

NATIONAL SCHOOL BREAKFAST & LUNCH PROGRAM FACT SHEET

OVS: (Offer vs. Serve):

- BREAKFAST: 4 components must be offered, 3 must be taken to be considered a “breakfast” but up to 4 can be taken without incurring additional cost
- LUNCH: 5 components must be offered, 3 must be taken to be considered a “lunch” but up to 5 can be taken without incurring additional cost
- The 5 components offered: meat / meat alternate (2 choices), vegetable (1 choice), fruit or fruit juice (2 choices), bread and a variety of milk.

USDA Nutritional Requirements:

Minimum Nutrient Standards for Required Grade Groups for Traditional Meal Pattern				
	Grades K-3		Grades 4-12	
	Breakfast	Lunch	Breakfast	Lunch
Calories	475	634	619	825
Protein (g)	6.5	8.65	12	16
Calcium (mg)	200	267	300	313
Iron (mg)	2.5	3.3	3.4	4.5
Vitamin A (IU)	750	1000	1125	1500
Vitamin C (mg)	11.25	15	13.75	18
Total Fat (%)	≤ 30%	≤ 30%	≤ 30%	≤ 30%
Saturated Fat (%)	≤ 10%	≤ 10%	≤ 10%	≤ 10%

Recommended Dietary Allowances (RDA)

- School Breakfast must provide at least ¼ of the RDA for age / grade group for breakfast
- School Lunch must provide at least 1/3 of the RDA for age / grade group for lunch
- Menus are analyzed for the above noted items based on actual consumption for a 5 day average vs. the menu as a whole
- No nutrient standards are set yet for fiber, sodium, or trans-fat

District-wide nutrient standards and modifications:

- No fryers in elementary schools, moving towards none in middle and high schools; the fryers currently in the middle and high schools are strictly for a la carte items.
- Whole grain products: chicken nugget coating, chicken patty coating, pizza crusts, rolls, buns, etc.
- Low fat cheeses: cheese sticks, macaroni & cheese, quesadillas, etc.
- Baked chips and snacks
- Fresh fruit daily