

**LAFAYETTE PARISH SCHOOL SYSTEM
CHILD NUTRITION SERVICES**

**FREQUENTLY ASKED QUESTIONS
MEAL SERVICE**

The following information is provided to clarify the new regulations for school meals, which is mandated by state and federal regulations for all school districts nationally. The current breakfast and lunch menus along with the Healthy, Hunger-Free Kids Act of 2010 can be found on the LPSS website at www.lpssonline.com/child_nutrition.

1. Why do the lunch meals this school year appear different?

All school districts in the United States were required to implement the Healthy, Hunger-Free Kids Act of 2010 (HHFK) beginning with the 2012-2013 school year. This law was initiated by Michelle Obama as an initiative to address childhood obesity by improving child nutrition programs in the school system. The HHFK contains many provisions to assure that the food items offered to students are more nutritious, reduce the risk of obesity, and fight childhood hunger.

2. What are some of the requirements of the HHFK?

All lunches served to the students must have:

- *Calorie limits based on grade level*
- *Limits on protein (meat) and grains (bread/rice/pasta)*
- *A fruit and vegetable served every day*
- *Larger servings of fruits and vegetables*
- *Increased servings of whole grains*
- *Only fat free or 1% milk choices (flavored milk must be fat free)*
- *Less sodium*
- *Decreased amounts of saturated fat, trans fat, and sugar*

3. What are the specific calorie ranges for the different ages for the lunch meal?

- *Elementary Schools (PreK to 5th Grade) = **550 – 650 calories***
- *Middle School (6th to 8th Grade) = **600 – 700 calories***
- *High School (9th to 12th Grade) = **750 – 850 calories***

4. What are the serving amounts on protein and grains for the lunch meal?

- *Elementary School (PreK to 5th Grade)*
 - *Protein = minimum of 1.5 to 2 oz equivalents per day*
 - *Grains = minimum of 1 oz equivalent per day*
- *Middle School (6th to 8th Grade)*
 - *Protein = minimum of 2 oz equivalents per day*
 - *Grains = minimum of 1 oz equivalent per day*
- *High School (9th to 12th Grade)*
 - *Protein = minimum of 2 oz equivalents per day*
 - *Grains = minimum of 2 oz equivalents per day*

At a Glance: *A 2 oz. serving of baked chicken, plus an 8 oz. container of low-fat milk provides 22 grams of protein for an active 17 year old male, or more than 40 percent of recommended daily protein intake.*

5. What fruits and vegetables are served for lunch?

Every week, a large variety of fresh, frozen and canned fruits and vegetables are offered to the students. The frozen and canned fruits have no added sugar or sodium, and the frozen and canned vegetables have small amounts of added sodium. Of the large variety of vegetables offered to the students, the HHFK requires that the vegetables be a certain type, which include the following:

- *Red/orange vegetables - carrots, yams, tomatoes*
- *Dark green/leafy vegetables - spinach, romaine, broccoli*
- *Dry peas/beans - pinto, kidney, white, blackeye*
- *Starchy vegetables - potato, corn, green peas*
- *Other vegetables - cucumbers, iceberg lettuce, cabbage*

6. Why are only brown rice, whole wheat rolls, and whole wheat pasta served?

Our district has been serving these whole wheat items since the 2010-2011 school year. According to the HHFK, the amount of whole grains had to be increased this school year. By the school year 2014-2015, non-whole grain items will not be allowed in school lunches.

7. Why are desserts not offered to the students for the lunch meal?

The HHFK has limitations on the desserts that can be offered to the students. No more than 2 dessert items can be offered to the students in a 1 week period, and they must be a whole grain item.

8. How many milk choices do students have?

Our district's policy states that every school site should have a total of 4 milk choices for both breakfast and lunch, which include 1% white, fat free white, fat free chocolate, and fat free strawberry. The HHFK states that 1% and fat free milk are the only milk choices allowed for school lunches. Additionally, all flavored milk must be fat free. Flavored milk does not contain caffeine due to the fact that the chocolate and strawberry are only "flavorings".

9. Does the assorted juice offered to the students contain sugar?

No. The assorted juice that is offered to the students does not contain sugar and is 100% juice.

10. What is the saturated fat content of the meals offered to the students?

In a 1 week period, no more than 10% of the calories come from saturated fat in the lunch meals served to the students.

11. Do the extra sale items sold on the serving line have to follow the guidelines of the HHFK?

Yes. All of the a la carte items sold on the serving line must follow all of the guidelines of the HHFK.

12. Will there be changes to the breakfast meal?

Yes. The HHFK does apply to the breakfast meal beginning with the 2013-2014 school year, but minimal changes will be seen due to the fact that the meals are already in compliance.