

# Student Nutrition

ArgyleISD



2025-2026

# Student Nutrition Mission Statement

Our mission is to serve the students and staff of Argyle ISD by providing them with a dining experience that exceeds their expectations and to serve the district by maintaining a self sufficient program.



# Student Nutrition Fun Facts

We serve about

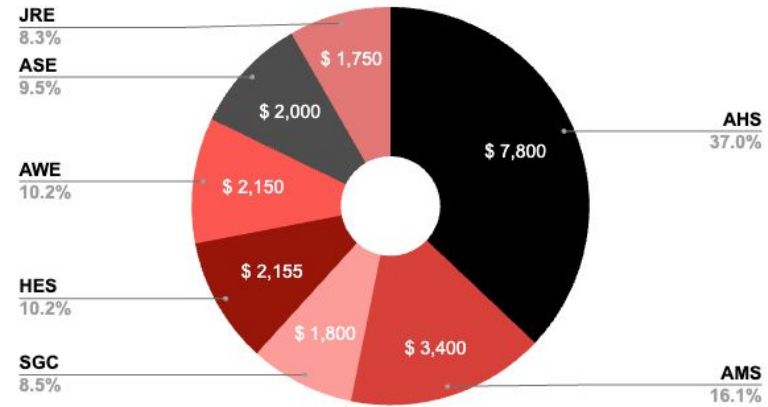
- 104,400 slices of pizzas a year
- 45,440 hamburgers/ cheeseburgers a year
- 166,702 chocolate milks each year
- 131,336 apples a year
- 13,440 BIG cookies a year



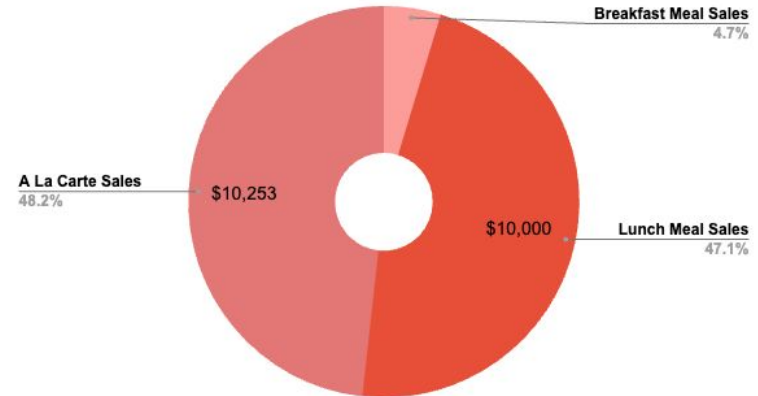
# Student Nutrition by the Numbers

- Daily
  - \$21,000- Average Daily Revenue
  - 475-Avg Daily Breakfast
  - 2,235- Avg Daily Lunches
  - \$10,253 Avg Daily A la Carte
- 7.67% Free & Reduced Student Percentage
  - Elementary campuses receive Federal reimbursement
  - Student Nutrition covers cost of secondary students on F/R
- 50 Team Members
- 14 Unique Menus Across the District

Revenue By Campus



Revenue from Meals vs A La Carte



# SY 2025-2026 Meal Pattern Chart

## National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
<b>Milk:</b> Unflavored			<sup>4</sup> Milk				
Age 1, whole milk	½ cup	¾ cup	Unflavored or flavored <sup>5</sup>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Age 2-5, 1 percent low fat or fat free unflavored			1% low fat or fat free				
<b>Fruits</b>	½ cup	¾ cup	<b>Fruits</b>	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
<b>Vegetables</b>	½ cup	¾ cup	<b>Vegetables</b>	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
<sup>1,2</sup> <b>Grains:</b> Whole Grain-Rich or Enriched			Dark Greens	½ cup	½ cup	½ cup	½ cup
Bread product (e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq	Red/Orange	¾ cup	¾ cup	¾ cup	1½ cups
Pasta		0.5 oz eq	Beans, Peas, and Lentils	½ cup	½ cup	½ cup	½ cup
<b>Meat/Meat Alternates</b>			Starchy	½ cup	½ cup	½ cup	½ cup
Lean meat, poultry, or fish	1 oz	1.5 oz	Other	½ cup	½ cup	½ cup	¾ cup
Tofu, soy product, or alternate protein products	1.0 oz	1.5 oz	Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Cheese	1 oz	1.5 oz	<sup>6</sup> <b>Grains</b>	8-9	8-10	8-9	10-12
Large egg	½ egg	¾ egg	80% Whole Grain-Rich	(1 oz eq)	(1 oz eq)	(1 oz eq)	(2 oz eq)
Bean, peas, and lentils	0.5 oz eq	0.75 oz eq	<b>Meat/Meat Alternates</b>	8-10	9-10	9-10	10-12
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp	(1 oz eq)	(1 oz eq)	(1 oz eq)	(1 oz eq)	(2 oz eq)
<sup>3</sup> Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz	<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz	Min.-Max. Calories(kcal)	550-650	600-700	600-650	750-850
			<b>Saturated Fat</b>	< 10	< 10	< 10	< 10
			% of total calories				
			<b>Sodium Target (mg)</b>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
			<b>Trans Fat</b>	Product nutrition label/manufacture specification must indicate 0 grams of <u>trans</u> fat per serving.			

# Smart Snacks Nutrition Standards

## Any food sold in schools must:

- Be a “whole grain-rich” grain products; or
- Have as the first ingredient a fruit, vegetable, dairy products, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable

## Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack Items:  $\leq 200$  calories
  - Entrée items:  $\leq 350$  calories
- Sodium limits:
  - Snack Items:  $\leq 200$  mg\*
  - Entrée Items:  $\leq 480$  mg
- Fat limits:
  - Total Fat:  $\leq 35\%$  of calories
  - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
- Sugar limit:
  - $\leq 35\%$  of weight from total sugars in foods

## Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

## Nutrition Standards for Beverages

### All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored fat-free or 1% milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

**Elementary schools** may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Caffeinated beverages are only permitted at the High School level.
- Flavored milk sold a la carte in Middle and High Schools must contain  $\leq 15$ g of added sugar per 12 fluid ounces

### Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

*No more than 20-ounce portions of*

- Calorie-free, flavored water (with or without carbonation); and

*No more than 12-ounce portions of*

- Beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.



# ARGYLE ISD

## WHAT MAKES A MEAL?



### K-5 BREAKFAST MEAL INCLUDES:

Choice of 1 Breakfast Entree (Provides Grains and/or Protein)  
Up to 2 Fruit Sides (no duplicates)  
Milk (optional)

*A meal must include at least 1 serving of fruit and 2 additional items, otherwise a la carte prices will be charged.*

### K-5 LUNCH MEAL INCLUDES:

Choice of 1 Entree (Provides Protein & Grain)  
Up to 2 Vegetable Sides (no duplicates)  
Up to 2 Fruit Sides (no duplicates)  
Milk (optional)

*A complete meal must include at least 1 serving of Fruit or Vegetable and 2 additional components (ie Grain & Protein), otherwise a la carte prices will be charged*

### 6-12 BREAKFAST MEAL INCLUDES:

Choice of 1 Breakfast Entree from the Traditional Menu  
Up to 2 sides (no duplicates)

- 1/2 cup of garden bar & other self-serve sides counts as 1 unless otherwise indicated.

Milk (optional)

*A complete meal must have an entree and at least 1 side; otherwise, a la carte prices will be charged.*

### 6-12 LUNCH MEAL INCLUDES:

Choice of 1 Entree from the Traditional, Deli, or Chefs Table Menu  
Up to 3 sides (no duplicates)

- 1/2 cup of garden bar & other self-serve sides counts as 1 unless otherwise indicated.

Milk (optional)

*A complete meal must have an entree and at least 1 side; otherwise, a la carte prices will be charged.*

*All items sold at Snack Bar and Coffee Bar are sold a la carte.*



# New Items 26-27 SY

## Elementary

- Chicken Drumstick
- Mozzarella Sticks
- Bean Dip Bento Box

## 6TH GC & MS

- Walking Tacos
- Honey Serracha Chicken
- Breakfast for Lunch
- New Tamales
- Sweet Potato Fries

## HS-Work in progress

- Ramen bar
- Custom Burger & Hot Dog bar
- Honey Serracha Chicken
- New Tamales
- Sweet Potato Fries



# Wellness Policy

A **Local Wellness Policy (LWP)** is a written document of official policies that outlines district level goals to establish, evaluate, and maintain healthy school environments.

The LWP describes how the district will address local, state, and federal requirements for:

- Nutrition education and promotion
- Physical activity
- School-based activities that promote student wellness

TDA outlines all requirements for the Local Wellness Policy in Section 29 of the [Administrator's Reference Manual](#)

Once the Local Wellness Policy (LWP) is approved, the School Health Advisory Committee or equivalent representation develops a **Wellness Plan**.

The **wellness plan** generates a strategy that describes how the policies will be implemented into the school environment.

Every three years, the district must complete a **triennial assessment** to evaluate school compliance and progress towards attaining goals in the LWP. The results of the assessment must be shared with the public.



# Wellness Policy Assessment

## Triennial Assessment

- Last completed 2022-2023 SY

## 2025-2026 Assessment

- Nutrition Promotion
  - Healthy-eating inspired artwork in all cafeterias.
  - Nutritional Postings on the Argyle ISD Student Nutrition Social Media
  - Healthy eating message in all cafeterias on our menu boards
- Nutrition Education
  - Argyle ISD follows Chapter 115 TEKS for Health Education in all grades in Science & PE/ Athletics
  - PE teachers also incorporate nutrition education in activities in their classes such as Food Group Tag, Food Group Bowling, Supermarket Sweep
  - Discussions around fitness, hydration, healthy snack options and active lifestyles during warm-ups and cool downs
- Physical Activity & School Based Activities
  - Schools currently participate in Family Fitness Nights, Field Days, Walking clubs and more

Wellness policy, plan and assessments will be added to our website per wellness plan requirements.



# Wellness Policy Action Plan

- Nutrition Promotion
  - Continue to promote nutrition in cafeterias and the campuses
- Nutrition Education
  - Student Nutrition to expand their nutrition education in the cafeteria and their social media. Share articles for the district to include in district communications.
- Physical Activity & School Based Activities
  - No action plans at this time

[Wellness Plan Documents](#)



2025-2026



**Any Questions?**



2025-2026