

# Alleghany County Public Schools

## School Food Nutrition Program

The Alleghany County Public Schools Food Nutrition Program strive to feed our students well balanced nutritious meals

Because of The Healthy-Free Kids Act of 2010 our lunches have changed, we now have to offer whole grains, red-orange, dark green, beans/peas and starchy vegetables. The school nutrition program has a minimum and maximum of these lunch and breakfast components that can be served.

A student must take 3 of the 5 components offered for lunch, and 3 of the 4 components offered for breakfast, one being  $\frac{1}{2}$  cup fruit or vegetable to make a reimbursable meal.

### Lunch Components-High School Lunch

Meat/Meat Alternate- 2 ounces per day (Minimum 10 servings per week)

Grains- 2 ounce serving per day (Minimum 10 servings per week)

Fruit- 5 cups per week

Vegetables Minimum offered per week:

Dark Green-  $\frac{1}{2}$  cup

Red Orange-  $1\frac{1}{4}$  cup

Beans/Peas-  $\frac{1}{2}$  cup per week

Starchy-  $\frac{1}{2}$  cup per week

Other Vegetables  $\frac{3}{4}$  cup

Additional Vegetables (from any Sub group)  $1\frac{1}{2}$  cups

1 cup milk

### Elementary and Middle School Lunch

Meat/Meat Alternate 1 ounce per day ( Minimum 9 servings per week)

Grains- 1 ounce per day (Minimum 8 servings per week)

Fruit-  $2\frac{1}{2}$  cup per week

Vegetables Minimum offered per week

Dark Green- $\frac{1}{2}$  cup per week

Red Orange-  $\frac{3}{4}$  cup per week

Beans/Peas- $\frac{1}{2}$  cup per week

Starchy-  $\frac{1}{2}$  cup per week

Other-  $\frac{1}{2}$  cup per week

Additional Vegetables (from any sub group) 1 cup

Milk- 1 cup per day

### Breakfast

The High School, Elementary and Middle have the same breakfast menus.

## Components

Grains- 2 servings

Milk 1 serving

Fruit or Vegetables 1 serving

Students must take ½ cup of fruit or vegetable to make a reimbursable breakfast.

We have found that students are adapting to the new regulations well but in the beginning it was a struggle to get students to eat meals.

If you as parents feel that your child may qualify for free or reduced meals please call your school and have a lunch application sent to you so you can fill it out.

If you have questions call Violet Paxton @ 540-863-1812

Hopefully with this web page parents and students will better understand the regulations for school meals.

For more information on regulations for school lunch and breakfast go to: [www.fns.usda.gov](http://www.fns.usda.gov) legislation food nutrition service