

# National School Lunch Program

The Southmoreland School District offers meals to all students attending any of its schools. The district participates in the School Breakfast Program(SBP) and the National School Lunch Program(NSLP). The SBP and NSLP are regulated by the federal government under USDA and Food and Nutrition Services(FNS). The regulations provided by USDA and FNS are updated every few years to assure that current medical and dietary guidelines are being followed.

## What is a School Lunch?

The school lunch program offers five(5) basic components which are categorized as one of the following: Grains, Meat/Meat Alternate, Fruits, Vegetables, and Milk. Cafeteria staff always encourage participants to take one selection from all 5 components for a full, balanced and reimbursable meal however, under the guidelines for Offer Versus Serve the student does not need to take all items offered. The minimum requirements for a reimbursable lunch include taking one fruit or vegetable and two additional different components.

The meals do vary as the students move up through the grade levels. This is shown below-

### Primary Center (grades K-1)

The student may select from the following options:

- 1 Entrée (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

### Elementary School (grades 2-5)

The student may select from the following options:

- 2 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

## Middle School (grades 6-8)

The student may select from the following options:

- 5 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Choice of 1 Fruit or 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

## Senior High School (grades 9-12)

The student may select from the following options:

- 12-15 Entrées -- student may take 1 (note: the entree usually contains Grain and Meat/Meat Alternate, but in the instance that it does not an additional Grain will be offered)
- Up to 2 *different* Vegetables
- Up to 2 *different* Fruits & 100% Fruit Juice
- Choice of 1 Assorted 1% Unflavored, 1% Flavored, Skim or Lactaid Milk

The student may actually take the full meal offered or may take as little as 3 items as long as one of them is a Fruit or a Vegetable.

*Daily fruit options may include some of the following: fresh, chilled, canned or frozen fruit, 100% fruit juices*

*Daily vegetable options may include some of the following: fresh or cooked vegetable & 100% vegetable juice.*

*At a minimum 80% of all grains offered are 100% whole grain and the remaining 20% are whole grain enriched.*

*All milk offered is 1% plain, 1 % flavored, skim or dietary alternate lactaid*

