



Nourishing Kids and Communities



School Lunch 101

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Nourishing Kids and Communities



Today's panelists:

Chelsey Simpson – National Farm to School Network

Kymm Mutch— Project Director for the School Food FOCUS Upper Midwest Regional Learning Lab. Kymm is a registered dietitian with 25 years experience in child nutrition programs. She was most recently the School Food Service Administrator for Milwaukee Public Schools, serving over 90,000 meals per day in the National School Lunch, Breakfast, Snack and Dinner programs.

Meredith Modzelewski – Communications Manager for School Food FOCUS

School Food 101: National Farm to School Network Webinar

June 12, 2012

Kymm S. Mutch, MS, RD
Upper Midwest Regional Learning
Lab Project Director



... a program of Public Health Solutions

National School Lunch Program

Lines of Authority

NSLP Who's Who

Governing/administering authorities and their role in NSLP



US Congress (Senate Agriculture Committee, House Education and Labor Committee)

- Establishes rules (i.e. meal components and nutrition standards) and funding levels



US Department of Agriculture (USDA), Food and Nutrition Service (FNS)

- Implements rules
- Reimburses districts
- Monitors program
- Offers commodities



State Agency (SA)

- Selects and offers commodities from USDA Foods program master list
- Monitors SFA compliance with federal rules



District School Food Authority (SFA)

- Purchases and distributes food, including USDA Foods commodities
- Plans and prepares menus
- Processes student applications for free and reduced-price meals
- Monitors participation
- Reports to USDA for reimbursement

National School Lunch Program

Federal reimbursement rates, 2011-12

	ELIGIBILITY REQUIREMENT	CASH	USDA FOODS COMMODITY ENTITLEMENT
Free	<ul style="list-style-type: none"> Household income at or below 130 percent of poverty level (\$22,350 or less for a family of four) OR Family participates in Temporary Aid to Needy Families, FNS Supplemental Nutrition Assistance Program (food stamps), or Food Distribution Program on Indian Reservations, OR Student is homeless, runaway, or migrant, OR Entire school qualifies for Universal Free Lunch** 	\$2.77-2.79	up to 22.25 cents
Reduced	Household income is between 130 and 185 percent of poverty level.	\$2.37-2.39	"
Full price	None	\$.26-28	"

Schools in which 60 percent or more of the preceding school year lunches were served free or reduced price receive \$.02 more for each free, reduced price, or full-price meal served. Schools in Alaska and Hawaii are reimbursed at a higher rate. ^{1,3}

** "Universal free lunch" refers to the practice of providing lunch to all students free of charge in high-poverty schools that meet certain criteria set out by USDA.

Revenue received per meal

	USDA	State	Student	CE	Total
Free	\$2.79	varies	\$0.00	\$.2225	\$3.0125
Reduced	\$2.39	varies	\$0.40	\$.2225	\$3.0125
Paid	\$0.28	varies	\$2.50 paid charge	\$.2225	\$3.0025

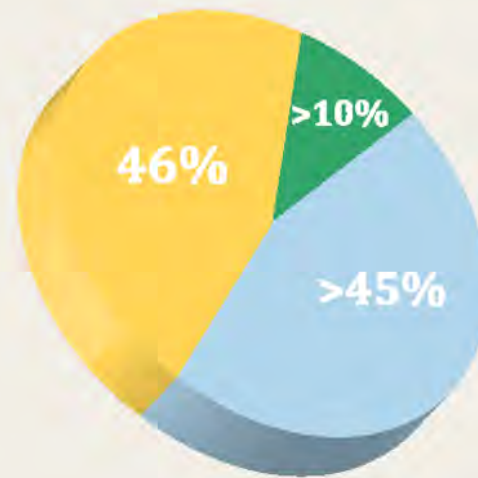
CE = Commodity Entitlement

National School Lunch Program

Additional revenue streams

- A la carte programs
- USDA NSLP After-School Snack
- USDA Fresh Fruit and Vegetable Program (FFVP; application required and limited availability)
- USDA Child Care Food Program - Dinner Program
- Joint Agreement Contract
- Other meal sales –
 - day care centers, senior meal program
- Summer Meal Program for up to two meals plus a snack per day, in qualified programs
- Catered events

The expenses of school lunch



**School Lunch and Breakfast Cost Study-II: Summary of Findings,
FNS Office of Research, Nutrition, and Analysis, April 2008*

What does this mean in dollars and cents?

Food \$1.27 (does not include CE value)

Labor \$1.25

Supplies \$0.27

\$2.79 per meal

Challenges of school lunch: a balancing act

- creating multiple revenue streams and managing the expenses to the penny
- maximizing labor efficiencies and minimizing processed/prepared foods
- managing procurement by maximizing quality and minimizing food costs
- considering student preferences and meeting nutritional needs
- meeting administrators' demands and USDA regulations



New Meal Patterns from the Healthy, Hunger-Free Kids Act

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	GradesK-5	Grades6-8	Grades9-12
	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green^f	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total^b	0	0	0	1	1	1½
Grains (oz eq)ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
	Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

The Change in Vegetables

Vegetable weekly requirements:

- Dark Green (e.g. broccoli, collard greens, spinach)
 - Red/Orange (e.g. carrots, sweet potatoes)
 - Beans/Peas (legumes, e.g. kidney beans, lentils)
 - Starchy (e.g. corn, green peas, white potatoes)
 - Other (e.g. onions, green beans, cucumbers)
 - Additional vegetables: 5 cups weekly total
-
- Fresh, frozen, and canned products
 - USDA Foods offers variety of no salt added or lower sodium products
 - Changes in crediting of leafy greens: 1 cup portion = ½ cup serving
 - Foods from beans/peas subgroup may be credited as vegetable OR meat alternate

Logistical Challenges of New Meal Patterns



Changes in Offer vs. Serve

- Used to be 3-4 of any 5 meal components
- Now 3 of 5 meal components; must include fruit or vegetable
- Food service staff, school staff, parents, students all must be educated about the changes

The Cost of School Lunch

Logistical challenges

- Variation in portion sizes by age/grade level
- Vendors
- Food service staff
- Cost analysis for a single meal



Education needed about what's on lunch (and breakfast) trays

School nutrition seeks ways to connect

+ the cafeteria

+ the classroom

+ the community

= **Farm to School opportunities**



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Questions?

You can type questions into your webinar control panel.

You can also contact the webinar organizer at
chelsey@farmtoschool.org