



Healthy Changes to School Meals



This fall, MSDWT Child Nutrition Services is pleased to announce that in an effort to continually improve the quality of lunches we serve our students, we will be introducing improved nutrition standards for our school meals.

Our healthy and well-balanced meals will provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

Currently school meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, 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 produce**)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

Our job is to enhance the diet and health of school children, help reverse the childhood obesity trend, and support learning by promoting healthy habits that will last a lifetime!

National School Lunch Program Meal Pattern



Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetable	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetable plus ½ - 1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for : <ul style="list-style-type: none"> • Dark green • Red/orange • Beans/peas (legumes) • Starchy • Other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 oz – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8: 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12: 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 oz servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12: 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of contents allowed; flavor not restricted.	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

