Your Guide to the Lunch Line

Delicious & Nutritious!

How to Choose a Reimbursable Lunch in Middle School

What is a Reimbursable Lunch?



What are the Goals of the National School Lunch Program?

- Safeguard the health & well being of the nation's children
- Encourage domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits & good health

- The National School Lunch Program allows schools to receive money & foods from the U.S. Department of Agriculture (USDA) for each meal served.
- To receive the money and food schools must serve lunches meeting Federal requirements regarding nutrient content and portion sizes.
- A complete meal, meeting the requirements, allows a school to receive benefits and is referred to as a "reimbursable lunch".

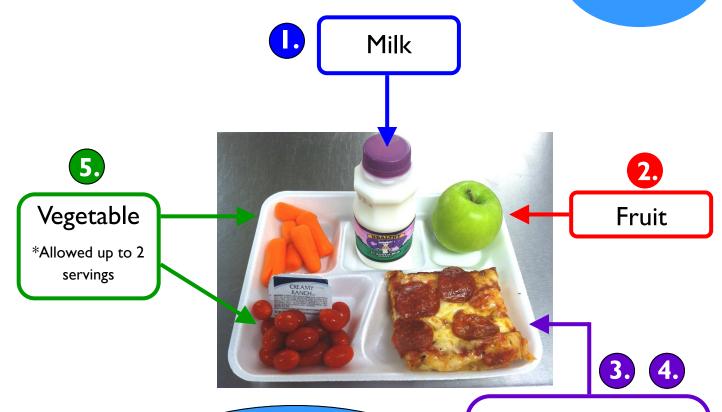




It must include a fruit or vegetable!

What Makes Up a Reimbursable Lunch?

5 Possible Components



The 5 Meal Components

- I. Milk
- 2. Fruit
- 3. Meat or
 Meat Substitute (included within the entrée)
- 4. Grain (included within the entrée)
- 5. Vegetable *Allowed up to 2 servings

Entrée

Comprised of:

- Meat or Meat Substitute
- Grain

Did You Know?

Middle school students must take at least I serving of a fruit **or** vegetable. However, they may take up to I serving of fruit **and** 2 servings of vegetables in a meal for the same price!

A student needs 3 out of 5 components in order for a meal to be reimbursable. I of these 3 components must be a fruit or vegetable.



Fruit 2. Vegetable 3. Milk
 Meat 5. Grain



I. Fruit 2. Milk 3. Vegetable



Fruit 2. Meat /Meat Substitute
 Grain



Fruit 2. Vegetable 3. Milk
 Meat 5. Grain

All of these are considered reimbursable meals! All of these meals cost \$2.75

Why Choose a Reimbursable Meal?

Benefits for Students:

- Students learn how to build a balanced meal, a lifelong skill important for healthy living.
- Research shows when a child's nutritional needs are met, the child is more attentive in class, has better attendance, & fewer disciplinary problems.
- USDA research shows children who participate in National School Lunch Programs eat healthier compared to those who do not participate.
- School districts participating in the National School Lunch Program are required to have a wellness policy which addresses obesity, promotes healthy eating, and encourages physical activity among students.

Benefits for the School:

- The National School Lunch
 Program provides cash
 reimbursements, on a per meal
 basis, to schools providing free &
 reduced price lunches to eligible
 children.
- Schools receive USDA commodity foods for each lunch served.



Benefits for Parents:

• School lunch offers parents a convenient way to provide a nutritious lunch for their children at the lowest possible price.

Grains

- Grains are made up of carbohydrates, which are an important energy source for the nervous system & red blood cells.
- Soluble fibers, found in grains, have been shown to lower cholesterol levels & blood glucose levels. This reduces the risk of cardiovascular disease & diabetes.
- Insoluble fibers, found in grains allow foods to move through the intestine faster.
 This can lower the risk of constipation, diverticular disease, & colon cancer
- Repeated studies have shown whole grains can reduce the risk of stroke, type 2 diabetes, heart disease, as well as improve weight management.

Milk

- Milk is a great source of calcium, which is needed for lifelong healthy bones and teeth.
- Calcium is important for young people because 90% of bone mass is developed by age 17.

The Fantastic Five!

The 5 Components of a Meal Help Build a Strong Body & Mind

Fruits & Vegetables

- Fruits & vegetables provide essential vitamins & minerals,
 & other nutrients that are important for growth.
- Fruits & vegetables are a good source of fiber which promotes healthy digestion & may help prevent colon cancer.
- Most fruits & vegetables are naturally low in fat & calories & keep you feeling full longer.
- been shown to reduce the risk of certain chronic disease. These diseases include stroke, type 2 diabetes, some types of cancer, & heart disease.



Meat

- Meat is a valuable source of protein. Proteins provide structural support to vital body tissues and structures.
- Proteins also support the immune system.
- Meat & soy are the only foods that contain all 9 essential amino acids the body needs.



References



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