



Plainville

USD 270

...where students walk through the doors of opportunity every day

School Lunch Regulations

Every year questions arise regarding school lunches, and necessitate the need to remind patrons of the rules and regulations by which USD 270 must adhere. Please know these regulations are state and federal requirements - not just our district policies.

In order to participate in the Child Nutrition and Wellness program (including free and reduced meals) and receive government funding for all meals served, USD 270 is required to abide by stringent guidelines.

Our Food Service Department is audited locally and by the Kansas State Department of Education (KSDE) annually, with a Federal audit occurring every third year. If USD 270 is deemed out of compliance with the regulations, the district is required to pay back funds received from the government subsidies. Non-compliance may also affect the district's ability to be part of the National School Lunch Program (NSLP) to offer free or reduced meals.

Healthy school meals are an essential part of the school day and set kids up for success in and out of the classroom. School nutrition staff work tirelessly to serve children meals that are delicious and nutritious. And it shows: research found that school meals are the healthiest meals most children get in a day. Still, there is room for improvement. For example, the Dietary Guidelines for Americans recommend limiting added sugars to less than 10 percent of calories daily; but currently, about 17 percent of calories in school breakfasts and 11 percent of calories in school lunches are from added sugars.

Through the final rule, USDA updated school meals in a few key areas to make them even more nutritious. For the first time, USDA will require schools to focus on products with less added sugars, especially in school breakfast. The reductions in added sugars and sodium as well as other changes will phase in over several years to give schools and students time to adjust to the new menus. So many people and organizations – parents, school nutrition professionals, public health advocates, the food industry, state agencies, and others – shared their feedback, and USDA listened.

Updates in the following key areas build on the current school nutrition requirements:

- [Added Sugars¹](#) : Starting in school year 2025-26 (July 1, 2025), there will be a limit on the amount of added sugars allowed for specific foods that tend to be higher in added sugars: breakfast cereals, yogurt, and flavored milk. Starting in school year 2027-28 (July 1, 2027), in addition to limits on added sugars in those specific foods, no more than 10 percent of weekly calories in the meals can be from added sugars.
- [Milk](#): Flavored milk (fat-free and low-fat) may still be offered in all K-12 schools. Limits on added sugars for flavored milk must be implemented by school year 2025-26 (July 1, 2025). Through the [Healthy School Milk Commitment](#), companies representing more than 90 percent of the school milk market in the U.S. have committed to provide school milk options with no more than 10 grams of added sugars per 8 ounces by school year 2025-26, which aligns with the required limits on added sugars for flavored milk.
- [Whole Grains](#): There are no changes to whole grains nutrition requirements for school meals. Schools will continue to ensure that 80 percent of the weekly grains offered in the school meal programs are primarily whole grain (containing at least 50 percent whole grains). Schools still have the option to occasionally offer non-whole, enriched grain foods that meet students' cultural needs and flavor preferences.
- [Sodium](#): Based on public input, schools will have several years to gradually reduce sodium from current limits. By school year 2027-28 (July 1, 2027), schools will implement a single achievable reduction to sodium for school breakfast (10 percent decrease) and lunch (15 percent decrease).

Other updates:

- Provides more flexibility at breakfast by allowing schools to offer meats and meat alternates (such as yogurt; beans, peas, and lentils; eggs; tofu) as part of a nutritious school meal.
- Supports more culturally inclusive meals, including traditional Indigenous foods in schools serving primarily American Indian and Alaska Native students.
- Gradually phases in a limit to non-domestic food purchases so that no more than 5 percent of school food authority total food purchases can come from outside of the U.S.
- Eases procurement challenges, increases market opportunities for small and medium-sized producers, and supports access to locally grown, raised, and caught unprocessed foods.

A [full description of all changes](#) in the rule is available for download.

The USD 270 Food Service Department strives to offer your child a variety of options each week and works to introduce new foods periodically. We work hard to make your child's meals the best they can be! You are always welcome to join your child for a meal (adult lunch price - \$4.25).

If you have questions or concerns about the USD 270 Food Service, please contact Debra Meyers, Director, by telephone (785) 434-2715 or email: dmeyers@plainville270.net

The district thanks you for your support of Plainville Public Schools and our Food Service Department. Have a great school year, and Go Cardinals!