

## **How Does The School Hot Lunch Program Work?**

**This program is part of the National School Lunch Program (NSLP), & like most businesses, we must follow many rules & regulations.**

**Our program is an 'Offer vs. Serve' program, which means that we must offer 5 food components from the 5 different food groups, & students must take at least 3 of the 5 choices offered; one being  $\frac{1}{2}$  cup fruit &/or  $\frac{1}{2}$  cup vegetable.**

**The 5 different food groups, & amounts required, are as follows:**

- At least 2 oz. meat/meat alternative**
- At least  $\frac{1}{2}$  cup vegetables**
- At least  $\frac{1}{2}$  cup fruit**
- At least 2 servings of bread/grains**
- 1 cup low-fat/fat free milk**

**The biggest misconception about the hot lunch program is the use of government commodities.**

**Many people think the commodities we receive are free, when in fact we purchase the commodities, & base the menus around these commodities.**

**Because the commodities are used in the menus, we get reimbursed part of the cost, for those students eating hot lunch.**

**In order to receive the reimbursement, each student must take at least 3 of the 5 food components offered, as previously mentioned.**

**There have been a few changes to the food items used for hot lunch.**

**There again, these changes are rules that are mandated by the NSLP.**

**We are now offering wheat bread & buns, vs. white;**

**The milk has changed from 2% white, to 1% white, & from low fat chocolate to fat free chocolate.**

**We offer fresh &/or frozen vegetables vs. canned.**

**Fresh fruit is offered twice a week also.**

**We very rarely offer desserts anymore, to keep the calories down, per meal.**

**This is all due partially to the fact that school lunches are being blamed for childhood obesity.**

**In closing, I want to remind parents that breakfast kits are offered to all students, @ all schools, before school starts.**

**If your child qualifies for free/reduced lunch, this applies for breakfast, also.**

**If anyone has any questions or comments about the breakfast/hot lunch programs, please feel free to contact me @ 533-1283, or [chintz@csd.k12.wi.us](mailto:chintz@csd.k12.wi.us)**

