



School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food¹ per Week		
	(minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) ³	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁵			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is 1/8 cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c)(2)(i) and (ii) of this section.

³ Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.

⁴ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁵ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.



National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3 4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁸			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is ⅛ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ 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 percent full-strength.

³ Larger amounts of these vegetables may be served.

⁴ This subgroup consists of “Other vegetables” as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any

additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

⁵ Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

⁶ Minimum creditable serving is 0.25 oz. eq.

⁷ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁸ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions.

Food	Smart Snacks Standards Exemptions
<ul style="list-style-type: none"> Fresh and frozen fruits and vegetables, with no added ingredients except water Canned fruits packed in 100% juice or light syrup, with no added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats 	<ul style="list-style-type: none"> Exempt from all nutrient standards
<ul style="list-style-type: none"> Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Apples with reduced-fat cheese* Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat 	<ul style="list-style-type: none"> Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
<ul style="list-style-type: none"> Seafood with no added fat (e.g., canned tuna packed in water) 	<ul style="list-style-type: none"> Exempt from the total fat standard, but must meet all other nutrient standards
<ul style="list-style-type: none"> Dried fruits with no added sugars Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats 	<ul style="list-style-type: none"> Exempt from the sugar standards, but must meet all other nutrient standards
<ul style="list-style-type: none"> Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats 	<ul style="list-style-type: none"> Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

What are the Smart Snacks Standards for beverages?

Water



Plain water, with or without carbonation.

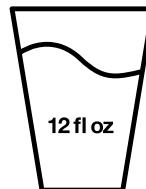
All Grades

Milk

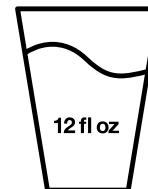
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School



Middle School



High School

* In accordance with the Transitional Standards for Milk, Whole Grains, and Sodium Final Rule: <https://www.fns.usda.gov/cn/fr-020722>

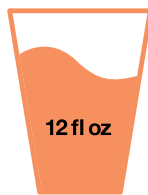
What are the Smart Snacks Standards for beverages? (continued)

Diluted Juice

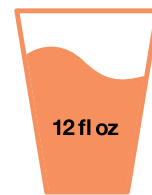
100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.



Low Calorie Maximums:*

- 40 calories/8 fl oz
- 60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

- 10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.



Do you have questions about Smart Snacks Standards?
Contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).



Maplewood Career Center recognizes that wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. All foods offered to our students comply with federal nutrition standards under the National School Breakfast & Lunch Programs.

Wellness Meetings for SY 2024-2025

- Thursday, September 12, 2024
- Thursday, November 14, 2024
- Thursday, February 13, 2025
- Thursday, April 17, 2025

All meetings held in the cafeteria at 2:30 pm.

- **Wellness Policy & Plan located at:**

<https://www.mwood.cc/hs/parent-resources/>

Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Maplewood Career Center

Reviewer Mike Lenzo

School Name

Date 2/13/25

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators
- School Board Members
- School Food Service Staff
- School Health Professionals
- P.E. Teachers
- Students
- Parents
- Public

Yes No We have a designee in charge of compliance.

Name/Title: Mike Lenzo

Yes No We make our policy available to the public.

Please describe: Website

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Website

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families. ©

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager.
- Yes No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

- Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis.
- Yes No We provide physical education for middle school during a term or semester.
- Yes No We require physical education classes for graduation (high schools only).
- Yes No We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes No We have a recycling /environmental stewardship program.
- Yes No We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes No We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone