



Advisory Committee Meeting

Great Hearts Texas Child Nutrition

April 9, 2024



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
- A Peek Inside the Lunchroom
- Participant Feedback:
 - Is there anything on the menu that you or your child would want to make sure to keep?
 - Is there anything that you want removed, limited, or is a concern?
 - Is there anything NOT on the menu that you wish was?
- General questions



Introductions



D'Ann Hart
Director of Child Nutrition

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Dalia Harvey
Outreach Manager



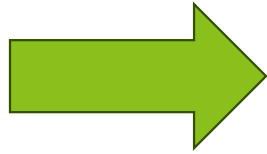
Program Overview

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

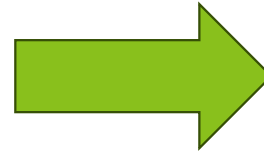
Program Structure



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
⁴ 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 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
⁵ 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)
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	750–850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
Trans 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)

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>Protein</p> 	<p>Grain</p> 	<p>Vegetable</p> 	<p>Fruit</p> 	<p>Milk</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. <u>Cannot</u> 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.



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



A Look Inside the Lunchroom







Participant Feedback



Participant Feedback

- Is there anything on the menu that you or your child would want to make sure to keep?
- Is there anything that you want removed, limited, or is a concern? (we will be removing the pork from the menu)
- Is there anything NOT on the menu that you wish was?

Note: The menu that was emailed is a first draft – it will be edited before finalizing.

Breakfast

STATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Default % Contribution	WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Components	M: 1 WG: 1 EG:	M: 1.5 WG: EG: 2	M: WG: 2 EG:	M: 1 WG: 1 EG:	M: 1 WG: 1 EG:
	Center Plate	Assorted Nutri-Grain Bars w/ Assorted Yogurt	Egg & Cheese Biscuit	Jumbo Cinnamon Roll	Maple Pancake-Wrapped Turkey Sausage	Breakfast Nachos (Texas Migas Style)
	Recipe #, %, & \$\$	60%	60%	60%	60%	60%
Components		M: 2 WG: 2 EG: (Daily Total)	All items will be offered daily from which students may select up to 2 in any combination. No non-WG items may be offered.			
Cold Bar		1 oz Assorted Cereals	Assorted Graham Crackers	Assorted Yogurt	String Cheese Stick	
Recipe # & \$\$						
	WEEK 2	Day 6	Day 7	Day 8	Day 9	Day 10
	Components	M: 1 WG: 1 EG:	M: 0.75 WG: EG: 2	M: WG: 2 EG:	M: 1 WG: 1 EG:	M: 1 WG: 1 EG:
	Center Plate	Assorted Muffins w/ a String Cheese Stick	Turkey Sausage Biscuit w/ Country Gravy	Mini Cinnamon Rolls	Peach Fruit & Yogurt Parfait w/ Granola	Cheesy Scrambled Eggs (1/4 c) & French Toast Sticks (2 ea) w/ Syrup
	Recipe #, %, & \$\$	60%	60%	60%	60%	60%
Components		M: 2 WG: 2 EG: (Daily Total)	All items will be offered daily from which students may select up to 2 in any combination. No non-WG items may be offered.			
Cold Bar		1 oz Assorted Cereals	Assorted Graham Crackers	Assorted Yogurt	String Cheese Stick	
Recipe # & \$\$						
	WEEK 3	Day 11	Day 12	Day 13	Day 14	Day 15
	Components	M: 1 WG: 1 EG:	M: 1 WG: 0.5 EG: 2	M: WG: 2 EG:	M: 1 WG: 1 EG:	M: 1 WG: 1 EG:
	Center Plate	Cinnamon Sugar Donut Holes (3 ea) w/ a String Cheese Stick	Chicken Biscuit	Mini Strawberry Creamy Cheese-Filled Bagels	Breakfast Taco	Turkey Sausage Links (2 ea) & a Pancake w/ Syrup
	Recipe #, %, & \$\$	60%	60%	60%	60%	60%
Components		M: 2 WG: 2 EG: (Daily Total)	All items will be offered daily from which students may select up to 2 in any combination. No non-WG items may be offered.			
Cold Bar		1 oz Assorted Cereals	Assorted Graham Crackers	Assorted Yogurt	String Cheese Stick	
Recipe # & \$\$						
Daily Offerings		At least 2 fruit options will be offered daily, 1 of which may be juice, from which students may select up to 2 in any combination except for 2 juices. At least 2 varieties of low-fat and/or fat-free milk will be offered daily, at least 1 of which will be unflavored, from which students may select up to 1 carton.				

Lunch

Default % Contribution	WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Components	M: 2 WG: 1.5 EG:	M: 2 WG: 2 EG:	M: 2 WG: 3 EG:	M: 2 WG: EG: 1.5	M: 2 WG: 2 EG:
	Center Plate	Oven Fried Chicken w/ a 1oz Biscuit	Frito Chili Pie	Crispy Chicken Parm Sandwich	Teriyaki Chicken w/ Lo Mein Noodles	Cheese-Stuffed Breadsticks w/ Marinara
	Recipe # & \$\$	50%	50%	50%	50%	50%
Daily avg plate cost:						
WEEK 2	Day 6	Day 7	Day 8	Day 9	Day 10	
Components	M: 2 WG: 2 EG:	M: 2 WG: 2 EG:	M: 2 WG: 1 EG:	M: 2 WG: EG: 2	M: 2 WG: 1.75 EG:	
Center Plate	Brunch for Lunch (Cheesy Scrambled Eggs w/ Pancakes)	King Ranch Casserole	Italian Meatball Bowl w/ a Garlic Breadstick	Chicken Tenders w/ Mac & Cheese (1/2 c)	Fresh Baked Pepperoni (Turkey) or Cheese Pizza	
Recipe # & \$\$	50%	50%	50%	50%	50%	
Daily avg plate cost:						
WEEK 3	Day 11	Day 12	Day 13	Day 14	Day 15	
Components	M: 2 WG: 2 EG:	M: 2 WG: 2 EG:	M: 1.5 WG: EG: 1.5	M: 2 WG: 2.5 EG:	M: 2 WG: 2 EG:	
Center Plate	Grilled Chicken Cordon Bleu Sandwich	Soft Beef Tacos	Three Cheese Pasta Bake	Mandarin Orange Chicken Bites w/ Brown Rice	Cheese Calzone w/ Marinara	
Recipe # & \$\$	50%	50%	50%	50%	50%	
Daily avg plate cost:						
WEEK 4	Day 16	Day 17	Day 18	Day 19	Day 20	
Components	M: 2 WG: 2 EG:	M: 1.5 WG: 1.25 EG:	M: 2.5 WG: 2 EG:	M: 1.5 WG: EG: 1.5	M: 2 WG: 1.75 EG:	
Center Plate	Southern Chicken Bowl w/ a 1oz Biscuit	BBQ Pulled Chicken/Pork Nachos	Meatballs Marinara Sub	Chicken Spaghetti	Fresh Baked Pepperoni (Turkey) or Cheese Pizza	
Recipe # & \$\$	50%	50%	50%	50%	50%	
Daily avg plate cost:						
WEEK 5	Day 21	Day 22	Day 23	Day 24	Day 25	
Components	M: 2 WG: 1.5 EG:	M: 2 WG: 2.5 EG:	M: 2 WG: EG: 1.5	M: 2 WG: 2 EG:	M: 2 WG: 1.75 EG:	
Center Plate	Chicken-Fried Steak Fingers w/ Gravy & Garlic Toast	Cheesy Chicken Quesadilla	Rotini w/ Meat Sauce	Chicken & Waffles	Fresh Baked Pepperoni (Turkey) or Cheese Pizza	
Recipe # & \$\$	50%	50%	50%	50%	50%	



General Questions