

# What is the National School Lunch Program?

## *What is Included in My Child's Meals?*

The National School Breakfast and Lunch Programs are federally assisted meal programs operating in public, non-profit private schools and residential child care programs.

Participating school districts receive cash subsidies and donated foods from the US Department of Agriculture (USDA) for each meal served, as long as all meals served meet the Federal guidelines/requirements.

The USDA has implemented several changes to the National School Breakfast and Lunch Programs, with the intent of providing nutritious meals while minimizing the levels of saturated fat, trans-fats and sodium, with the goal of enhancing the diet and health of school children, helping to mitigate the childhood obesity trend, and supporting learning by promoting healthy habits that will last a lifetime.

Anderson County School District 3 participates in the Offer vs. Serve Breakfast and Lunch Programs, which give students the freedom to accept all meal components as well as refuse one component at breakfast and 2 components at lunch. Meal guidelines provide minimum portion sizes and maximum nutrient contents specific for age and grade groups.

### **Meal components of the NSBP for Offer vs Serve include**

- Grains
- Juice/Fruit/Vegetable
- Milk.

Students are offered 4 Breakfast Items that include the 3 Breakfast Components. Students may decline 1 of the breakfast items.

### **Meal components of the NSLP for Offer vs Serve include:**

- Meat/Meat Alternate
- Vegetable
- Fruit
- Grains/Breads
- Milk.

Students are offered the choice between 2 Entrees along with 2 Vegetables, 2 Fruit Choices and 2 Milk choices and a grain.

Students must select ½ cup total of fruit and/or vegetable components. Students may decline 2 components, yet students must take at least 3 components with one component being either fruit or vegetable.

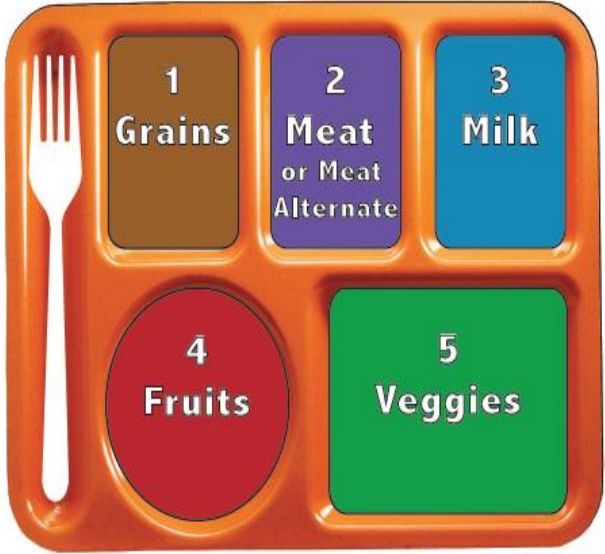
## OFFER vs SERVE

### The Five Meal Components for School Lunch

Choose **at least 3** including:

**OFFER vs SERVE**  
**The Five Meal Components for School Lunch**

Choose **at least 3** including:



- $\frac{1}{2}$  Cup of **Fruits** or **Vegetables**
- At Least 2 **Other Food Groups**

For best nutrition, **choose all 5**

## Changes to the 2013-2014 School Meals include:

- Foods must be trans-fat free
- Limit saturated fat to <10% of total calories.
- Milk choices include fat-free or low fat. Flavored milk must also be fat free.
- The calorie minimums and maximums allow for the lunch meal to account for approximately 1/3 of the recommended calories for each grade grouping.
- A variety of vegetables must be served, including a variety of colors, and types to include: dark green, red/orange, beans/peas, starchy and other.
- Menus are analyzed for nutritional content on a weekly basis.
- Continue reducing sodium to meet the new 2014-2015 standards:

Grades	Breakfast	Lunch
K-5	< 540 mgs	< 1,230 mgs
6-8	< 600 mgs	< 1,360 mgs
9-12	< 640 mgs	< 1,420 mgs

### Nutrition Standards in the National School Lunch and School Breakfast Programs

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
<b>Amount of Food Per Week (Minimum Per Day)</b>						
Fruits (Cups)	5 (1)	5 (1)	5 (1)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (Cups)	0	0	0	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1 ¼
Beans/Peas	0	0	0	½	½	½
Legumes	0	0	0	0	0	0
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Vegetables to reach Total	0	0	0	1	1	1 ½
Grains ( oz equivalents)	7 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (1)
Meat/Meat Alternates (oz equiv)	0	0	0	8 (1)	9 (1)	9 (1)
Fluid Milk ( Cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Minimum-Maximum calories (kcal)	350-500	400-500	450-600	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10 %	<10 %	<10 %	<10 %	<10 %	<10 %
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

## ***School Meals are a Healthy Choice!***

School Meals provide more of the healthy foods students need for growth and development:

***Fruits and Vegetables*** – Fruits and vegetables contribute a wide range of vitamins and minerals. A healthy intake of fruits and vegetables is linked to a reduced risk of chronic diseases like cardiovascular disease, cancer, type 2 diabetes and obesity.

***Whole Grains*** – Whole grains contain all parts of the grain; many processed grains have over 20 of the vitamins and nutrients removed during processing, replacing only vitamins B1, B2, B3, folate and iron. Whole grains are associated with reducing the risk of cancer, cardiovascular disease, obesity, type 2 diabetes and lowering cholesterol and blood pressure.

***Low-Fat and Fat-Free Milk*** – Milk provides vitamins and minerals that are crucial for bone development and growth, without the saturated fat found in high fat milk.

***Dried Beans and Peas*** – Dried Beans and Peas are excellent sources of protein, fiber, iron, zinc and folate. Dried beans and peas are often lower in fat and kcalories than other protein sources.

