

## MINIMUM REQUIREMENTS FOR AN ENHANCED FOOD BASED REIMBURSABLE SCHOOL LUNCH

1. One half pint (8 oz.) of whole, low fat, skim or buttermilk must be served. (In the event a particular type of milk represents less than 1% of the total amount of milk consumed the previous year, the school may elect not to offer that type of milk the next school year.)
2. A serving of lean meat, poultry, fish (edible portion as served), cheese, large eggs, cooked dry beans or peas, yogurt, peanut butter or any combination to give an equivalent quantity for. . .

grades K-6	2 oz. serving
grades 7-12	2 oz. serving

3. Two or more servings of vegetable or fruit or both to total . . .

grades K-6	$\frac{3}{4}$ cup + extra $\frac{1}{2}$ cup over week
grades 7-12	1 cup

4. At least one serving of grains/breads per day with a total of <sup>8</sup>~~12~~ servings per week for grades K-6 and 15 servings per week for grades 7-12.

(See page 7 for nutrient standards to be met.)

### Optional pattern for grades K-3.

Meat/meat alternate	1 $\frac{1}{2}$ oz.
Fruits/vegetables	$\frac{3}{4}$ cup
Grains/Breads	10 per week - minimum of 1 per day
Milk	$\frac{1}{2}$ pint

The offer-versus-serve regulation allows students to choose less than all of the food items within the lunch pattern. While a full portion of all five items must be offered, students are allowed to decline up to two of the items. The meal must continue to be priced as a unit. Acceptance of less than all five items does not allow a reduced charge for the meal. This provision is mandatory at the high school level and optional (based upon School Board approval) at the junior high, middle school and elementary levels.

\*Note: When a review of the school meal programs is conducted, consultants will be doing a nutrient analysis of one week's menus. The results should show that meals are meeting the Dietary Guidelines for Americans. If meals are not meeting these requirements, staff will receive an in-service. Progress toward meeting the Dietary Guidelines should be made before the next review is conducted.