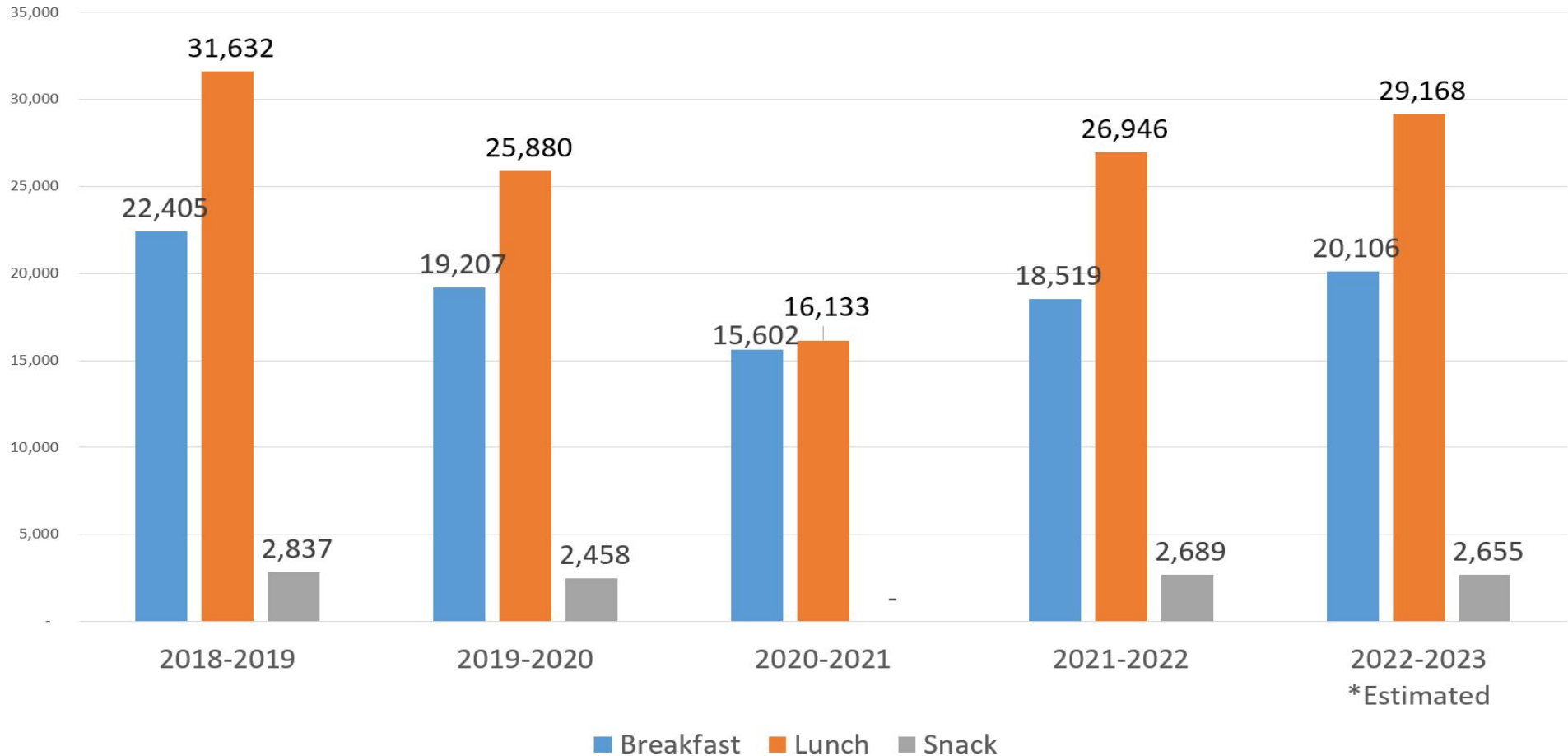


# **United ISD**

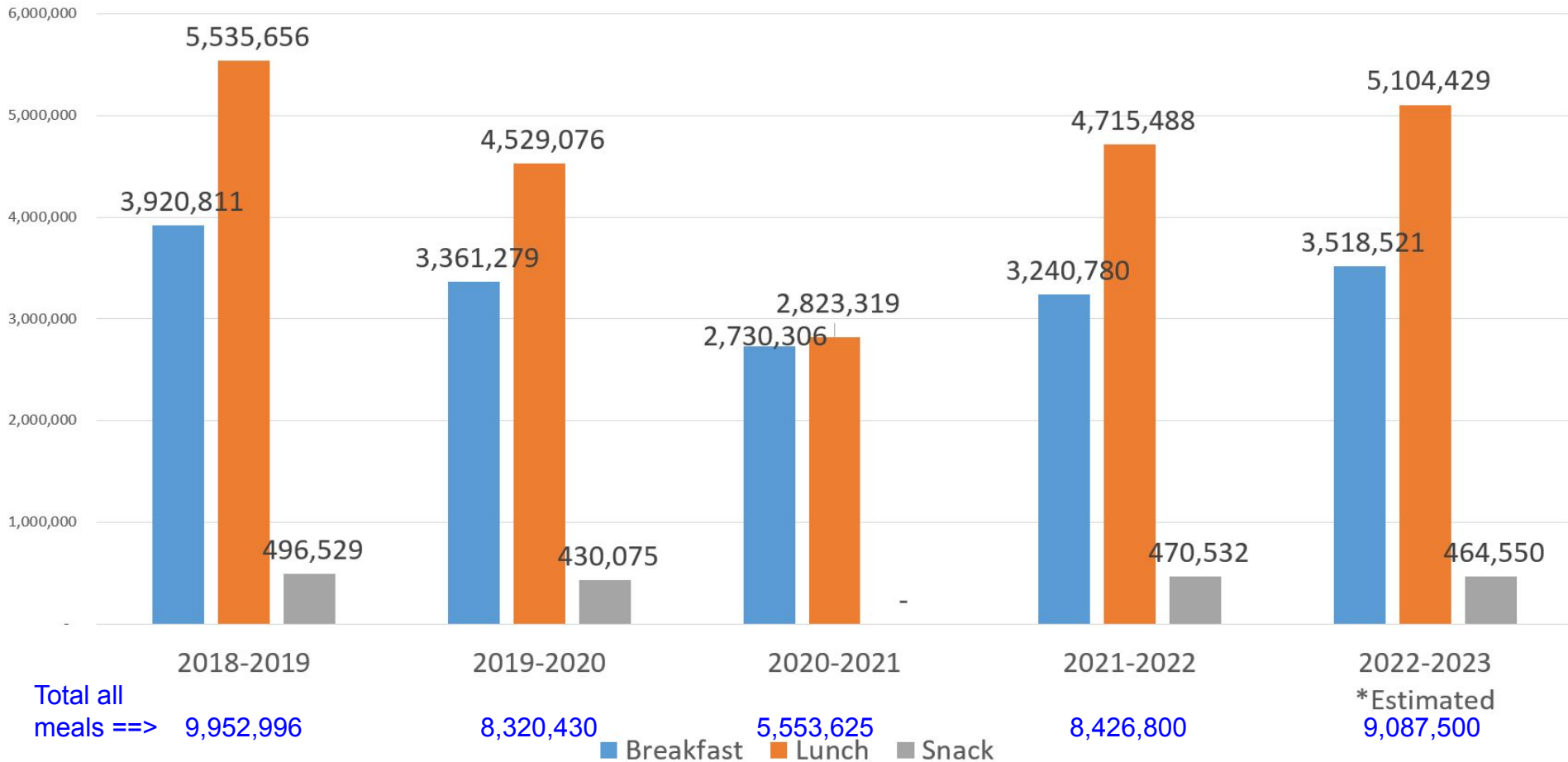
# **Child Nutrition Department**

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

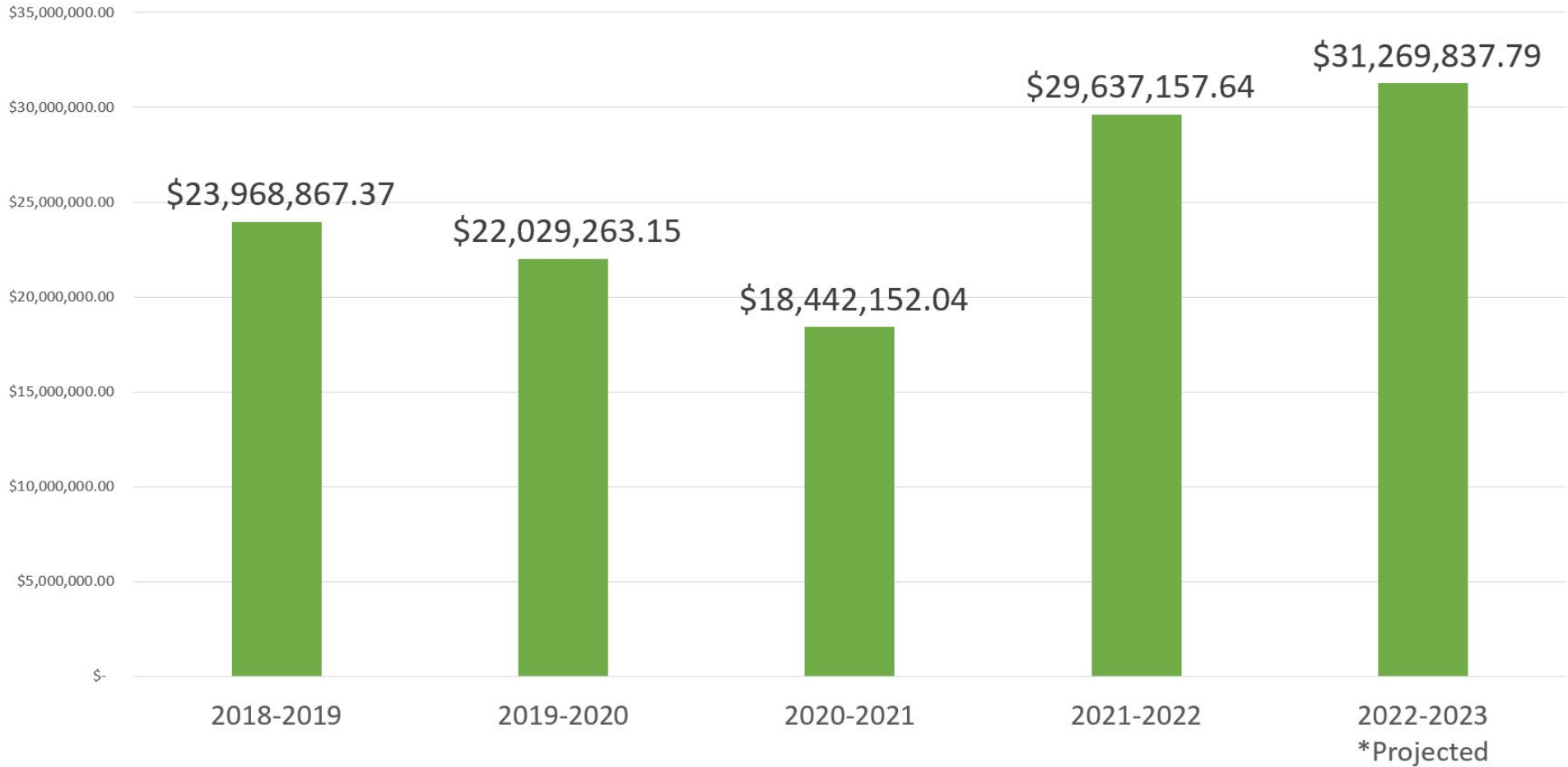
# Average Daily Participation



# 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:
    - 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:
    - Elementary 350-500 calories average per week;
    - Middle School 400-550 calories average per week;
    - High School 450 -600 calories per week.
  - Sodium:
    - Elementary  $\leq 540$  mg average per week;
    - Middle School  $\leq 600$  mg average per week;
    - High School  $\leq 640$  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

<b>Nutrients for Complete Meal (MS)</b>	<b>Child Nutrition</b> Cheeseburger, fries, peaches, milk	<b>Fast Food</b> Cheeseburger, fries, drink (medium) Quarter pounder with cheese meals McDonalds	<b>Home</b> Ham & Cheese Sandwich on white bread, Doritos, Gatorade, 3 Chips ahoy cookies
<b>Calories</b> Min 600-Max 700	618	1050	1080
<b>Sodium</b> ≤ 1360 mg average per week	910 mg	1430 mg	1864 mg
<b>Total Fat</b> <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

<b>Nutrients for Complete Meal (MS)</b>	<b>Child Nutrition</b> Pancake Chicken Sausage Sandwich, mixed berries applesauce, Juice, Milk	<b>Fast Food</b> McGriddle, hash brown, juice, milk McDonalds	<b>Home</b> 2 Bacon and egg tacos (no extra oil or butter added), 1% milk, 100% juice
<b>Calories</b> Min 400 -Max 550 avg per week	400	855	850
<b>Sodium</b> ≤ 600 mg average per week	495 mg	1552 mg	1550 mg
<b>Total Fat</b> <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\\_vWeFFRt8lZgVRs4m9GKrqWTfpGoeiqI5fZasQmVKNA/edit#gid=0](https://docs.google.com/spreadsheets/d/1_vWeFFRt8lZgVRs4m9GKrqWTfpGoeiqI5fZasQmVKNA/edit#gid=0)

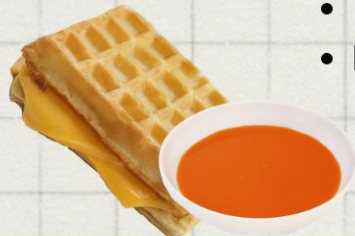


# BREAKFAST – NEW ITEMS



- 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

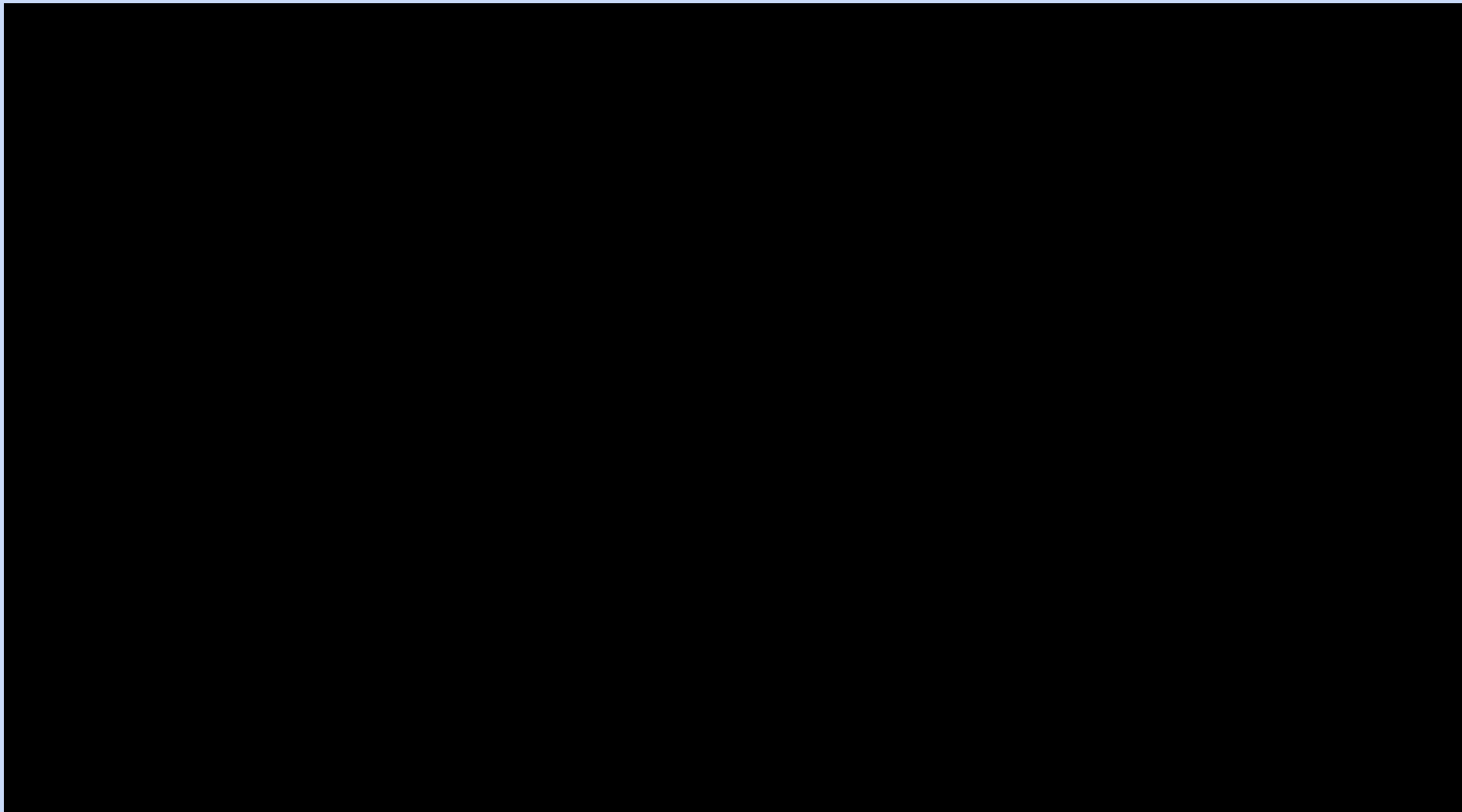


# Selecting Menu Items - Students



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

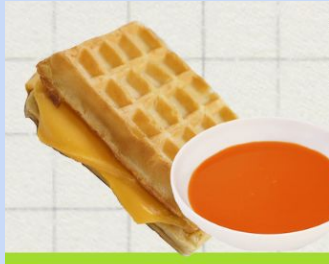
Macaroni & Cheese



Cornbread



Pepperoni Pizza



Waffle Sandwich -  
grilled cheese

Carrots

