

Nutrition and Menu Planning

Meals service for reimbursement will meet the recommendations of the most current Dietary Guidelines for Americans. Meals served for reimbursement will meet at least the minimum National School Lunch Program (NSLP) and School Breakfast Program (SBP) requirements for food item and quantities. Meals served for reimbursement will:

1. Meet at least the minimum nutrient standards set for calories, protein, calcium, iron, vitamin A and vitamin C.
2. Meet the maximum standards set for total fat and saturated fat; and
3. Offer less sodium and cholesterol and increase the level of dietary fiber over time. The district will use a USDA-approved menu planning approach to plan meals claimed for reimbursement.

The menu planning approach selected by the district to be used in all schools under its jurisdiction is offer vs. serve traditional food based. When serving students in the NSLP all student must take at least three of five food items offered. When serving students in the SBP program, all students must take at least three of the four food items offered.

Breakfast will be served in the morning hours, at or near the beginning of the student's school day. Lunch will be served between the hours of 10 a.m. and 2 p.m.

The district will provide substitute foods for students who are determined by a licensed physician to be legally disabled and whose disability restricts their diet.

Substitutions will be provided only when a medical statement from the licensed physician is on file at the school. The medical statement must state the nature of the child's disability and how the disability affects the child's nutrition needs, and it must provide a medical prescription for substitute foods or texture modification. The district will not charge more than the price of the school meal, as determined by the child's eligibility status, for substitute meals or foods.

Soda pop and any other FMNV will not be offered 'at no additional cost' with NSLP lunch meals or SBP breakfast meals in any school.

END OF POLICY

Legal Reference(s):

[ORS 332.107](#)