

# School Lunch Guidelines

## Remove from the Kitchen

- **All trans fat.** Keep it out of all foods.
- **Whole milk.** Replace with skim or 1%

## Reduce in the Kitchen

- **Saturated fat** must contribute no more than 10% of a meal's total calories.
- Half of **refined grains** must be replaced by whole grains.
- Whole fruit has to replace **fruit juice** by at least half.

## A Note About Sodium

**Sodium** is going to be phased out gradually from the school lunch program through 2022. By July of 2014, school lunches must contain...

**Na** - **Less than 1,230 mg of sodium in all meals for grades K-5 (2017 = 935 mg)**

- **Less than 1,360 mg of sodium in all meals for grades 6-8 (2017 = 1035 mg)**

- **Less than 1,420 mg of sodium in all meals for grades 9-12 (2017 = 1080 mg)**

## Increase in the Kitchen

Here's a guide to what the new school lunches can and should include...

- **Fruit.** Every day. Use whole fruits instead of juice as often as possible.

- **Vegetables** are going to play a central role in the new system. In addition to daily vegetable options, all 5 MyPlate vegetable subgroups must make an appearance over the course of each week.

- **5 Subgroups:** leafy greens, red & orange veggies, beans & peas, starchy veggies, and other veggies.

- **Nonfat and 1% milk** will replace all other milk options. All flavored milk must be nonfat and at least two different milk choices must be offered per day.

- **Half of all grains** must be rich in **whole grains.\***

- **Meat and meat alternatives** must be offered in one entree and only one other additional food. One ounce of cooked protein, without breading or skin, counts as a single ounce portion.\*

## Calories in the Kitchen: Servings

The new system involves calorie minimums and maximums. These are calculated based on average calorie needs per grade level.

For *reimbursable meals*, the following requirements must be met...

- At least 1/2 cup of fruits or vegetables must be on the lunch tray.
- At least 3 of the 5 food groups from MyPlate must be represented: vegetables, fruit, dairy, protein, and grains.



**The total calorie count of the foods on the tray must be within the specified window for the appropriate grade.**

- **Grades K-5: 550-650 calories / lunch**
- **Grades 6-8: 600-700 calories / lunch**
- **Grades 9-12: 750-950 calories / lunch**

Note that the children can move outside of these requirements, but at that point, they must also pay for the food. For example, if a child does not include at least half a cup of a fruit or vegetable, that child will be charged for a meal "a la carte." Foods over the calorie limit are available, but will also include an "a la carte" charge.

## Daily and Weekly Recommended Servings

### Vegetables

#### Grades K-8:

3/4 cup of veggies daily

3 3/4 cups per week

#### Grades 9-12:

1 cup of veggies daily

5 cups per week

### Fruit

#### Grades K-8:

1/2 cup of fruit daily

2 and 1/2 cups per week

#### Grades 9-12:

1 cup of fruit daily

5 cups per week

### Dairy

#### Grades K-12:

1 cup serving of dairy daily

5 cups per week

### Grains\*

Daily minimum: 1 serving

#### Grades K-5:

8-9 servings per week

#### Grades 6-8:

8-10 servings per week

#### Grades 9-12:

10-12 servings per week

### Protein\*

#### Grades K-5:

8-10 ounces per week

Grades 6-8: 9-10 ounces per week

#### Grades 9-12:

10-12 ounces per week

