

National School Lunch Regulations

- Created by an Act of Congress
- Signed into Law by President Harry S. Tuman on June 4, 1946
- Need existed for years, but WW11 clarified the connection between child nutrition and healthy recruits

The National School Lunch Program (NSLP) is a federally assisted meal program operating in more than 96,000 public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to nearly 27 million children each school day.

School lunches must meet Federal nutrition requirements. These guidelines require school lunches to average no more than 30 percent calories from fat and no more than 10 percent calories from saturated fat in a one-week period.

Just as learning does not end when school lets out, neither does a child's need for good nutrition. The Summer Food Service Program (SFSP) provides free, nutritious meals to help children in low-income areas get the nutrition they need to learn, play, and grow, throughout the summer months. Children 18 and younger may receive free meals through SFSP.

Meal Patterns

"See how it's changed"

1949

8 oz. of WHOLE Milk

2 oz. Protein

6 oz. of Fruit/Vegetable

Serving of Bread and TWO TEASPOONS BUTTER

Today

8 oz. Skim or 1% Milk

2 oz. Protein

6 oz. Fruit/Vegetable

1-3 Servings of Grains



Our students are offered Fresh Fruits and Vegetables as a choice daily. We also serve larger portions to our Middle and High School Students daily.

We also offer whole grain Pizza, Breadsticks and other bread options daily.



Nutrition Guidelines



Dietary Guidelines for Americans

30% calories come from fat

Less than 10 percent from saturated fat

1/3 of the RDA's of protein, Vitamins A and C, iron, calcium and calories

Guidelines apply over a week of menus

The nutritive content of the meal meets at least 1/3 of the child's nutritional requirements for the day. Breakfast providing 1/4 of the nutritive content of the meal.



The signing of the National School Lunch Act on June 4, 1946, by President Harry S. Truman (seated) was a significant event.