

USDA New Meal Pattern Requirements

Dear Adrian Public Schools Families:

The USDA has recently adopted new meal requirements for the National School Lunch and Breakfast programs. This means Adrian Public Schools breakfast and lunch program will see some changes for the school year 2012-2013.

I would like to take this opportunity to go over some of the vital changes to a reimbursable meal. There are five food groups that make up the meal pattern fruits, vegetables, meat/meat alternate (protein), grains, and milk. Student's meals must include a selection of three of the five food groups with one being a fruit and / or vegetable selection. A child must select at least ½ cup of fruit or vegetable to be considered a complete meal. If no fruit or vegetable is selected the student will pay ala cart pricing for the food items instead of the meal price.

Increase in Fruit and Vegetables

- More dark green/orange vegetables will be offered that provide essential vitamins and minerals.
- Students will now be required to select ½ cup of fruit or vegetable for their meal to be considered a complete meal.

Grain and Meat/Meat Alternate (Proteins)

- Menus for the week will consist of half of the grains being whole grain enriched.
- Students in grades K-8 may see smaller portion in the meat/meat alternate and grain food group.
- Many of our grains are already whole grain enriched grains.

Reducing Fats

- We will only serve food products and ingredients that contain zero grams of trans fat per serving.

Calorie Ranges

- New grade groups for menu planning will be aimed at ensuring students receive age appropriate portions and nutrients, we will have different calorie ranges to follow for different age groups.
- New age groups could also mean smaller portion sizes for what students have always thought of as the main entrée, and larger portion sizes of fruits and vegetables.
- K – 5 (550-650) calories
- 6-8 (600-700) calories
- 9-12 (750-850) calories

Adrian Public Schools is dedicated to providing quality nutritious meals that students will enjoy eating. We encourage students to try new fruits and vegetables. If you have questions or concerns, please feel free to contact us at 517-264-4549.

Sincerely,
Shelley Miller
Child Nutrition Director
Adrian Public Schools