

# National School Lunch Program

The National School Lunch Program is a lunch program that reimburses the school for all lunches sold. The school MUST follow all federal and state rules and regulations to participate in the program. In 2010 a major change was implemented in the school lunch program. It's called "Healthy Hunger-Free Kids Act". This act focuses on childhood obesity and hunger. Therefore there has been an increase in servings of fruits, vegetables, and whole grains, and a reduction of sodium, sugar and fat in meals.

The National School Lunch Program consist of 5 food components:

1. **Milk** – we can only offer 1% white milk, skim milk, flavored milk made w/skim milk (we offer TruMoo Chocolate and Strawberry). We must serve milk daily. Juice CAN NOT substitute milk if there is a milk allergy or intolerance. If a student is buying that day and can't drink milk, they can PURCHASE 100% juice separately to go w/their lunch.
2. **Fruit** – 2 ½ cups of fruit must be served weekly – ½ cup daily. BES is involved w/the DOD fresh fruit and vegetable program. Many times 2-3 fruits are available for the students to choose from.
3. **Vegetables** - 3 ¾ cups of vegetables must be served weekly – ¾ cup daily. Weekly requirements for vegetables:  
½ cup dark green veg., ¾ cup red/orange, ½ cup beans (legumes),  
½ cup starch, ½ cup other, 1 cup additional vegetables to reach total.
4. **Grains (oz. equivalents)** – ALL GRAINS MUST BE WHOLE GRAIN-RICH, must serve at least 1 oz. of grain/day, a minimum of 8 oz./week.
5. **Meat/Meat Alternate (oz. equivalents)** – At least 1 oz. of mt/ma must be served daily, a minimum of 9 oz./week.

**BES is an Offer Vs. Serve Lunch Program. Anyone purchasing a lunch MUST select At Least 3 food components out of 5 and one of those components must be a FRUIT or VEGETABLE (1/2 cup).**

We serve K-6 grades, therefore daily amount based on the Average for a Five-day Week for:

Calories: 600-650 calories daily  
Saturated Fat: less than 10% of total calories served  
Sodium (milligrams): less than or equal to 1,230mg  
Trans Fat (grams): 0 grams (transfat cannot be in any foods served)

Please do not get overwhelmed with this information. This is an educational tool. We monitor all lunch trays and assist students in selecting a reimbursement lunch. I will also, in the near future, be meeting w/each grade and reviewing the lunch program w/them. Please go over the monthly lunch menu w/your child/children. Point out to them where a grain, meat, milk, fruit, or vegetable is on the menu. Encourage them to try new foods. As you have probably seen in your own grocery bills, food is very expensive. To avoid food waste, we try to offer 2-3 vegetables and 1-2 fruits to choose from, hoping that out of all of these choices there will be something that they will choose and eat. Encourage your child to select items that they will eat (BUT also maybe items that they have never tried – ex. Butternut squash, to get a taste of it – "You never know, they just might like it").

We look forward to serving your child a healthy, nutritious lunch.

This year we will try to serve: Monday - Breakfast for lunch, Wednesday - Pasta (whenever pasta is served w/sauce, pasta w/butter will be available also) and Friday - Pizza Day.

A more detailed explanation, rules, and regulations can be found at the Connecticut State Dept of Education – National School Lunch Program Site ([www.sde.ct.gov](http://www.sde.ct.gov)).

If at any time you have a question about the lunch program, I can be reached at extension 305 or email [dsczygiel@barkhamstedschool.org](mailto:dsczygiel@barkhamstedschool.org).

**Darlene Sczygiel**  
**Food Service Mgr**

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