

# The Truth About School Lunch

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“I hate milk, can’t I have water instead?”

“Whole Wheat pasta tastes weird!”

“But I don’t want a fruit or vegetable!”

“Why do I have to pay extra for chips?”

“5 Chicken Nuggets aren’t enough!”

We hear your concerns! This presentation is designed to give you a better understanding of how your school cafeteria operates behind the scenes.

# NSLP



- What is the National School Lunch Program?
  - NSLP is the federally assisted meal program operating in your school and over 100,000 other schools in the US. The program provides nutritionally balanced, low cost lunches to over 31 million students daily.
- Government Regulations
  - **It's important to remember that your Food Service department doesn't make the rules!**
  - In order to participate in the NSLP, your cafeteria is required to operate under **extremely specific requirements** provided by the Federal Government. This includes daily meal components, portion sizes and specific calorie limits for each age group.
  - Benefits of the NSLP
    - All school districts that choose to take part in the lunch program receive cash subsidies (reimbursements) and USDA foods from the U.S Department of Agriculture for every complete meal served. To receive the reimbursement from the state, your Food Service Department must serve meals that meet the Federal Requirements.

# Additional Programs

- School Breakfast Program
- After School Snack Program
  - The After School Snack Program is something that was newly implemented at Mountain View in the 2013-2014 school year. This program provides snacks to eligible after school programs within the district
- Healthy Hunger-Free Kids Act
  - In 2010, President Obama passed a new law called the *Healthy Hunger-Free Kids Act*. This program works alongside the NSLP to aid in the fight against Childhood Obesity by providing students nationwide with fresh fruits and vegetables with Farm to School Programs and better and healthier USDA commodity foods. It also included a provision to the NSLP program for component requirements known as “Offer Vs. Serve”

# Meal Components

- All 5 components must be available at every meal
  - Meat or Meat Alternative
    - Meat, Fish, Cheese, Yogurt, and Peanut Products
  - Grains
    - Breads, wraps, pasta, rice, ect...
    - 50% of all grains served daily MUST be Whole Grain
  - Fruits
    - Fresh or canned in juice only
  - Vegetables
    - Each category of vegetable must be on the menu at least once a week
    - Dark Green, Red/Orange, Legume, and Starchy
    - Can be substituted at Breakfast for fruit
  - Dairy
    - All regular dairy products must be 1% or Low Fat
    - Flavored Milk must be Fat Free
    - Milk substitutions for dairy and lactose allergies must be “nutritionally equivalent” to milk. For example: Soy or Almond Milk

# Meal Requirements

- Age Appropriate Meals
  - Nutritional Requirements are separated into three different age groups
- Grades K-5
- Grades 6-8
- Grades 9-12
- Requirements, portion sizes and calorie limits increase with age.

# Grades K-5

- **Meat/Meat Alternative**
  - Breakfast: 1 oz minimum daily/ 7-10 oz per week
  - Lunch: 1 oz minimum per day/ 8-10 oz per week
- **Grain Requirements**
  - Breakfast: 1 oz minimum daily/ 7-10 oz per week
  - Lunch: 1 oz minimum daily/ 8-9 oz weekly
- **Fruit/Vegetable Requirements**
  - Breakfast: 1 cup
  - Lunch:  $\frac{3}{4}$  cup minimum vegetables/  $\frac{1}{2}$  cup minimum fruit
- **Dairy**
  - Breakfast: 1 cup
  - Lunch: 1 cup
- **Calorie Ranges**
  - Breakfast: 350-500
  - Lunch: 550-650

# Grades 6-8

- Meat/Meat Alternative

- Breakfast: 1 oz minimum daily/ 8-10 oz per week
- Lunch: 1 oz minimum per day/ 9-10 oz per week

- Grain Requirements

- Breakfast: 1 oz minimum daily/ 8-10 oz per week
- Lunch: 1 oz minimum daily/ 8-10 oz weekly

- Fruit/Vegetable Requirements

- Breakfast: 1 cup
- Lunch:  $\frac{3}{4}$  cup minimum vegetables /  $\frac{1}{2}$  cup minimum fruit

- Dairy

- Breakfast: 1 cup
- Lunch: 1 cup

- Calorie Ranges

- Breakfast: 400-550
- Lunch: 600-700

# Grades 9-12

- **Meat/Meat Alternative**
  - Breakfast: 1 oz minimum daily/ 9-10 oz per week
  - Lunch: 2 oz minimum per day/ 8-10 oz per week
- **Grain Requirements**
  - Breakfast: 1 oz minimum daily/ 9-10 oz per week
  - Lunch: 2 oz minimum daily/ 10-12 oz weekly
- **Fruit/Vegetable Requirements**
  - Breakfast: 1 cup
  - Lunch:  $\frac{3}{4}$ -1 cup vegetables /  $\frac{1}{2}$ -1 cup fruit
- **Dairy**
  - Breakfast: 1 cup
  - Lunch: 1 cup
- **Calorie Ranges**
  - Breakfast: 450-600
  - Lunch: 750-850

# You Have a Choice!



- “Offer Vs. Serve”
  - **OVS** is a provision in the NSLP and SBP that allows students to decline some of the foods offered. The goal is to reduce food waste and allow students to choose only foods they intend to eat. In years prior, a student was required to take all components of the school lunch whether they wanted them or not. Offer Vs. Serve allows you to choose only three of the five components if you don't want to take the full meal.

# Reimbursable Meals

- What does that mean?
  - A Reimbursable Meal is defined as a breakfast or lunch that meets all federal requirements. This means the calorie range is met, the correct serving size is provided and the meal contains the required components. For every meal that meets these requirements, your school district is reimbursed a specific amount of money.
- Let's put it into perspective
  - For lunch you get a cheeseburger, tater tots, a milk and a side salad. Could you go to a restaurant and get this complete meal for \$1.85 or less? Reimbursement rates from the state are the reason we are able to provide you with a complete lunch at such a low cost.

# What Should Be On My Tray?

- A Reimbursable Lunch must include:
  - A minimum of three of the five meal components in the appropriate amounts for your age group
    - Meat/Meat Alternative, Grain, Fruit, Vegetable, and Dairy.
    - Students are entitled to all five at every meal
  - **One of those three components MUST be a serving of a fruit or vegetable!**
- A Reimbursable Breakfast must include:
  - A minimum of three components in the appropriate amounts for your age group
  - One of these servings does **not** need to be a fruit or vegetable



# Is My Tray Ok?

Pretend you are going through the lunch line today. You get to the cashier and on your tray you have:



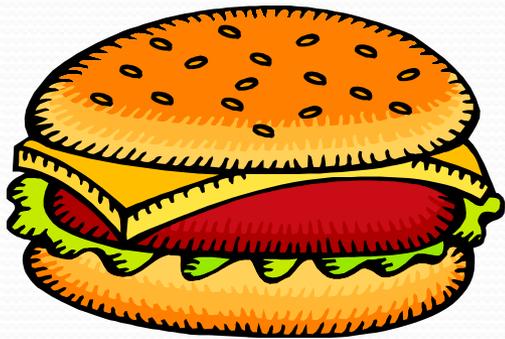
Do you have a reimbursable meal?

# This is a Reimbursable Meal!

- Your tray contains at least three different components, one of which is a fruit or vegetable. You have a dairy product, a grain, protein and a fruit.



# Is My Tray Ok?



Do you have a Reimbursable Meal?

# This is NOT A Reimbursable Meal!

- You have three components (Meat, dairy and a grain) but there is not a full serving of a fruit or vegetable. Lettuce on the burger doesn't count because it doesn't meet the serving size requirements.



# Ala-Carte Items

- Ala-Carte items include:
  - Items that do not meet the federal guidelines
    - EXG: chips, cookies, bottled drinks and other snack items.
  - Items that do not make up a complete meal
    - EXG: A slice of pizza and a milk
  - Items that exceed the maximum amount of any meal component
    - EXG: Extra entrée's, an extra serving of noodles or an extra milk
  - Ala-Carte items are more expensive because the school does not receive a reimbursement for these sales

# Know Your POS Policies



- POS: Point of Sales *aka* The Cafeteria Register System
  - **Keep up with your account balance**
    - The cafeteria staff is glad to let you know what you have left, all you have to do is ask!
    - Both students and parents can check account balances and purchase history [online](#). It is under Parent Links – Meal Magic on the MVSD website.
  - **You can't charge Ala-Carte**
    - It is not the Lunch Ladies personal decision to tell you that you can't have that Rice Krispie Treat when you get to the register to find you have a -\$2.00 balance. It is school policy that extra and Ala-Carte items *can under no circumstances be charged*. You must have the funds in your account unless you have cash to purchase them.
  - **You may charge a Reimbursable Meal until your account reaches a -\$15.00 balance**
    - After -\$15.00, we won't let you go home hungry. You will be provided a PB&J Lunch (at full cost) until your account balance is paid.