




Advisory Committee Meeting

Great Hearts Texas Child Nutrition

December 10, 2024

A collection of fresh vegetables is arranged on a white surface. The vegetables include several red and yellow cherry tomatoes, a large red tomato, a cucumber, and various types of lettuce, including purple and green varieties.

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



Agenda

- Introductions
- Program Updates & USDA Foods
- Learn: In the Cafeteria
- 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

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Program Updates

USDA Foods

- Protein – turkey, chicken, beef, egg patties, shredded and sliced cheese, string cheese
- Vegetables – green beans, pinto beans, black beans, corn, potatoes, broccoli, sweet potatoes
- Fruits – apple slices, applesauce, diced pears, mixed fruit, sliced peaches, strawberry slices, mixed berry cups, dried cranberries, raisins
- Pantry – tomato sauce, whole wheat pancakes, oil





DoD Fresh Fruits & Vegetable Program

- Apples
- Oranges
- Strawberries
- Celery
- Carrots
- Salad Mix
- Tomatoes
- Cucumbers
- Pears
- Grapes
- Watermelon
- Cantaloupe
- Honeydew
- Coleslaw





USDA Foods in Action

Apple - DoD

Carrots - DoD

Orange - DoD

Celery - DoD

Fries - USDA





USDA Foods in Action

Corn - USDA

Carrots - DoD



Pear - DoD

Chicken - USDA



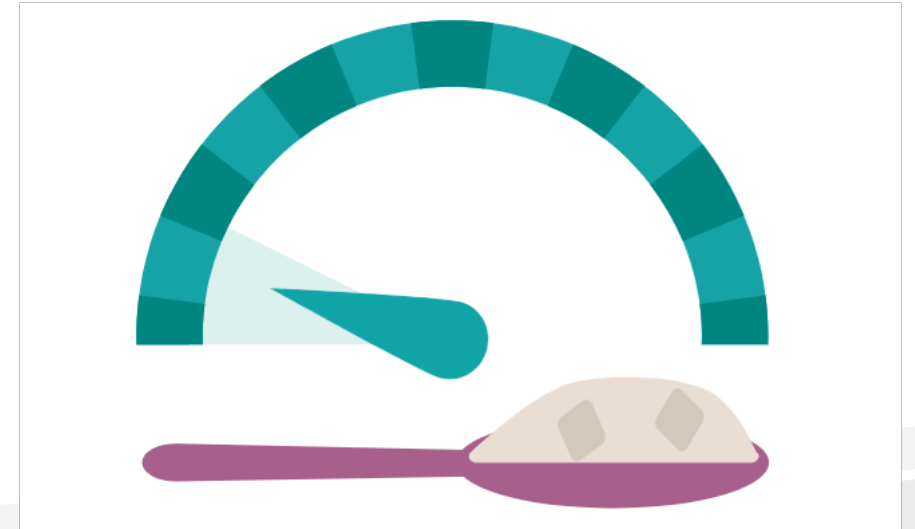
Upcoming Sugar Limits

2025-2026

- Breakfast Cereals: <6 g added sugars per dry oz.
- Yogurt: <12g added sugars per 6 oz.
- Milk: <10g added sugars per 8 oz.

2027-2028

- <10% calories from added sugar per week





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)



In the Cafeteria



Taste Tests





In the Kitchen





Service Lines





Service Lines



Portion Sizes


Primary factor is the calorie limit set by USDA. We have to count everything that is offered that can make a “complete meal.”

Most entrees are about 1 - 2 cups, depending, or are a unit item (hamburger, hot dog, slice of pizza, sandwich, chicken wrap, etc.)

Vegetable and fruits are in $\frac{1}{2}$ cup servings or as a whole fruit. Milk is 8 oz.



We cannot force a student to take all of what is offered.



To be considered a “complete meal,” the student must have 3 out of the following 5: protein, grain, fruit, vegetable, milk.

One item must be a fruit or vegetable.



Full Meals: 1 entrée, 2 fruits, 2 vegetables, 1 milk

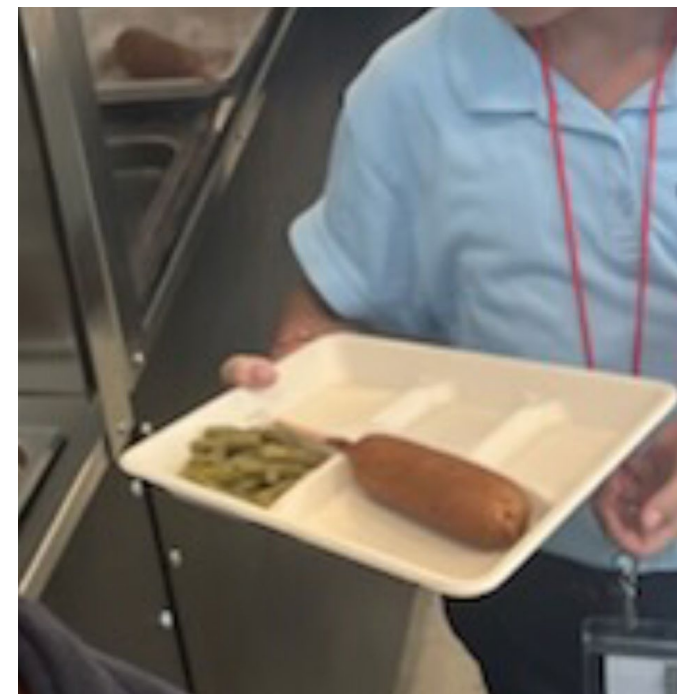




Student Trays – some do well.....



Student Trays – some take the minimum.....





If your child is still hungry...

Some of our lunches start as early as 10:30 or 11 am, so it could be 4-5 hours from lunch to the carline.

Encourage your child to take full meals with 2 fruits and 2 vegetables!

Your child can also bring extra food from home or purchase a 2nd entrée from the cafeteria.



Participant Feedback



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General Questions