St Johns County School District – Nutrition Services News

New Meal Patterns

The United States Department of Agriculture (USDA) released the final rule as part of the Healthy Hunger-Free Kids Act (HHFKA) that will become effective July 1, 2012. The goal of the final rule is to promote overall student wellness, and to assist in decreasing the incidence of childhood obesity as well as hunger.

St Johns County Nutrition Services Department has developed new menus in order to meet the new dietary guidelines for school age children in addition to meeting the goals of the HHKFA. Some of the changes you will see in your menu include:

- A choice of fat-free or 1% white or chocolate milk.
- An increase in portion sizes for vegetables:
  - K-5: ¾ cup per day
  - 6-8: ¾ cup per day
  - 9-12: 1 cup per day
- Weekly offerings of vegetables must come from different vegetable sub-groups:
  - Dark Green
  - Red / Orange
  - Beans / Peas
  - Starchy
  - Other
- Fruit offerings will come from a variety of canned (in juice) and fresh items:
  - K-5: ½ cup per day
  - 6-8: ½ cup per day
  - 9-12: 1 cup per day
- Students are REQUIRED to take a minimum of ½ cup fruit OR vegetable in order for the meal to qualify as reimbursable
- Half of all grain products offered must be 50% or more whole grain
- A decrease in the number of bread / grain servings offered each week:
  - K-5: 8-9 servings per week
  - 6-8: 8-10 servings per week
  - 9-12: 10-12 servings per week
- A change in the number of meat / meat alternate servings offered each week:
  - K-5: 8-10 servings per week
  - 6-8: 9-10 servings per week
  - 9-12: 10-12 servings per week
- New calorie minimum and maximum ranges for each grade group
- Students with milk allergies will no longer be allowed to receive juice in place of milk

NOTE: There will be no changes to the breakfast meal pattern or menu until school year 2013-2014.

Students and Parents will see this logo at the beginning of each lunch line with additional indicators on each food item identifying where it fits into the meal pattern.

For more information please visit:
www.myplate.gov
or contact the office of Food and Nutrition Services @ 547-3960