# Advisory Committee Meeting

#### Great Hearts Texas Child Nutrition

November 28, 2023

Feeding the hearts and minds of our students through good food, sound nutrition, and active fun.

# Agenda

- Introductions
- Brief overview of the National School Lunch Program
- Learn: What makes a meal?
- Participant Feedback:
  - What do you like about the program and menus?
  - What do you wish you could change about the program and menus?
  - What would be one thing you would like to see us implement that we are not already doing?
- General questions

### Introductions





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# Program Overview

National School Lunch Program (NSLP) & School Breakfast Program (SBP)

#### Program Structure



Creates the rules & regulations Ensures compliance and enforces policies Implements the program in schools

## Daily & Weekly Requirements

- Varies by grade group
- Vegetable type
- Min/Max Calories
- Minimum Grain
- Minimum Protein
- Sodium Limits
- Saturated Fat Limits

School Age Daily and Weekly				
Meal Pattern	Grades	Grades	Grades	Grades
Components	K-5	6–8	K-8	9–12
<sup>4</sup> Milk Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cup:
Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cup
<sup>5</sup> Grains 80 % Whole Grain-Rich	8 – 9 (1 oz eq)	8 – 10 (1 oz eq)	8 – 9 (1 oz eq)	10 – 12 (2 oz ec
Meat/Meat Alternates	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.–Max. Calories(kcal)	550-650	600-700	600-650	750-85
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤1,280
<u>Trans</u> Fat	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

There is a reason we do what we do.



### Program Resources (The Reasons)

- USDA:
  - <u>https://www.fns.usda.gov/school-meals</u>
  - <u>https://www.myplate.gov/</u>
- TDA:
  - <u>https://squaremeals.org/</u>
  - <u>https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARM</u>
  - <u>https://squaremeals.org/Portals/8/files/Test/PY%202023-</u> 24%20NSLP%20Helper%20Sheets.pdf?ver=un3NIZ6Plut0EFacxRrY4Q%3d%3d
- Great Hearts
  - <u>https://texas.greatheartsamerica.org/academy-life/meal-program/</u>
  - Your campus website

# What Makes A Meal?



### Protein



#### Grain

#### Milk

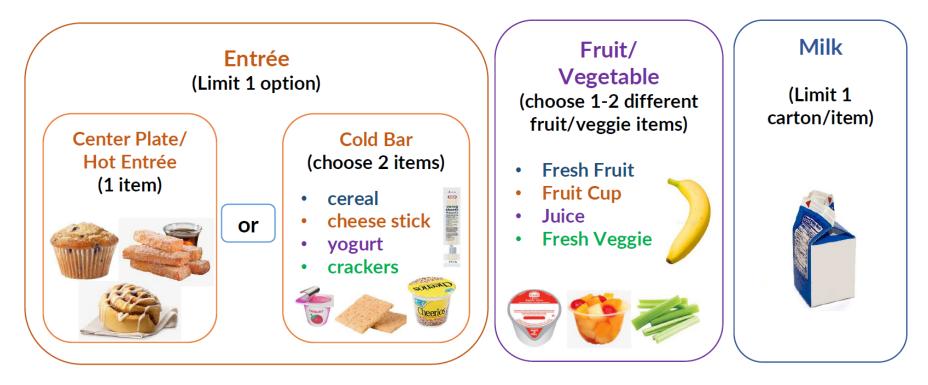


Fruit

#### Vegetable

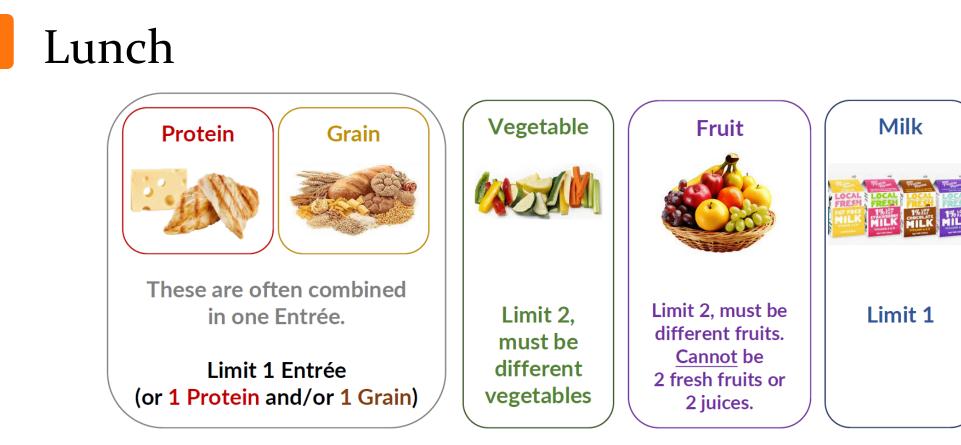






### A Breakfast Meal is at least 3 food items (must include ½ cup fruit and/or vegetable)

Additional Entrées, extra fruits/vegetables, more than 1 juice, fresh fruit, or milk will be charged extra.



#### A Lunch Meal contains items from 3-5 Groups

(protein, grain, vegetable, fruit, milk)

### Must include <sup>1</sup>/<sub>2</sub> cup fruit and/or vegetable

Additional Entrées, extra fruits/vegetables, more than 1 juice, fresh fruit, or milk will be charged extra.

# Participant Feedback

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- What do you wish you could change about the program and menus?
- What would be one thing you would like to see us implement that we are not already doing?

# General Questions