

# Food & Nutrition Services

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# USDA regulations overview

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*Healthy Hunger Free Kids Act of 2010*  
**Lunch Menu Requirements**

	<u>Grades K-8</u>	<u>Grades 9-12</u>
<b>Fruits</b>	<b>1/2 c per day</b>	<b>1 c per day</b>
<b>Vegetables</b>	<b>3/4 c per day</b>	<b>1 c per day</b>
<b>Whole Grains</b>	<b>1 per day</b> 8-10 per wk	<b>2 per day</b> 10-12 per wk
<b>Meats</b>	<b>1 oz per day</b> 8-10 oz per wk	<b>2 oz per day</b> 10-12 oz per wk

***Minimum-Maximum calories*** (*Daily Amount Averaged Weekly*)

Grades K-5  
**550-650**

Grades 6-8  
**600-700**

Grades 9-12  
**750-850**

# What does this mean to us?

Students must take  $\frac{1}{2}$  cup of fruit or vegetable at lunch

Breads offered must be Whole Grain and portion requirements are reduced

Calorie maximums limit portions/options available



Breakfast changes

Smart Snacks regulations

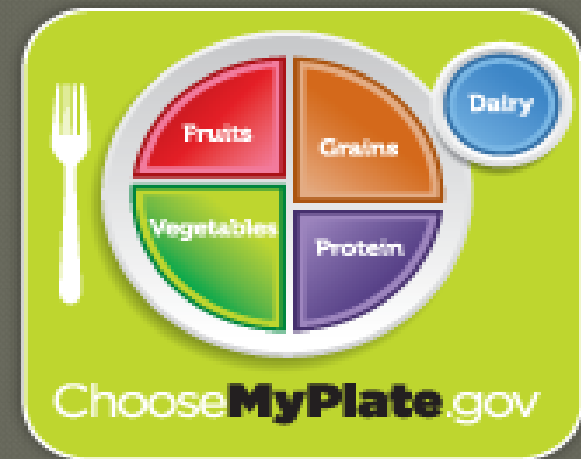
Nutrition standards for ALL foods sold during the  
school day

USDA Professional Standards

Hiring standards for Nutrition Directors

Annual training requirements for all staff

Unpaid meal debt



# What's next?

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## ○ Child Nutrition Reauthorization

- Due in 2015
- Senate has proposed bill, House is in committee
- Minimal changes proposed to nutrition standards

## ○ Vision for future

- New and improved menus
  - Clean nutrition labels, whole muscle meats, variety
  - Smarter lunchroom movement strategies
  - Second chance breakfast opportunities

Thank you

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