

Jamestown Public Schools Child Nutrition

New USDA Regulations

As you may know, the Federal Government has made sweeping changes to the requirements for school meals. These are not guidelines but actual requirements. We are already in compliance with most of these rules, but your student will be aware of some noticeable changes in their lunches this year.

We will now have minimums and maximums on a number of things that we must track on a daily and weekly basis including ounces of protein, ounces of whole grain, calories, sodium, and others. Probably the biggest change is that prior to this law we were given minimums that had to be met. Now we have been given new minimums but also maximums. This will limit us most notably in the area of protein and the size of our entrée offerings.

This law addresses the five “components” of your students’ school lunch. They are as follows:

- 1) Milk - we can only offer 1% low fat white, fat free white and fat free flavored.
- 2) Whole Grains - 2012-13 school year: half of all grains must be whole grain
- 2013-14 school year: all grains must be whole grain rich
 - K – 5: 1 oz. equivalent min. daily, 8-9 oz. weekly
 - 6 – 8: 1 oz. equivalent min daily, 8-10 oz. weekly
 - 9 – 12: 2 oz. equivalent min. daily, 10-12 oz. weekly
- 3) Fruits – students will be offered ½ to one cup daily
- 4) Vegetables – students will be offered ½ to one cup daily
Most notably these will come from 5 groups which must be offered once a week from the following:
 - a) dark green
 - b) orange/red
 - c) starchy
 - d) beans/legumes
 - e) other (as defined in USDA 2010 Dietary Guidelines)

5) Protein: Meat/Meat Alternative

K – 5: 1 oz. min. daily, 8-10 oz. weekly

6 – 8: 1 oz. min daily, 9-10 oz. weekly

9 – 12: 2 oz. min. daily, 10-12 oz. weekly

The Lunch requirements for average daily calories is:

K – 5: 550-650

6 – 8: 600-700

9 – 12: 750-850

Another of the noticeable changes is that students will now be required at Lunch to have $\frac{1}{2}$ cup of fruits and or vegetables on their tray for that meal to count as a full meal. A tray not containing this will be charged at ala carte prices. The protein and grain limitations will mean that entrees may not be as large as previously offered or they may be served less often. However students will be allowed to select larger quantities of fruits and vegetables.

Many of Western New York's Food Service Directors have been working together this summer to plan our menus so as to meet these challenging requirements. This will allow us to offer our students more fruits, vegetables, whole grains and healthier entrees. We hope that your child continues to participate in our lunch program and that you all appreciate and enjoy the goal of offering a healthier meal for your child.

Thank you,

Walter Gaczewski
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