

## WILLIAMSON COUNTY SCHOOLS MENU PLANNING

### Nutrient Standard Menu Planning

All of Williamson County Schools follow the Nutrient Standard Menu Planning. The meals must meet the Recommended Daily Allowance established by the United States Department of Agriculture (USDA).

### Offer vs. Serve Program

Williamson County Schools participates in the Offer vs. Serve Program. This program allows students to choose what they would like to eat.

The meals are broken down into components and the students are required to take a certain number of components to have the meal qualify as a reimbursable meal.

### Unit Meal Pricing

Three items must be selected to take advantage of the unit meal price.

#### Elementary

Student Breakfast	\$1.25
Student Lunch	\$2.50
Adult Breakfast:	\$1.75
Adult Lunch	\$3.00

#### Secondary

Student Breakfast	\$1.50
Student Lunch	\$2.75
Adult Breakfast:	\$1.75
Adult Lunch	\$3.00

### Breakfast

Side Dish 1:	Student may select 1 item
Side Dish 2:	Student may select up to 1 item
Milk:	Student may select or decline

A minimum of 2 items **must** be selected

A maximum of 3 items may be selected

### Lunch

Entree:	Student <b>must</b> select 1 item
Side Dish (vegetable & fruit):	Student may select up to 3 items
Milk:	Student may select or decline

A minimum of 3 items **must** be selected

A maximum of 5 items may be selected

## **School Meals Initiative for Healthy Children**

The United States Department of Agriculture (USDA) mandates public school foodservice's national health responsibility to provide healthy school meals consistent with the Recommended Dietary Allowances (RDA), age appropriate caloric goals, and the Dietary Guidelines for Americans.

## **Nutrient Standard Menu Planning System**

Out of the five possible menu planning systems created by USDA, Williamson County Schools has adopted the Nutrient Standard Menu Planning System. In comparison to the other menu planning systems, Nutrient Standard Menus, when used with USDA approved nutritional analysis software, provide the most complete accurate and current nutritional menu analysis.

The objective of this menu system is to meet the following nutritional goals established by the USDA School Meals Initiative for Healthy Children:

- Meet 1/4 of the Recommended Dietary Allowances (RDA) for Breakfast
- Meet 1/3 of the Recommended Dietary Allowances (RDA) for Lunch
- Meet age appropriate caloric goals
- Provide a menu consisting of balanced nutrient content

## **How are Nutrient Standards Determined?**

Specific Nutrient Standards are established for children based on the required level of calories, nutrients and dietary components, and by weighting and averaging the RDA for a specific age or grade group. When averaged over a week, breakfast and lunch meals must meet the nutrient standards corresponding to the age specific group for which they were intended.

Previous menu planning systems focusing on the "Food Groups" are outdated and are no longer considered nutritionally adequate in providing a complete balanced diet. Below are two charts detailing the current guidelines:

### Optional Age Nutrient Standards for NuMenus-Breakfast

<b>Minimum Calories and Nutrient Levels for School Breakfast</b>			
	<b>Pre-School</b>	<b>Grades K-6</b>	<b>Grades 7-12</b>
<b>Nutrients and Energy Allowances</b>	<b>388</b>	<b>554</b>	<b>618</b>
<b>Total Fat (g)</b>	<b>*</b>	<b>*</b>	<b>*</b>
<b>Saturated Fat (g)</b>	<b>**</b>	<b>**</b>	<b>**</b>
<b>RDA for Protein (g)</b>	<b>5</b>	<b>10</b>	<b>12</b>
<b>RDA for Calcium (mg)</b>	<b>200</b>	<b>257</b>	<b>300</b>
<b>RDA for Iron (mg)</b>	<b>2.5</b>	<b>3.0</b>	<b>3.4</b>
<b>RDA for Vitamin A (RE)</b>	<b>113</b>	<b>197</b>	<b>225</b>
<b>RDA for Vitamin C (mg)</b>	<b>11</b>	<b>13</b>	<b>14</b>
* Total fat not to exceed 30 percent of calories over a school week. ** Saturated fat to be less than 10 percent of calories over a school week.			

### Optional Age Nutrient Standards for NuMenus-Lunch

<b>Minimum Calories and Nutrient Levels for School Lunch</b>			
	<b>Pre-School</b>	<b>Grades K-6</b>	<b>Grades 7-12</b>
<b>Nutrients and Energy Allowances</b>	<b>517</b>	<b>664</b>	<b>825</b>
<b>Total Fat (g)</b>	<b>*</b>	<b>*</b>	<b>*</b>
<b>Saturated Fat (g)</b>	<b>**</b>	<b>**</b>	<b>**</b>
<b>RDA for Protein (g)</b>	<b>7</b>	<b>10</b>	<b>16</b>
<b>RDA for Calcium (mg)</b>	<b>267</b>	<b>286</b>	<b>400</b>
<b>RDA for Iron (mg)</b>	<b>3.3</b>	<b>3.5</b>	<b>4.5</b>
<b>RDA for Vitamin A (RE)</b>	<b>150</b>	<b>224</b>	<b>300</b>
<b>RDA for Vitamin C (mg)</b>	<b>14</b>	<b>15</b>	<b>18</b>
* Total fat not to exceed 30 percent of calories over a school week. ** Saturated fat to be less than 10 percent of calories over a school week.			