

SCHOOL MEAL REQUIREMENTS AND PRICING

School Meal Patterns: The United States Department of Agriculture (USDA) meal pattern is the foundation of federal school nutrition programs and is built upon nutrition standards that ensure students are offered fruits and vegetables every day of the week, increased offerings of whole grain-rich foods, fat-free or low-fat milk varieties, calories based on the age of students and meals that focus on limiting the amounts of saturated fat, trans fat and sodium. (7 CFR 210.10 and 220.8)

Offer versus Serve: The Offer versus Serve concept will be implemented in grades K-12 at all schools in accordance with federal law. This serving method allows students to decline some foods they do not intend to eat, but must select at least a half cup of fruit or vegetable or fruit/vegetable combination. The goals of the program are to reduce food waste and to permit students to select only the foods they want to consume. Preschools will not use the Offer versus Serve concept.

School Lunch: A meal service that meets federal nutrition standards and contains the appropriate nutrients, calorie levels, and portion sizes as designated in 7 CFR 210.10. School lunch is normally served at or about midday, between the hours of 10:00 a.m. and 2:00 p.m. each school day. Deviation from the meal serving hours contained herein requires **prior** approval from Nutrition Services Division, California Department of Education 7 CFR 210.10(l)(1).

School Breakfast: A meal service that meets federal nutrition standards and contains the appropriate nutrients, calorie levels, and portion sizes as designated in 7 CFR 220.8. School breakfast is normally served in the morning hours at or close to the beginning of the school day.

Student Meal Prices: Reimbursable school meals shall be priced (for the paid and reduced price categories) as a unit, regardless of menu items selected by the student. Students who are eligible for free meals will receive meals at no charge; students eligible for reduced-price meals pay the current reduced-price charge; and all other students pay the full price for the meal. The meal pricing strategy shall be designed to provide reasonable meal prices; encourage students to purchase nutritious meals; cover the cost of producing healthy meals; and, ensure the Program remains self sufficient from the General Fund. (7 CFR 210.10).

Adult Meal Prices: The charge for adult meals must, at a minimum, be greater than the full amount of reimbursements received for a student free meal, including the value of USDA Foods, plus required indirect costs and sales tax. Adult meals are considered a la carte sales and include all foods and beverages sold to teachers, administrators, custodians, parents, visitors, and non-students. Adults wishing to purchase larger portions may choose to buy two meals or pay an a la carte price for an additional entree. Beverages other than milk may incur an additional cost set by the District. (FNS Instruction 782-5, Rev. 1)