

## Federal Changes to High School Meals

School lunches now consist of 5 “components”.

They are:

Meat (quantity varies day to day)

Grain (quantity varies day to day)

Vegetable (1 cup)

Fruit (1 cup)

Milk (8 oz)

Students MUST take a minimum of a half cup of fruit or vegetable and 2 other components to qualify as a meal. Up to all 5 components may be taken.

An apple or other fresh fruit counts as  $\frac{1}{2}$  of the fruit component.

A juice cup also counts as  $\frac{1}{2}$  of the fruit component.

Sample Menu:

Chicken Nuggets (Meat) (Grain)

Yeast Roll (Grain)

Mashed Potatoes (Vegetable)

Broccoli (Vegetable)

Applesauce (Fruit)

Fresh Fruit (Fruit)

Juice (Fruit)

Milk (Milk)

In this menu the chicken nuggets count in both the meat and the grain category because of the breading on the nuggets. If the student does not want the nuggets they must take a milk,  $\frac{1}{2}$  cup of fruit and vegetable, plus another  $\frac{1}{2}$  cup of either the fruit or vegetable. They may still have the roll as part of the meal, but it does not count as the full grain component because they chose not to take the chicken nuggets.