New Meal Pattern for School Lunch and Breakfast

- This Fall school cafeterias will be meeting tough new federal nutrition standards for school meals, ensuring that meals are well balanced and provide students all the nutrition they need to succeed at school as part of The Healthy Hunger Kids Act passed in 2010. All school districts are expected to follow this program.

  *School meals offer students milk, fruits and vegetables, proteins and grains, and we must meet strict limits for saturated fat and portion size. Starting this fall, school lunches will meet additional standards requiring:*

- Age appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of vegetable or fruit to count as a reimbursable meal). No longer is a sandwich or pizza and a milk a lunch. A child must have a fruit or vegetable on their tray
- A wider variety of vegetables, from the following groups will be served each week: dark green, red orange, starchy, legumes, and other vegetables
- Fat-free or 1% milk (flavored milk must be fat-free)
- Less sodium
- Limited as to how much meat/meat alternate (cheese, yogurt) and grains we can offer. This means that main entrees may not be as large as they have been. It also could mean that a daily alternate menu entrée choice can’t be available everyday of the week. For example, at the elementary, a child may get a grilled cheese, M, T, W and then on Th, and F., a hot dog is available for them to buy. It does not mean that food service ran out of them, or trying to save on costs but that we are following the standards of the federal lunch law. Another example may be at the middle schools where we have hot sandwiches as chicken patty on M & W, Tues.- Hamburger and on Th. and F. hot dogs will be available for the students. Again this is done to meet the protein, grains, caloric count and saturated fat contents of the meal. At the high school level some sandwiches may not be available to buy as a lunch but as a la carte for example PBJ uncrustable, hot dog etc., because of the restrictions under the Healthy Hunger Kids Act.

- More whole grains added to the menu

- Proactive steps Pickerington Local School District has been doing to meet the new federal standards?
  - Serving whole grain items for the last 4 years
  - Serving 1% and skim unflavored milk for the last two years
  - Serving an abundance of fresh fruits and fresh vegetables daily for the last 5 years
  - Sampling new vegetables to our students and staff

- What you can do as administrators, staff, parents to help:
  - Encourage the students to try new things at home and school
  - Announce to students how important it is to take a fruit or vegetable on their tray
  - Join your child, student for lunch or breakfast anytime
  - Work with teachers and staff to promote healthy fundraisers- work with our food service department in catering special fundraiser dinners, classroom parties, boxed lunches for field trips, fall festival, field days etc. We are likely to give better rates and provide better food safety than pot luck contributions brought from home. And you will be in compliant with SB210 and not in competition with our food service department.
  - Activity based fundraisers might include carnival type of event, danceathon, walkathon, bikeathon etc.
  - Sales based fundraisers include gift wrap, baskets, stickers, calendars, see attached lists for some creative ideas