

In July of 2012, the USDA initiated the first major changes to the school lunch program in over a decade. The past year has been a year of transition for school lunch professionals and students as they continue to adjust to the changes in portion size and food offerings. Since the introduction of these changes some of the stricter guidelines have been adjusted for ease of implementation in schools for the 2013-2014 school year!

Components of A Healthy Lunch

Grain	Protein	Fruit	Vegetable	MILK MÍIK
Grains must be whole grain rich meaning they contain greater than 50% whole grain or more than 8 g whole grain per serving.	Protein can be in the form of meat or meat alternatives such as hummus, yogurt or cheese.	Fruit is served in half cup servings with students given the option of taking two. Nutri-Serve offers fresh/cupped and juice daily.	Vegetables are served in half cup portions with students allowed to choose two. The vegetables are broken into subgroups.	Milk can be offered in 1% white or non-fat white, strawberry or chocolate.

Students must take 3 of the 5 components ~ one must be a fruit or vegetable!

<u>Vegetable Sub-Groups</u>

The **more vibrant** the color the **more nutrients** the vegetable contains! Schools are required to offer students a vegetable choice from each of the five sub-groups on a weekly basis. These Include... DARK GREEN, RED/ORANGE, BEANS/LEGUMES, STARCH, OTHER



The Nutrition Facts... It's All About The Calories!

The new focus of regulating portion size is monitoring calories on a weekly basis. Our menu is designed by a Registered Dietitian and a nutrition analysis software is used to calculate the calories of our menu items to make sure they fall within the USDA's specified calorie ranges for designated age groups.



Grades K-5	Grades 6-8	Grades 9-12
(ages 5-10)	(ages 5-10)	(ages 5-10)
Breakfast	Breakfast	Breakfast
350-500	400-500	450-600
Lunch	Lunch	Lunch
550-650	600-700	750-850

Components of a Healthy Breakfast It jumpstarts your metabolism for the day!



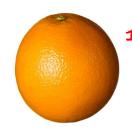
Must offer All 3 Components



1 oz Graín

ex: Cereal/Bagel







ex: apple/hash browns



Ex: Chocolate, Strawberry





Must offer 4 Items

(an extra fruit or grain \sim a protein can count as a second grain)