



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FLORIDA

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| Action By: Information Only |
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TO: All Principals, Assistant Principals, and School Food Service Managers

FROM: Janis Andrews, Ed.D. *JA*
Chief Academic Officer

Michael J. Burke *MJB*
Chief Operating Officer

SUBJECT: CHANGES TO SCHOOL MEALS (USDA REQUIRED)

On December 13, 2010 President Obama signed Public Law 111-296 the *Healthy Hunger-Free Kids Act of 2010* (HHFKA). This legislation included comprehensive changes to the school nutrition environment with a majority of the changes to nutrition standards requiring implementation on the first day of this new school year.

The most significant change for the start of school is that students will now be **required** to select a fruit or vegetable with their meal. School meals will continue to offer students the opportunity to create a meal from a variety of food groups. The food groups include: Grains – Meats – Fruits – Vegetables – Milk. For lunch, students will be able to select three, four, or five of the food groups with at least one choice from the Fruit or Vegetable group. The same guidelines apply to breakfast, with the exception of the Vegetable group, but students will be **required** to take a fruit for a complete meal.

It is important to note, that prior to the mandate, our School Food Service (SFS) Department was already in compliance with many of the recommended changes such as; providing students a variety of fruits and vegetables, whole grain products, and fat-free and low-fat dairy options. Some of the additional changes are more specific to meal pattern design such as weekly minimum and maximum offerings for grains and meat along with weekly requirements to offer vegetable subgroups – dark green, red/orange, beans/peas, and starchy.

Legislatively, comprehensive changes to the school nutrition environment have not been made for many years, and the SFS Department recognizes that implementing Public Law may pose some challenges. Therefore, in August 2012, the SFS Department provided a mandatory workshop for all managers and conducted trainings with all employees. The trainings offered

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hands-on learning experiences, identified resources for managers to utilize in the transition, and provided solutions to facilitate the serving lines during the first couple weeks of school.

In an effort to communicate the required changes, the SFS Department created a flyer designed for parents that was included in the Free and Reduced mailing which was sent out to every household in the District. All SFS managers received a marketing piece – *“What Makes a Lunch”* to assist students in selecting a complete meal. Also, information regarding meal requirements has been included on the breakfast and lunch menus.

These legislative changes come at a critical time in our society when nearly 1 in 3 children are considered at risk for preventable health conditions such as diabetes and heart disease. In addition, many children across our county are overweight yet undernourished. The United States Department of Agriculture (USDA) will continue to govern Child Nutrition Programs administered throughout the nation, as well as the changes outlined in nutrition standards legislation, and the SFS Department will continue to ensure compliance with all National School Lunch Program requirements.

EWG:JA:MJB:SB:AM:jm



Approved by: _____
E. Wayne Gent, Superintendent