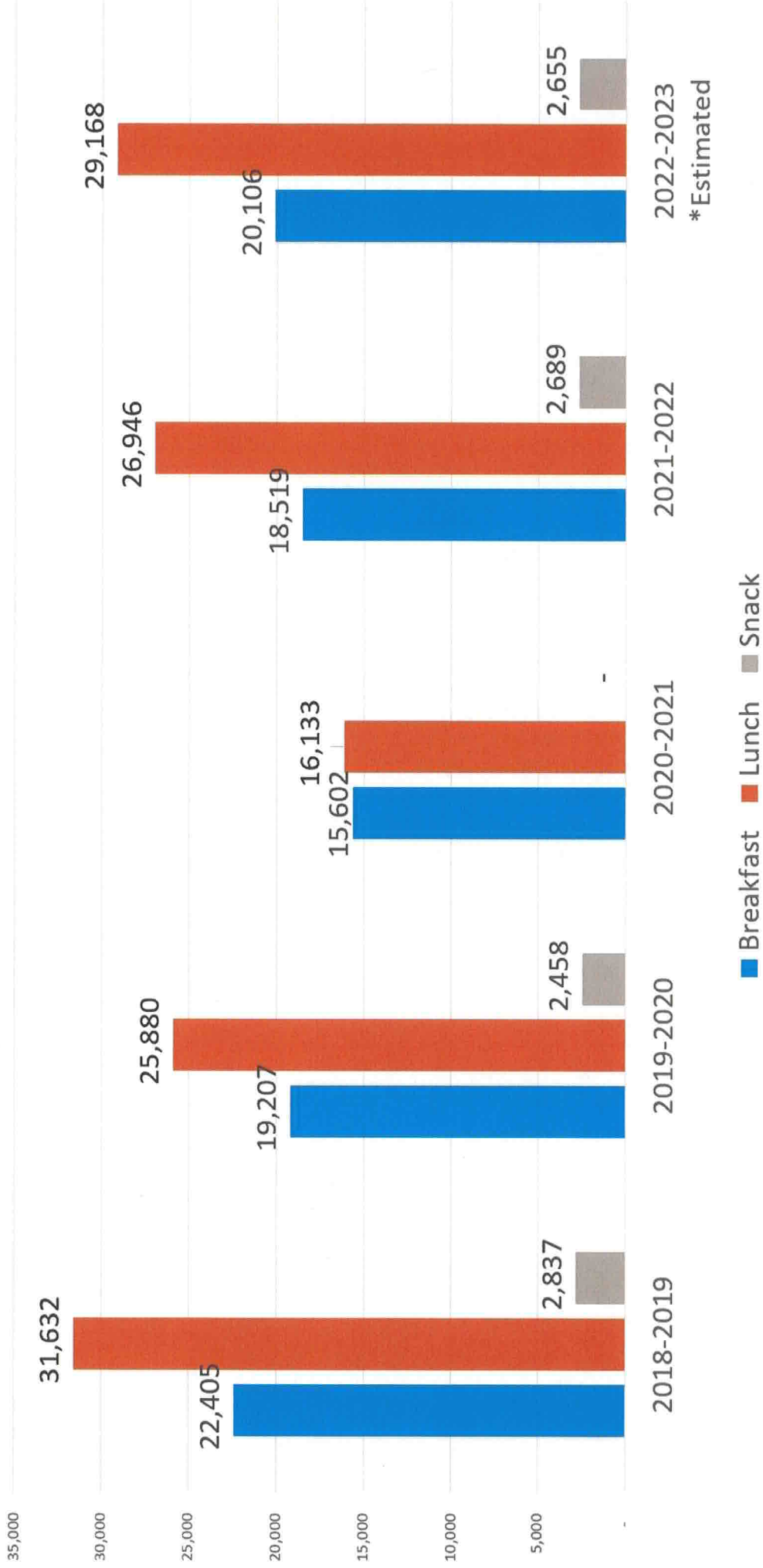


United ISD Child Nutrition Department

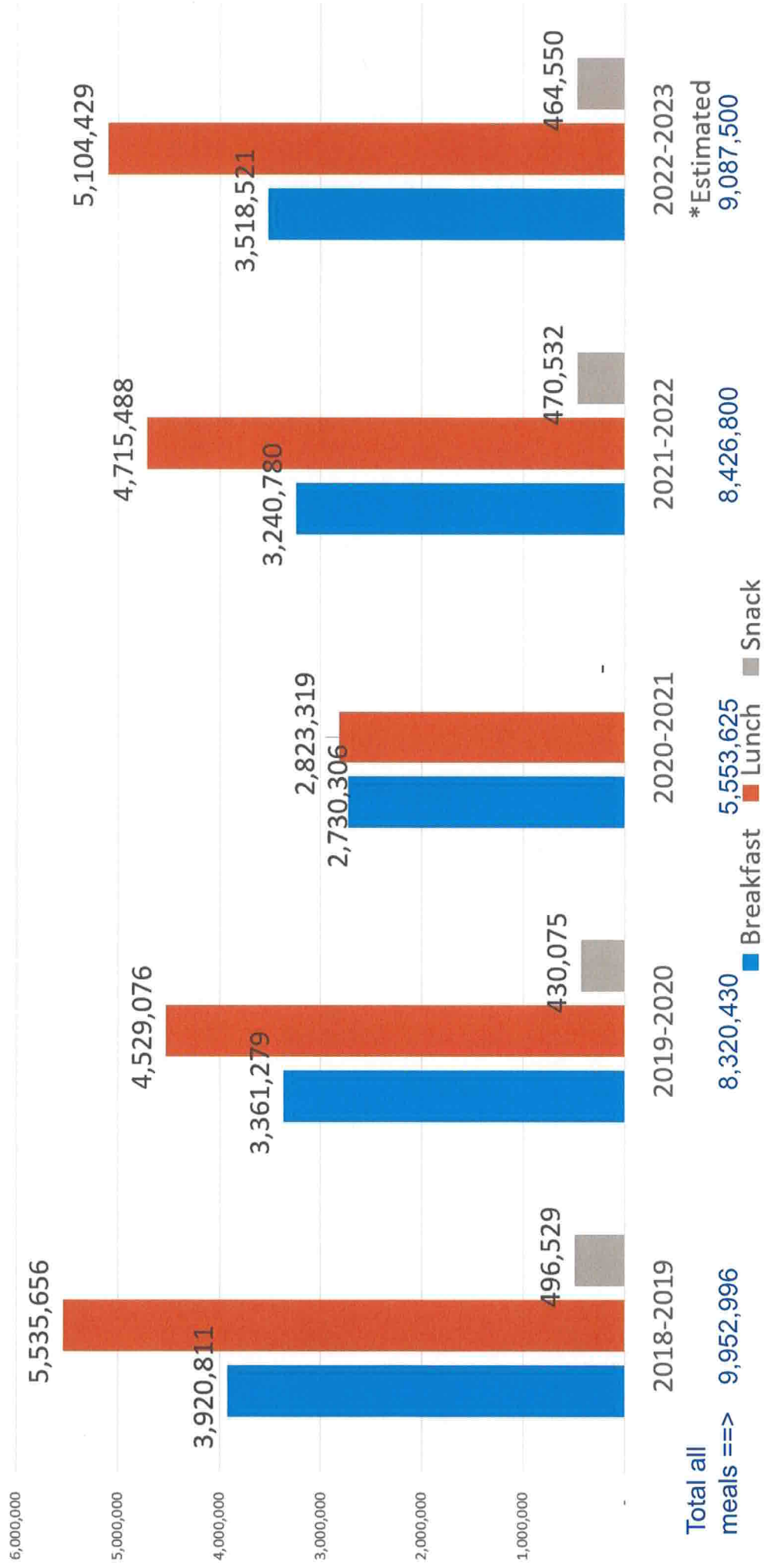
**Raul Ramirez, Director
Aryana Valdez, Operations Manager
Ana Gutierrez, Accounting Manager**

Average Daily Participation



*Estimated

Total Meals Served



Total Reimbursement



Lunch Nutrition Guidelines

- Under the National School Lunch Program (NSLP), lunches must meet the meal requirements established by the Healthy, Hunger Free Kids Act of 2010 and the 2010 Dietary Guidelines for Americans.
- These meal requirements call for a meal pattern that is food based and requirements must be met daily and weekly
 - Made up of **5 components**
 - Milk- serving is 1 cup for a total of 5 cups per day for all grade levels.
 - Fruits serving size is ½ cup per day total of 2 ½ cups per week
 - Vegetables serving size:
 - Elementary and Middle Schools ranges from ½ cup to 1 cup for a total of 3 ¾ cup per week
 - HS is 1 cup daily for a total of 5 cups total per week
 - Vegetable must include 5 subgroups: Dark Green, Red/Orange, Legumes (Beans/Peas), Starchy, Other Additional Vegetables
 - Grains - must be 80% whole grain rich and serve a total of
 - 8-9 1 oz equivalents per week for Elementary,
 - 8-10 1 oz equivalents per week for Middle School and
 - 10-12 1 oz equivalents per week for High School
 - Meat/Meat Alternates
 - Elementary: 8-10 1 oz equivalent per week
 - Middle School: 9-10 1 oz equivalent per week
 - High School: 10-12 2 oz equivalent per week

Lunch Nutrition Guidelines continued

- focused on certain nutrient standards- nutrient specifications must be met weekly
 - Calories allowed average per week:
 - Elementary: Min 550 - Max 650
 - Middle School: Min 600-Max 700
 - High School: Min 750 - Max 850
 - Sodium allowed average per week:
 - Elementary \leq 1230 mg average per week
 - Middle \leq 1360 mg average per week
 - HS \leq 1420 mg average per week
 - saturated fat
 - $<$ 10 percent of total calories for all grade levels
 - trans fat- no trans fat is permitted and each product must indicate 0 grams per serving.

Breakfast Nutrition Guidelines

- Under the School Breakfast Program (SBP), breakfast must meet the meal requirements established by the Healthy, Hunger Free Kids Act of 2010 and the 2010 Dietary Guidelines for Americans.
- These meal requirements call for a meal pattern that is food based and requirements must be met daily and weekly
 - Made up of 3 components which include:
 - Fruits (or Vegetables):
 - 1 cup daily, total 5 cups per week for all grade levels
 - Milk:
 - 1 cup daily and 5 cups weekly for all grade levels
 - Grains:
 - Elem 7-10 1 oz equivalents per week - 1 oz per day;
 - Middle School 8-10 1 oz equivalents per week - 1 oz per day;
 - High School 9-10 1 oz equivalents per week - 1 oz per day
 - (Meat/Meat Alternates may be offered once daily minimum requirement for Grains is met, but is not required)

Breakfast Nutrition Guidelines continued

- focused on certain nutrient standards- nutrient specifications must be met weekly
 - Calories average per week:
 - Elementary 350-500 calories average per week;
 - Middle School 400-550 calories average per week;
 - High School 450 -600 calories per week.
 - Sodium average per week:
 - Elementary ≤ 540 mg average per week;
 - Middle School ≤ 600 mg average per week;
 - High School ≤ 640 mg average per week
 - saturated fat:
 - < 10 percent of total calories for all grade levels
 - trans fat - no trans fat is permitted and each product must indicate 0 grams per serving.

Nutrition Comparisons - Lunch

Nutrients for Complete Meal (MS)	Child Nutrition	Fast Food	Home
Calories Min 600-Max 700	618	1050	1080
Sodium ≤ 1360 mg average per week	910 mg	1430 mg	1864 mg
Total Fat <10 percent of total calories Saturated Fat Trans Fat (not allowed)	19.6 7.5 0	45 14.5 1.5	23.5 7.9 0

Nutrition Comparisons - Breakfast

Nutrients for Complete Meal (MS)	Child Nutrition Pancake Chicken Sausage Sandwich, mixed berries applesauce, Juice, Milk	Fast Food McGriddle, hash brown, juice, milk McDonalds	Home 2 Bacon and egg tacos (no extra oil or butter added), 1% milk, 100% juice
Calories Min 400 -Max 550 avg per week	400	855	850
Sodium ≤ 600 mg average per week	495 mg	1552 mg	1550 mg
Total Fat < 10 percent of total calories Saturated Fat Trans Fat (not allowed)	2.5 1.5 0	33.5 9.8 1.6	23.5 15.1 .2

Menu comparisons UISD & LISD

https://docs.google.com/spreadsheets/d/1_vWeFFRt8IZgVRs4m9GKrqWTfpGoeiqI5fZasQmVKNA/edit#gid=0



BREAKFAST - NEW ITEMS

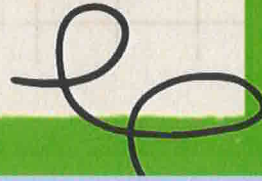
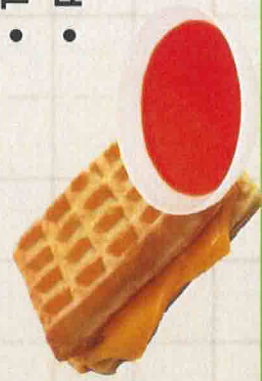


- Sausage & Cheese Pancake Sandwich
- Sausage & Cheese Waffle Sandwich
- Ham & Cheese Croissant
- Buttery Maple Waffle
- Turkey Bacon & Egg Breakfast Taco



LUNCH - NEW ITEMS

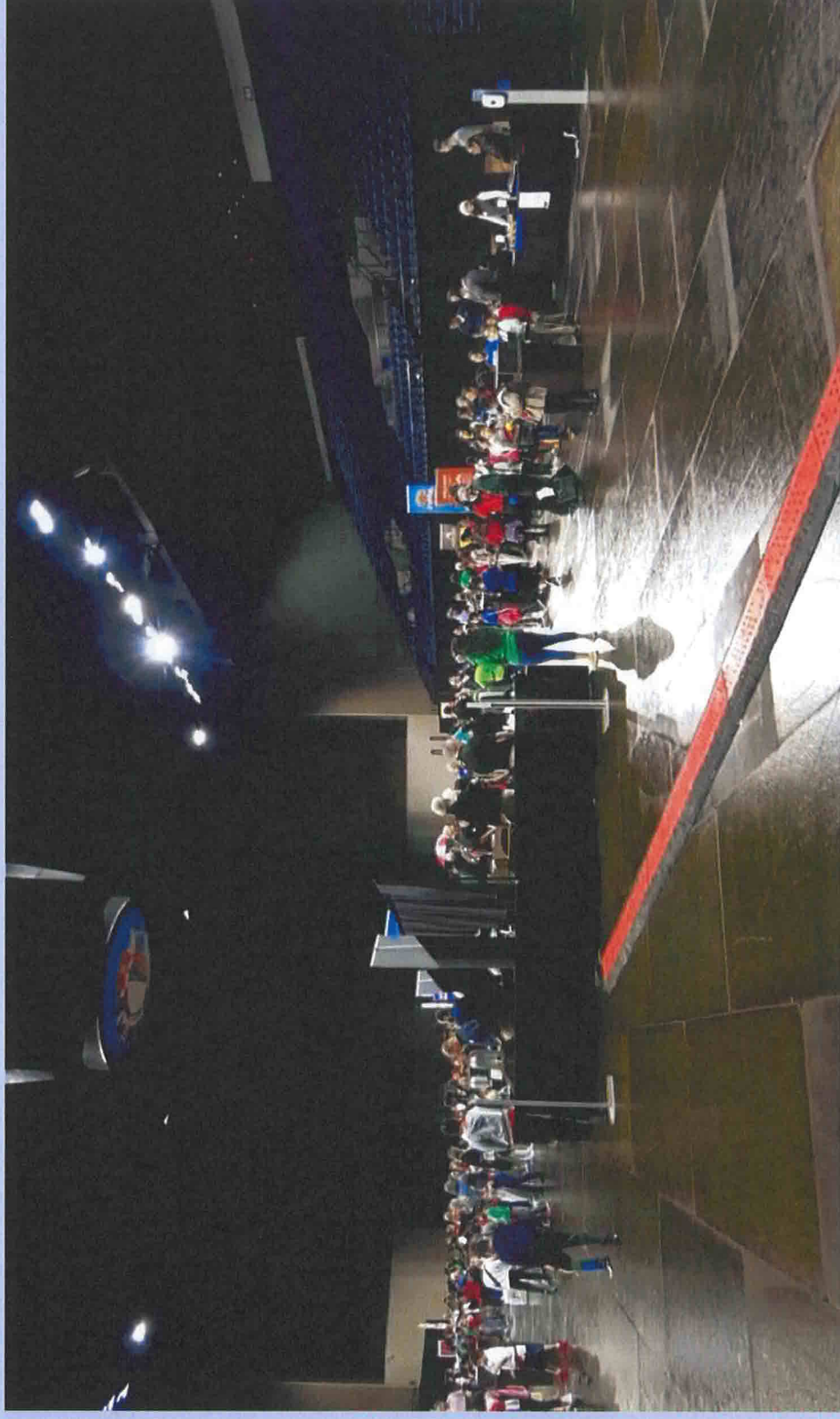
- Turkey Pepperoni & Cheese Anytimers
- Cajun Loaded Fries w/ Cornbread
- Parmesan Chicken Wrap
- Chile Verde Bowls
- Bento Box
- Pizzabolis
- Rich-fil-yay! Burger
- Waffle Grilled Cheese w/ Tomato Soup
- Turkey Combo & Cheese Sandwich w/ Broccoli Cheese Soup
- Raviolis w/ Italian Bread



Rating Menu Items



Selecting Menu Items - Students



Student interviews
regarding our menus and
the food show

Liked Breakfast Items



Double Chocolate Muffin



Ham & Cheese Croissant Sandwich



Cereals



Sausage & Cheese Pancake Sandwich



Super Donut



Breakfast Bar



Goody Bun (honey)

Liked Items Lunch



Chicken Nuggets with
Macaroni & Cheese



Rich fil Yay!
Chicken Sandwich



Calzone

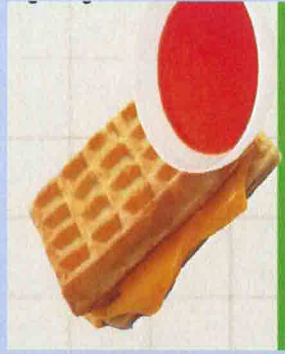


Pepperoni Pizza

Items they
would change



Chicken Parmesan Wrap



Waffle Sandwich -
grilled cheese

Macaroni & Cheese



Cornbread



Pepperoni Pizza



Carrots

