




# Advisory Committee Meeting

Great Hearts Texas Child Nutrition

November 28, 2023

A collection of fresh vegetables is arranged on a white surface. It includes several red and yellow cherry tomatoes, a large red tomato, a cucumber, and various leafy greens like purple and green lettuce.

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



D'Ann Hart  
Director of Child Nutrition

[dann.hart@greatheartstxschools.org](mailto:dann.hart@greatheartstxschools.org)



Dalia Harvey  
Outreach Manager



# 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 Components	Grades K-5	Grades 6-8	Grades K-8	Grades 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
<b>Fruits</b>	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
<b>Vegetables</b>	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 cups
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 cups
<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 eq)
<b>Meat/Meat Alternates</b>	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq)
<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
Min.–Max. Calories(kcal)	550–650	600–700	600–650	750–850
<b>Saturated Fat</b> % of total calories	< 10	< 10	< 10	< 10
<b>Sodium Target (mg)</b>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
<b>Trans Fat</b>	Product nutrition label/manufacture specification must indicate 0 grams of <u>trans</u> 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:
  - <https://www.fns.usda.gov/school-meals>
  - <https://www.myplate.gov/>
- TDA:
  - <https://squaremeals.org/>
  - <https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARM>
  - <https://squaremeals.org/Portals/8/files/Test/PY%202023-24%20NSLP%20Helper%20Sheets.pdf?ver=un3NIZ6PlutoEFacxRrY4Q%3d%3d>
- Great Hearts
  - <https://texas.greatheartsamerica.org/academy-life/meal-program/>
  - Your campus website





# What Makes A Meal?



# 5 Components

**Protein**



**Grain**



**Milk**



**Fruit**




**Vegetable**



# Breakfast

**Entrée**  
(Limit 1 option)


**Center Plate/  
Hot Entrée**  
(1 item)



**or**



**Cold Bar**  
(choose 2 items)

- cereal
- cheese stick
- yogurt
- crackers




**Fruit/  
Vegetable**  
(choose 1-2 different  
fruit/veggie items)

- Fresh Fruit
- Fruit Cup
- Juice
- Fresh Veggie








**Milk**  
(Limit 1  
carton/item)



**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.

# Lunch

<p><b>Protein</b></p> 	<p><b>Grain</b></p> 	<p><b>Vegetable</b></p> 	<p><b>Fruit</b></p> 	<p><b>Milk</b></p> 
<p>These are often combined in one Entrée.</p> <p>Limit 1 Entrée (or 1 Protein and/or 1 Grain)</p>		<p>Limit 2, must be different vegetables</p>	<p>Limit 2, must be different fruits. Cannot be 2 fresh fruits or 2 juices.</p>	<p>Limit 1</p>

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

(protein, grain, vegetable, fruit, milk)

**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.



# Participant Feedback



# 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