

School Meals Facts and Regulations



The School Nutrition Program provides nutritious lunches each day throughout the school year. School meals provide nourishment that is important to children's growth, academic achievement and physical performance.

National School Lunch Program (NSLP):
History – "President Harry S. Truman signed the National School Lunch Act on June 4, 1946. Though school foodservice began long before 1946, the Act authorized the National School Lunch Program. The legislation came in response to claims that many American men had been rejected for World War II military service because of diet-related health problems. The federally assisted meal program was

established as 'a measure of national security, to safeguard the health and well-being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities.'" (www.asfsa.org)

What it provides:

A good lunch with a combination of foods that supply approximately 1/3 of the vitamins, minerals, protein, carbohydrates, and fat needed daily by the body. Students are encouraged to choose foods for better health. Participating in the National School Lunch Program provides kids with the "fuel" they need to perform for the afternoon.

Offer vs. Serve

Daily Meal Pattern – Student must choose 3 out of the 5 components:

Milk – 8 ounces

Meat/meat alternate – 2 ounces

Fruits- – ½ - 1 cup per day fruit

Vegetables – ½ - 1 cup per day vegetable

Grains/breads – 8-15 servings per week

Funding:

USDA reimburses schools for each meal served to students. The amount of reimbursement depends on whether the student received the meal free, at a reduced price or paid the regular price for it. Eligibility to receive meals free or at a reduced price is based on household income. The money schools receive from students who pay the full price or a reduced price is also used to operate the student dining program.

USDA Donated Commodities:

USDA donates foods to schools to help keep food costs down and the price charged students low. Donated foods make up approximately \$0.15 of the total food cost per meal. Foods given to schools include beef, turkey, pork, chicken, canned and frozen fruits and vegetables, pasta, cheese, flour, rice, peanuts, etc...