

# What's on your child's lunch tray?

The Nutrition Group offers a variety of tasty and nutritional proteins, fruits, vegetables, grains and low fat dairy foods! The Healthy Hunger Free Kids Act (HHFKA), enacted in 2010, requires changes in phases to school lunch meals. Revised age-appropriate portion sizes and specific guidelines for each meal component including fruits, vegetables, grains, meats/meat alternates and milk are just a few changes that have been mandated. Below is an overview of the regulations, which are designed to provide one-third of your child's daily nutritional and energy needs. We are committed to offering a variety of nutrients for your child to choose from at every meal!

## Daily Meal Component Offerings

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits	1/2 cup	1/2 cup	1 cup
Veggies	1 cup	1 cup	1 cup
Grains	1.75-2oz	2oz	3oz
Meat/Meat Alternate	1.75-2oz	2oz	2oz
Fluid Milk	1 cup	1 cup	1 cup

Daily grain and meat/meat alternate weights are approximate and may slightly increase or decrease on any given day. Meals must fit within the weekly calorie range for each grade level. All meals offered by The Nutrition Group meet the requirements defined in the latest HHFKA regulations.

## Weekly Vegetable Offerings

Veggie Sub Groups	Grades K-5	Grades 6-8	Grades 9-12
	5 cups/week	5 cups/week	5 cups/week
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	3/4 cup
Legumes	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	1/2 cup

Weights listed are based on average weekly offerings and may vary based on the specific preferences of each individual district. Minimum HHFKA vegetable sub-group requirements are met each week at each level.



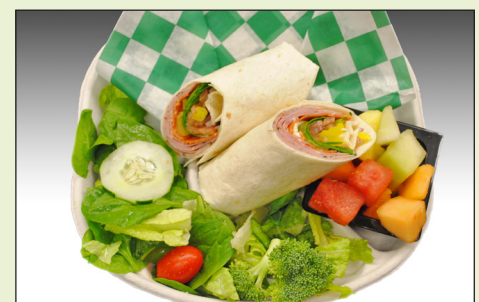
### Lunch Tray Example 1

Pepperoni and cheese pizza, mixed greens salad, fresh cut fruit and 1% low fat milk



### Lunch Tray Example 2

Crispy chicken sandwich, baby carrots, seasoned broccoli, orange smiles, fresh apple and skim milk.



### Lunch Tray Example 3

Ham, cheese and veggie wrap, mixed greens and fresh melon medley.

# School Meal Facts

## Portion Sizes

Schools that participate in the National School Lunch Program (NSLP) must follow HHS regulations that set required nutrition minimum standards based on age group. There are no maximum limits for grains and meat/meat alternates; though meals must still comply with the age-specific calorie limits. Meals are categorized into 5 components: Meat/Meat Alternate, Vegetables, Fruits, Grains and Dairy. Students must take a minimum of 3 components, one of which must be a fruit or vegetable. Vegetables are further categorized into sub groups by color; vegetables from every sub group must be offered each week.

## Nutrient Standards

HHS requirements are designed to offer school meals that are rich in micronutrients and balanced with adequate calories for a range of age groups. The dietary specifications for portion sizes and calorie ranges are modeled to meet the latest scientific recommendations from nutrition experts on the dietary needs of school children. Meal components are portioned in accordance with these regulations in order to meet the caloric needs of your child.

## Fruits and Vegetables

Under the HHS, a healthy school lunch must include a fruit or vegetable. We offer your child an assortment of colorful produce every day and we encourage students to select from a variety of fresh, frozen and canned fruits and vegetables to meet the requirements in each category. In addition, we present educational programs during lunch like Wellness Wednesday, taste-testings and other promotions to entice acceptance of a variety of new foods.

## Snacks

Snack foods sold in schools are required to comply with the USDA's "All Foods Sold in Schools" standards of the HHS. Each state has the option to enact legislation to further restrict competitive snack foods. The Nutrition Group offers a variety of student-friendly snacks that comply with USDA standards, the individual requirements of each state and your school's Wellness Policy.

## Additional Food Purchases

The cafeteria offers options for your child to purchase additional lunch and ala carte menu items each day. We encourage you to teach your child to take all of the components offered as part of the NSLP. School meals are structured to provide one-third of your child's recommended daily nutrients as well as offer the best dollar value. Choosing all the components carefully the first time through the line is important, so we have developed decorative signage with helpful messages towards good nutrition and building satisfying lunches. Physically active students should select all 5 components to maximize their energy levels.

## Whole Grains

All grain-based foods offered are 100% whole grain. (Some menus may be exempted from this requirement based on an individual basis and as determined by the Department of Education.) Choosing whole grains as part of a healthy diet has been shown to reduce the risk of some chronic diseases.

## Milk

HHS regulations permit offering 1% or fat-free plain white milk and fat-free flavored milks. Drinking low-fat or fat-free milk provides the essential calcium and nutrients growing children need for healthy bones and teeth without the additional fat and calories.

*For complete information regarding school meals and snacks, visit [www.fns.usda.gov](http://www.fns.usda.gov).*

