

# Nutri-Serve Food Management's

# THE MORE YOU KNOW



## An Overview of School Lunch and Breakfast Programs

The National School Lunch and National School Breakfast Programs are regulated by the United States Department of Agriculture (USDA). Participating school districts receive meal reimbursements and reduced price USDA donated foods, which help keep meal prices reasonable for families across the nation. School Lunch and Breakfast Programs must adhere to strict nutrition regulations. On-site reviews by USDA representatives occur every few years to ensure program compliance.

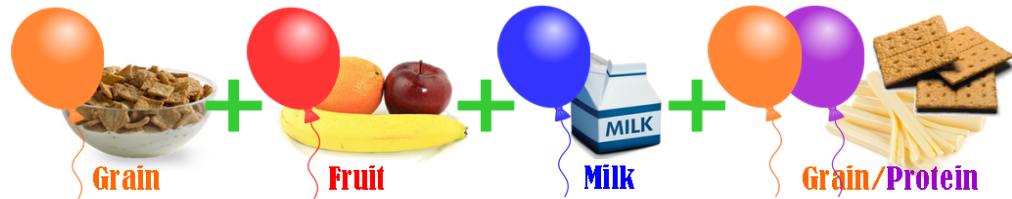


### Breakfast Meal Components

The National School Breakfast requires 4 Items: **Grain**, **Fruit**, **Milk**, **Grain/Protein**

Under USDA's Offer vs. Serve policy, school breakfast programs are required to offer all components and students must be served 3 items (with one being a fruit).

What does **Grain/Protein** mean? The 4th item can be an additional grain or a protein.



Students must choose 3 out of 4 components with one being a **fruit**.

### Lunch Meal Components

The National School Lunch requires 5 lunch components: **Grain**, **Protein**, **Vegetable**, **Fruit** & **Milk**.

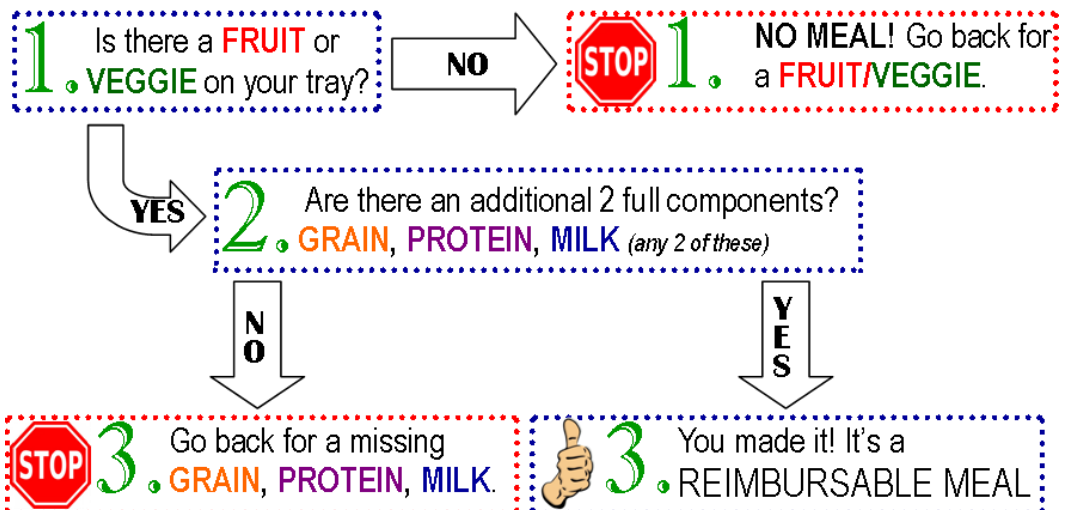
Under USDA's Offer vs. Serve policy, school lunch programs are required to offer all components and students must be served 3 items (with one being a fruit or vegetable). Nutri-Serve's *Balloons for a Balanced Lunch* concept uses colored balloons to represent each school lunch food group.



Students must choose 3 out of 5 components with one being a **fruit or vegetable**.

### Meal or No Meal?

Purchasing the school lunch or breakfast is often one of the first decisions a student makes regarding their own health. Review the balloons and food components with your child! The chart at the right can be helpful in determining a meal!



# A Snapshot of the School Nutrition Requirements

## Increased Whole Grains



The primary grain in food items must be **WHOLE** grain. Whole grains are made with the entire grain increasing the fiber, protein, vitamin & mineral content in the product. Whole grain white products also use the entire grain but choose a version that is lighter in color and has a less harsh flavor and texture.

## Calorie Ranges in Menu Planning

Planned meals are required to fall into a specific calorie range per grade group.



Meal	Grades K-5	Grades 6-8	Grades 9-12
Breakfast	350-550 calories	400-500 calories	450-600 calories
Lunch	550-650 calories	600-700 calories	750-850 calories
<b>TOTAL CALORIES</b>	<b>900-1,200 calories</b>	<b>1,000-1,200 calories</b>	<b>1,200-1,450 calories</b>

## Protein & Grain Equivalents



**CN Statement:** One 3.54 oz. patty of fully cooked, chicken provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains, for the Child Nutrition Meal Pattern Requirements.

USDA closely monitors the amounts of protein and grain used in recipe development. Their system, known as protein and grain equivalents, adjusts for the additional ingredients in the formulation of protein and grain products. *For example, a 3.54 oz Whole Grain Tyson Chicken Patty contributes 2 oz of protein and 1 oz of grain equivalents.* A breaded chicken product would be served with a smaller grain portion because of the breading contribution to the grain equivalent.

## Child Nutrition Products



Many major food companies have created a special line of Child Nutrition products that meet all current USDA nutrition regulations. These products are required to display a **Child Nutrition (CN) approved label** on their product to indicate protein and grain equivalents. These products also contain *whole grain* and are *lower in sugar, sodium and fat* as compared to the product lines sold to supermarkets or restaurants. The goal is to sell a healthier version of the products to our customers.

## Lower Fat, Sugar & Sodium Products and No Trans Fat



Breakfast and lunch programs are required to use lower fat, sugar and sodium products with no trans fat. Lower fat and reduced sugar products help menu planners design recipes that fit within the proper calorie range. As pork items tend to be higher in fat (and may be restricted by some religions), many schools districts have switched to a lower fat turkey bacon and sausage alternative.

## Increased Fruit & Vegetable Portions and Vegetable Sub-Groups



USDA requires students be *offered* 1 cup of fruit and 1 cup of vegetables. However, they are only required to *take* a 1/2 cup of a fruit/vegetable. Nutri-Serve offers fruits and vegetables in 1/2 cup portions and allows students to take 1 or 2 choices. We encourage our customers to take something that they like and to try something new! Over the course of the week, the menu must offer a vegetable from the 5 USDA categorized subgroups: **Starchy**, **Dark Green**, **Bean/Legume**, **Red/Orange** and **Other**.

**Nutri-Serve Food Management's menu creation is a team effort among our Purchasing Department, Corporate Chefs, Field Supervisors, Corporate Registered Dietitians, plus feedback from our Food Service Directors.**