

## 7 CFR--PART 215

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## AMENDMENT(S) PUBLISHED NOVEMBER 30, 2017, IN 82 FR 56714

## 7. In §220.8:

a. In paragraph (a) introductory text, remove the second and third sentences;

b. In paragraph (b) introductory text, remove the words “, once fully implemented as specified in paragraphs (c), (d), (e), (f), (h), (i), and (j) of this section,”;

c. In paragraph (c) introductory text, revise the table;

d. In paragraphs (c)(1) and (c)(2)(i), remove the words “Effective July 1, 2013 (SY 2013-2014), schools” and add the word “Schools” in their place;

e. In paragraph (c)(2)(ii), remove the words “Effective July 1, 2014 (SY 2014-2015), schools” and add the word “Schools” in their place;

f. In paragraph (c)(2)(iii), remove the words “, effective July 1, 2014 (SY 2014-2015),”;

g. In paragraph (c)(2)(iv)(A), add a sentence after the second sentence and remove the words “Effective July 1, 2013 (SY 2013-2014), schools” and add the word “Schools” in their place;

h. Revise paragraphs (c)(2)(iv)(B) and (d);

i. In paragraph (e), remove the words “beginning July 1, 2014 (SY 2014-2015)”;

j. In paragraph (f)(1), remove the words “Effective July 1, 2013 (SY 2013-2014), school” and add the word “School” in their place and remove the words “—Effective SY 2013-2014” from the table heading;

k. In paragraph (f)(2), remove the words “Effective July 1, 2012 (SY 2012-2013), school” and add the word “School” in their place;

l. Revise paragraph (f)(3);

m. In paragraph (f)(4), remove the words “Effective July 1, 2013 (SY 2013-2014), food” and add the word “Food” in their place; and

n. In paragraph (h)(2), remove the words “Effective SY 2013-2014,”.

The revisions and addition read as follows:

**§220.8 Meal requirements for breakfasts.**

\* \* \* \* \*

(c) \* \* \*

Food components	Breakfast meal pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of fooda per week (minimum per day)		
Fruits (cups)bc	5 (1)	5 (1)	5 (1)
Vegetables (cups)c	0	0	0
Dark green	0	0	0

\* \* \* \* \*

Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq)d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)e	0	0	0
Fluid milkf (cups)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal)g h	350-500	400-550	450-600
Saturated fat (% of total calories)h	<10	<10	<10
Sodium Target 1 (mg)hi	≤540	≤600	≤640
Trans fatj	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

aFood items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

bOne quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

cSchools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups, as defined in §210.10(c)(2)(iii) of this chapter.

dAll grains must be whole-grain-rich. Exemptions are allowed as specified in paragraph (c)(2)(iv)(B) of this section. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

eThere is no meat/meat alternate requirement.

fAll fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored as specified in paragraph (d) of this section.

gThe average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

hDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

iSodium Target 1 (shown) is effective from July 1, 2014 (SY 2014-2015) through June 30, 2019 (SY 2018-2019). For sodium targets due to take effect beyond SY 2018-2019, see paragraph (f)(3) of this section.

jFood products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

\* \* \* \* \*

(2) \* \* \*

(iv) \* \* \*

(A)\* \* \* The whole grain-rich criteria included in FNS guidance may be updated to reflect additional information provided by industry on the food label or a whole grains definition by the Food and Drug Administration. \* \* \*

(B) Daily and weekly servings. The grains component is based on minimum daily servings plus total servings over a 5-day school week. Schools serving breakfast 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent ( 1/5 ) for each additional day. When schools operate less than 5 days per week, they may decrease the weekly quantity by approximately 20 percent ( 1/5 ) for each day less than 5. The servings for biscuits, rolls, muffins, and other grain/bread varieties are specified in FNS guidance. All grains offered must meet the whole grain-rich criteria specified in FNS guidance. Exemptions are allowed at the discretion of the State agency from July 1, 2018 through June 30, 2019 (school year 2018-2019). If allowed by the State agency, a school food authority may submit an exemption request for one or more products. The exemption requests must demonstrate hardship in meeting the requirement, address the criteria established in FNS guidance, and be submitted through the process established by the State agency. School food authorities that are granted an exemption from the current whole grain-rich requirement, at a minimum, must offer half of the weekly grains as whole grain-rich.

\* \* \* \* \*

(d) Fluid milk requirement. A serving of fluid milk as a beverage or on cereal or used in part for each purpose must be offered for breakfasts. Schools must offer students a variety (at least two different options) of fluid milk. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk with higher fat content is not allowed. Low-fat or fat-free lactose-free and reduced-lactose fluid milk may also be offered. Milk may be unflavored or flavored from July 1, 2018 through June 30, 2019 (school year 2018-2019). Schools must also comply with other applicable fluid milk requirements in §210.10(d)(1) through (4) of this chapter.

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(f) \* \* \*

(3) Sodium. School breakfasts offered to each age/grade group must meet, on average over the school week, the levels of sodium specified in the following table within the established deadlines:

**SCHOOL BREAKFAST PROGRAM SODIUM TIMELINE & LIMITS**

Age/grade group	Target 1: July 1, 2014 SY 2014-2015 (mg)	Target 2: July 1, 2019 SY 2019-2020 (mg)	Final target: July 1, 2022 SY 2022-2023 (mg)
K-5	≤540	≤485	≤430
6-8	≤600	≤535	≤470
9-12	≤640	≤570	≤500

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