



Facts about Healthy, Hunger-Free Act of 2010:

- ✓ Legislative action intended to improve the nutritional health and well-being of students
- ✓ ½ of all grains served in school meals must be whole grains
- ✓ USDA is now implementing lower calorie ranges for different grade groupings
- ✓ Food Services now will plan menus to meet the nutritional needs of grades K-4, 5-6, 7-8, and 9-12
- ✓ Every meal must have a fruit or vegetable on the student's tray
- ✓ A school lunch is made up of 5 components—milk, meat/meat alternate, fruit, vegetable, and whole grains
- ✓ A student can decline up to 2 different components
- ✓ Food Services now must offer a wider variety of vegetables such as orange, dark green, beans/legumes, starchy, and other vegetables
- ✓ WCS Food Services offers a fresh fruit/vegetable and a canned or frozen fruit/vegetable option daily
- ✓ All buildings will offer daily chef salads

It's New, It's Fresh



SCHOOL MEALS

