

# NSMP Key Differences

	<b>Food Based (Traditional) (Grades 4-12)</b>	<b>Nutrient Standard</b>
<b>Based On</b>	<b>Food Groups or Components:</b> Meat/Meat Alternate, Breads/Grains, Fruits/Vegetables, Milk	<b>Nutrient Value of Each Menu Item focused on 8 areas:</b> Calories, Protein, Calcium, Iron, Vitamin A and C, Total Fat and Saturated Fat
<b>Requirements</b>	Minimum portion sizes are required for ages and grade groups  Must meet component requirement at each meal	Must meet USDA established Nutrient Standards for specific age and grade groups Nutrient analysis averaged over a period of a week
<b>Meal Structure Requirements</b>	<b>Breakfast:</b> 2 Grain/Bread Servings OR 2 Meat/Meat Alternatives OR 1 Grain/Bread Serving AND 1 Meat/Meat Alternative AND 1 serving Juice/Fruit/Vegetable AND Fluid Milk (8 oz.)  <b>Lunch:</b> Minimum of 1 Grain/Bread Minimum of 8 servings per week AND 2 oz. Meat/Meat Alternatives AND 2 servings Fruit/Vegetable 3/4 cup) AND Fluid Milk (8 oz.)	<b>Breakfast:</b> Menus are planned with the aid of USDA-approved software which calculates nutrients of menu items and averages the analysis over a specified period of time
<b>How It Works</b>	Staff plan menus based on specific amounts of food components required for each grade group	Staff enter into the computer the following data for each food item: Ingredient information (if not already in the database) OR recipes AND menu information  Software generates a nutrient analysis report that compares the planned menu with USDA standards  Program flags variances from the USDA standards so staff can modify menu to meet standards  Once menu is finalized, nutrient information may be shared with students, parents and administrators through a variety of venues

