



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.

The following description is found on the KSDE, Child Nutrition and Wellness page (http://www.kn-eat.org/SNP/SNP_Menus/SNP_Home.htm#NSLP):

Kansas school sponsors that participate in the lunch program receive reimbursement from USDA for each meal served to eligible students. In return, they must serve lunches that meet federal requirements, and offer reduced price and free lunches to eligible students.

To meet USDA nutrition requirements, local sponsors choose the menus and use Nutrition Standards for School Meals, a food-based preparation method. Regulations establish a standard for school lunches to provide one-third (1/3) of the Recommended Daily Allowances (RDA) of protein, vitamin A, vitamin C, iron, calcium, and calories. Regulations also require schools to meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat.

The calorie, fat and sodium allowances are strict. The table included, breaks food offerings down by numbers so you can see exactly what your child may be

offered, as well as the quantities/varieties the state requires the district to offer on average each week.

Beginning July 1, 2014, the federal regulations required that all grains offered in the NSLP and School Breakfast Program be whole grain-rich. This means that 51% or more of the product must be made up of a whole grain. This includes, but is not limited to: buns, rolls, pizza crust, cinnamon rolls, cookies/brownies, pastas and noodles.

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 - \$3.60).

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!

Lunch Meal Pattern Requirements

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	2.5 (.5)	2.5 (.5)	5 (1)
Vegetables (cups)	3.75 (.75)	3.75 (.75)	5 (1)
Dark green	.5	.5	.5
Red/Orange	.75	.75	1.25
Beans/Peas (Legumes)	.5	.5	.5
Starchy	.5	.5	.5
Other	.5	.5	.75
Additional Vegetables needed to meet weekly requirement	1	1	1.5
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) SY 14-15 target	≤ 1230	≤ 1360	≤ 1420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		