

School Meals Makeover Coming in the Fall!

As you may have heard, for the first time in 15 years, the USDA has made significant changes to school meals in an effort to curb childhood obesity. In December of 2010 the Healthy, Hunger Free Kid's Act was passed into law. In January of 2012 the U.S. Department of Agriculture released the final meal pattern requirements that are mandated by that law. What does this mean for us?

We have always wanted to provide you with the best possible healthy meal, so many of these "new" requirements are already in place. We have always offered a great selection of fruits and vegetables throughout the week. You have already seen low fat and no fat milk in our schools. You may know that all of our sandwiches are made using whole grain and whole wheat breads, and that we are serving brown rice and other whole grain items. Our menus have always been analyzed to make sure that we are in compliance with the Dietary Guidelines and USDA regulations.



Some changes you may notice...

♦ We will begin using a Food Based Menu planning system

Every meal will consist of five components: grains, meat/meat alternatives, fruit, vegetable, and milk. In order to be considered a student meal, the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

♦ Every student will be required to take 1/2 cup of fruit or vegetable each day to make a reimbursable meal.

We follow a plan that is called offer vs. serve. Larger portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1/2 cup of a fruit or 1/2 cup of a vegetable.

♦ A legume will be offered at least once a week

Legumes are from the bean/pea family, but they are not green beans or green peas! Legumes are full mature beans, such as black beans, kidney beans, pinto beans. You may see these items offered as a side item, such as roasted garbanzo beans. Or, they may be part of an entrée, such as refried beans in a burrito.

♦ All snack items are compliant with the Alliance for a Healthier Generation guidelines



STUDENT MEAL PRICES FOR 2012-2013

| | | |
|------------------|---------------|-----------------|
| BREAKFAST | FULL PRICE | \$1.30 |
| BREAKFAST | REDUCED PRICE | \$0.30 |
| ELEMENTARY LUNCH | FULL PRICE | \$2.30 |
| ELEMENTARY LUNCH | REDUCED | \$0.40 |
| MS / HS LUNCH | FULL PRICE | \$2.60 / \$2.70 |
| MS / HS LUNCH | REDUCED | \$0.40 |

Do you have questions?

Contact:
Food & Nutrition Services
586-783-6550

What is the **Healthy Hunger Free Kid's Act**?

The final rule **updates the meal patterns and nutrition standards** for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans.



This rule requires schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat and trans fat in meals; and meet the nutrition needs of school children within their calorie requirements. These improvements to the school meal programs, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend.

Would you like to learn more? The following websites can provide you with additional information:

<http://www.choosemyplate.gov>

<http://www.fns.usda.gov>

<http://www.cnpp.usda.gov/dietaryguidelines>

Thank you for your patience!

As you can imagine, any time we have this many changes at once there will be a learning curve, not only for you and your children, but for the food service and building staff as well. Please understand that there may be some slight bumps in the road as we all learn the new requirements and what menu items the students will like the most. We will do our best to serve your children quickly and to have their favorite selections available!

