

Goshen County School District Food Services
Updated USDA School Lunch Regulations
August 2012

This information is provided to clarify some of the confusion with the new federal guide lines for the school lunch program. The Food Service Staff appreciates all of your patience through this transition.

In January of 2012, (to become effective for SY 2012-2013) the final rule was released for the National School Lunch Program in coordination of the Healthy Hunger Free Kids act. This act was initiated by First Lady Michele Obama in reaction to the national epidemic of childhood obesity in the nation. This was the first change to the National School Lunch Program in 15 years.

The guidelines implemented in this ruling have made it necessary to make changes to the menu as well as the content of the health bar in Goshen County's school lunch program.

Here are the changes that have become necessary to meet the national guidelines. **(Indicated past guidelines)**

Min/max requirements	K – 5	6 – 8	9 – 12
Calories	550 – 650	600-700	750 -850
Grains	1svg per day 8-9svg per week (K-3 minimum of 1 per day 8 per week/4-12 minimum of 1 per day, 10 per week)	1svg per day 8-10svg per week	2 svgs per day 10-12svg per week (recommended minimum of 2 per day/10 per week)
Meat/Meat Alternate	1oz per day 8-10 oz per week (K-3 a minimum of 1.5 oz per day/4-12 a minimum of 2 oz per day)	1 oz per day 9-10 oz per week	2 oz per day 10 -12 oz per week (7-12 recommended a minimum of 3oz per day)
Fruits	½ c per day 2 ½ c per week (fruits and vegetables combined, ½ c recommended a day)	½ c per day 2 ½ c per week	1 c per day 5 c per week (fruits and vegetables combined, ¾ c recommended a day)

Vegetables in specific categories (Dark Green, Orange-Red, Legumes, starchy and other to equal	$\frac{3}{4}$ c daily 3 $\frac{3}{4}$ c weekly PLUS 1 c additional per week (no categories required)	$\frac{3}{4}$ c daily 3 $\frac{3}{4}$ c weekly PLUS 1 c additional per week (no categories required)	1 c daily 5 c weekly plus 1 $\frac{1}{2}$ c additional per week (no categories required)
Saturated Fat	<10	<10	<10
Trans Fat (not including natural such as in beef)	0	0	0
Sodium - Current SY 2013-2014 SY 2017-2018 SY 2022-2023	1377 mg 1230 mg 935 mg 640 mg	1520 mg 1360 mg 1035 mg 710 mg	1588 mg 1420 mg 1080 mg 740 mg
Grain Based Desserts	2 oz per week (no restrictions)	2 oz per week (no restrictions)	2 oz per week (no restrictions)
Milk – Flavored milk must be skim, white milk can be no more than 1% (regulations was for choice of fat content, not flavoring)	1 c day/5 c week	1 c day/5 c week	1 c day/5 c week

The intent is that the students will choose to eat additional fruits and vegetables. The health bar remains to be all you can eat, limiting only the dressings that are available. These guidelines do not allow for additional meat/meat alternates, grains, fats or sodium to be on the salad bar. Unfortunately, these are USDA Guidelines of which we have no ability to change.

I hope that this has helped explain why the changes were made. Please feel free to contact me with any ideas, suggestions or for further explanation.

Thank you.

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