

## FROM THE SCHOOL KITCHEN

At the end of last year, it was brought to my attention, that there's some confusion on what the school considers doubles or hungry appetite. I hope to clarify this somewhat for you, so when your child is charged extra at school for breakfast or lunch, you will understand why.

With the passing of the Healthy Hunger Free Kids Act in the 2010-2011 school years, the USDA requires schools participating in the National School Lunch Program to offer a minimum of five components for each meal. These components consist of protein, grains, vegetables, fruit, and milk. Because of sodium and calorie limits that must be met, amounts of each of these components may be different for K-3, 4-8 and 9-12 grades respectively. Out of the five components that are offered, your student must have three components on their tray. Of those three, one must be a ½ cup vegetable, or fruit, or a combination of both.

For grades K-3, if a student wants an extra entrée (example: 10 instead of 5 chicken nuggets), they will be charged an extra \$1.25 for that meal. Students K-3 also may have the choice of the entrée or a Sun Butter (Peanut Butter substitute) and Jelly sandwich. If they take both the nuggets and sandwich for example, that is also considered an extra entrée or hungry appetite.

For grades 4-8, three different entrées are offered. The main entrée, Sun Butter and Jelly Sandwich, also diced meat and shredded cheese they can put on their salad. If a student takes more than one entrée, it is considered a hungry appetite, and they will be charged an extra \$1.25 for that meal.

For grades 9-12 the students are offered the main entrée and meat and cheese for their salad daily. On Tuesday and Thursday the students are also offered soup and a cold sandwich as an entrée. If they would choose more than one entrée it is considered a hungry appetite and they will be charged an extra \$1.25 for that meal.

The same concept applies to breakfast also. With breakfast the USDA requires students to take ½ cup of fruit.

I know this is very confusing, but I do hope this does help clarify how breakfast and lunch meals are charged to accounts, and explains some of the regulations that must be followed by the food service department. If you would have any further questions or concerns, feel free to contact me. All of my information can be found on the school website, and I will answer any questions to the best of my knowledge. If I don't know the answer, I will find it out for you.

Thank you,

Deb Zais, Head Cook