vegetables, Vegetables sub-groups, Meat/Meat Alternate components
• Calories Ranges, Saturated Fat Limits, Age/Grade Groups
The standards in this final rule are intended to be transitional and in effect for only two (2) school years (SY 2022–2023 and SY 2023–2024).
This rule will serve as a middle-ground *bridge* until the notice-and-comment rulemaking for SY 2024–2025 and beyond is complete.
Final Rule Stages – Two Steps Approach

Step 1
• Final Rule for Transitional Standards
• Short-term – 2 years

Step 2
• New Rule-making for Permanent Standards
• Long-term
Implementation Date – Transitional Meal Standards

July 1, 2022
Beginning (SY) 2022-2023
Steps 1: Final Rule for Transitional Standards – Short-Term

Step 1

• Milk, Whole Grain, Sodium
### Transitional Standards Apply only to:

<table>
<thead>
<tr>
<th><strong>Milk</strong></th>
<th>Schools may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whole Grains</strong></td>
<td>At least 80% of the grains served in Lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>Lunch and Breakfast retains Sodium Target 1, for school year 2022-2023. For school lunch only meet sodium target 1A SY 2023-2024</td>
</tr>
<tr>
<td></td>
<td>Consistent with the Goals of the Dietary Guidelines for Americans, 2020-2025.</td>
</tr>
<tr>
<td></td>
<td>USDA intends to issue a proposed rule in fall 2022 - nutrition standards for SY 2024-2025</td>
</tr>
</tbody>
</table>
Milk Standards

- Option to serve flavored, low-fat (1 percent or less) milk in NSLP and SBP.
- Requires unflavored milk (fat-free or low-fat) be available at each school meal service.
Whole Grain Standards

At least 80 percent of grains offered must be whole grain-rich

The remaining grains must be enriched

To meet USDA’s whole grain-rich products must contain at least 50 percent whole grains, and the remaining grain must be enriched
Menu Planning Options ~ Whole Grain-Rich Requirement

Option: Plan menus so enriched grains are served on one day only.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRG</td>
<td>WRG</td>
<td>WRG</td>
<td>WRG</td>
<td>Enriched</td>
</tr>
<tr>
<td>2 oz. eq.</td>
<td>2 oz. eq.</td>
<td>2 oz. eq.</td>
<td>2 oz. eq.</td>
<td>2 oz. eq.</td>
</tr>
</tbody>
</table>
Sodium Standards

NSLP

• Maintain Target 1 for SY 2022-2023
  ➢ Effective July 1, 2022

• Implement Interim Target 1A for SY 2023-2024
  ➢ Effective July 1, 2023

SBP

• Maintain Target 1 for SY 2022-2023 and SY 2023-2024
  • Effective July 1, 2022
# Sodium Standards: National School Lunch Program

<table>
<thead>
<tr>
<th>Age/Grade Group</th>
<th>Target 1: Effective July 1, 2022</th>
<th>Interim Target 1A: Effective July 1, 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>≤ 1,230 mg</td>
<td>≤ 1,110 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>≤ 1,360 mg</td>
<td>≤ 1,225 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>≤ 1,420 mg</td>
<td>≤ 1,280 mg</td>
</tr>
</tbody>
</table>
## Sodium Standards: School Breakfast Program

<table>
<thead>
<tr>
<th>Age/Grade Group</th>
<th>Target 1: Effective July 1, 2022 – SY 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>≤ 540 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>≤ 600 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>≤ 640 mg</td>
</tr>
</tbody>
</table>
Menus

Grades K-12 Breakfast & Grades 9-12 Lunch

Example of Nutrition Analysis
**Weekly Sodium Standards**

\[ \leq 1,420 \]

**Weekly Saturated Fat Standards**

\[ < 10\% \]

### Lunch Menu – Grades 9-12

### Weekly Sodium Standards

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Salad</td>
<td>1,423</td>
</tr>
</tbody>
</table>

### Weekly Saturated Fat Standards

<table>
<thead>
<tr>
<th>Food Item</th>
<th>S-Fat (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Salad</td>
<td>15.7%</td>
</tr>
</tbody>
</table>

*Note: The data presented is an example and may not represent actual nutritional values.*
### Weekly Sodium Standards

- **≤1,420 mg**

### Weekly Saturated Fat Standards

- **< 10%**
### Weekly Sodium Standards

≤ 1,420

### Weekly Saturated Fat Standards

< 10%

### Lunch Menu

<table>
<thead>
<tr>
<th>Weekly Total Sodium: 1101</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Total S-Fat 10.07%</td>
</tr>
</tbody>
</table>
Whole Grain-Rich Standard Not 80%
Whole Grain-Rich Standard Met 80%
### Mississippi Dept of Education
Nutrients Breakdown Summary Report
From Mar 21, 2022 To Mar 25, 2022,
J - Wildwood High  9-12 Lunch

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% of Cals</th>
<th>Weekly Target</th>
<th>% of Target*</th>
<th>Shortfall*</th>
<th>Overage*</th>
<th>Missing Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>777</td>
<td></td>
<td>750-850</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8.49 g</td>
<td>9.83%</td>
<td>&lt;10.0%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium 1</td>
<td>1144 mg</td>
<td>1420</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
## Weekly Sodium Standards

≤540

## Weekly Saturated Fat Standards

< 10%
Breakfast Menu – Grades k-12

Weekly Sodium Standards
≤540

Weekly Saturated Fat Standards
< 10%

<table>
<thead>
<tr>
<th>Portion Size</th>
<th>B.</th>
<th>Cals</th>
<th>Chol</th>
<th>Sod</th>
<th>Calc</th>
<th>Vt-A</th>
<th>Vt-C</th>
<th>Sugar</th>
<th>Prot</th>
<th>Carbo</th>
<th>Fat</th>
<th>Fiber</th>
<th>Iron</th>
<th>Magn</th>
<th>Vc</th>
<th>Vd</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving</td>
<td>291</td>
<td>4.1%</td>
<td>774</td>
<td>9.3%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note: *denotes a nutrient that is either missing or incomplete for an individual ingredient.

1. denotes combined calories with and without missing or incomplete nutrient data.

3. TOT Fat value is provided for informational purposes only, not for measuring purposes.

NOTICE: The data contained in this report and the Menu Management Nutrition Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Weekly Sodium Standards ≤540

Weekly Saturated Fat Standards <10%

<table>
<thead>
<tr>
<th>Sodium AVG = 540</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat F = 5.81%</td>
</tr>
</tbody>
</table>

**Weekly Sodium Standards**

**Weekly Saturated Fat Standards**
Breakfast K-12

Whole Grain-Rich Standard
NOT 80% at 75%
**Breakfast K-12**

Whole Grain-Rich Standard **Met**

80% at 100%

---

**Mississippi Dept of Education**

**Weekly Certification Worksheet**

**Week of 3/21/2022**

### 5 Day Week

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit: Minimum (cups)</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>5</td>
<td>5</td>
<td></td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Vegetables: Minimum (cups)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>-Dark Green</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>-Red/Orange</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>-Legumes</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>-Other</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Whole Grain: Minimum (oz eq)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Whole Grain: Maximum (oz eq)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Grain: Minimum (oz eq)</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>11.25</td>
<td>9</td>
<td>9</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Grain: Maximum (oz eq)</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>2.25</td>
<td>11.25</td>
<td>10</td>
<td>10</td>
<td>OVER</td>
<td></td>
</tr>
</tbody>
</table>

**Whole Grain Rich Weekly Amount**

<table>
<thead>
<tr>
<th>Week</th>
<th>Weekly Total</th>
<th>Weekly Whole Grain Rich Total</th>
<th>Weekly Whole Grain</th>
<th>% of Whole Grain</th>
<th>100% Whole Grain Rich</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 3/21/22</td>
<td>2.25</td>
<td>2.25</td>
<td>Yes</td>
<td>May be lower</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Tue 3/22/22</td>
<td>2.25</td>
<td>2.25</td>
<td>Yes</td>
<td>May be lower</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Wed 3/23/22</td>
<td>2.25</td>
<td>2.25</td>
<td>Yes</td>
<td>May be lower</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Thu 3/24/22</td>
<td>2.25</td>
<td>2.25</td>
<td>Yes</td>
<td>May be lower</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Fri 3/25/22</td>
<td>2.25</td>
<td>2.25</td>
<td>Yes</td>
<td>May be lower</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

*Note: With the background color slightly requirements not being met.*
Breakfast Menu – Grades K-12

Weekly Sodium Standards ≤540

Weekly Saturated Fat Standards <10%

Sodium AVG = 488

Sat F = 5.91%
Whole Grain-Rich Standard Met 80%
Summary of Transitional Standards

Milk
• Option to serve flavored, low-fat milk in NSLP and SBP
• Extended to SSIS, CACFP (ages 6+), SMP (ages 6+)

Whole Grains
• 80% of grains offered weekly must be whole grain-rich; remaining grains must be enriched

Sodium
• NSLP: Target 1 for SY 2022-2023; Target 1A for SY 2023-2024
• SBP: Target 1 for SY 2022-2023 and SY 2023-2024
Steps 2

• Finalize permanent standards
• Expected implementation in SY 2024-2025
Permanent Standards

Comments period ended March 24, 2022 - Stronger nutritional standards

- Based on nutrition-science, reflecting the goal of the Dietary Guidelines for Americans, 2020-2025
- Engage Stakeholders
- Collect Public input on proposed changes
Are you READY for SLIDO?

**What is Slido:** a Q & A and polling platform to assist in bridging the gap between presenters and their audience.

**Slido RULES for today:**
- Each of you will have **15 seconds** to answer each of the three (3) questions.
- Questions will be manually advanced (by OCN) after the 15 seconds timer has elapsed with each question.
- Results are **anonymous**
It’s time for SLIDO!!!!

Take out your cell phones or use your computer to follow the instructions below:

1. Scan the QR Code with your camera or QR Scanner on your phone:

2. Go to your Google search browser

3. Type: slido.com

4. You will see a blue circle that says “Joining as a Participant”
   • Enter code: #800113
Quiz Results:

- Transitional Meal Standards 2022 (sli.do)
Resources and Technical Assistance

• Nutrition Standards for School Meals
  • https://www.fns.usda.gov/cn/nutrition-standards-school-meals
  • https://www.fns.usda.gov/cn/fr-020722
  • https://www.fns.usda.gov/cn/bbbsm-fact-sheet

• Updated Meal Pattern Questions & Answers
  • Released – March 2, 2022
  • https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators
  • PDF: Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium
Questions
Non-Discrimination Statement

This institution is an equal opportunity provider.

Full Non-Discrimination Statement link:

Mary Burks, RDN, LDN, SNS

School Support Division, Director
mburks@mdek12.org