

Under the Healthy Hunger Free Kids Act of 2010 there are required dietary components that must be selected in order to be eligible as a "meal" in the national School Lunch Program. Not only does this offer a well balanced, healthy meal for our students, but it also avoids costly "ala carte" charges for individual items. (state and federal reimbursements as well as a stipend from the district makeup the difference in cost) This is especially important for our free and reduced eligible students.

The meal pattern consists of five food components:

Fruits

Vegetables

Grains

Meat / Meat alternatives (proteins)

Fluid Milk

All students at any grade level **MUST** take:

At least 3 of the 5 components AND

ONE of the selections must be a fruit or vegetable

In order to reduce the amount of food waste, we have chosen to implement an "Offer Versus Served" approach to the regulation. Basically, it allows the student to choose different options within the components that are more appealing to them compared to the old fashioned meals where you only received what was served as the special meal of the day. For example, the necessary fruit/vegetable component may be satisfied by choosing from either:

An assortment of fresh fruit

An assortment of canned fruit

A 4 oz fruit juice

A side salad from our salad bar (available daily and included in all entree meals)

The vegetable of the day (hot on the line or raw veggies on the deli bar(in jr sr high))

"My Plate" boards are posted on all serving lines and reference the available selections for the day in each category. With your help, we can continue to strive towards providing a quality meal, with less waste and encourage students to make wise meal choices.

Please feel free to contact me with questions or concerns or to obtain an application for free and reduced meals

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