



NEW SCHOOL LUNCH

MEAL PATTERN

EFFECTIVE 2012-2013!!

In order to comply with new U.S. Department of Agriculture Dietary Regulations, Duplin County Child Nutrition will begin implementation of meal pattern and portion changes in accordance with the Healthy, Hunger Free Kids Act. A summary of the meal portion component offerings are below:

K-8 Students

Meat/Meat Alternate: 8-9 oz/week
Grains: 8-9 oz/week
Vegetables: 5 cups/week
Fruit: 5 cups/week
Milk (skim/1% only): 5 cups/week

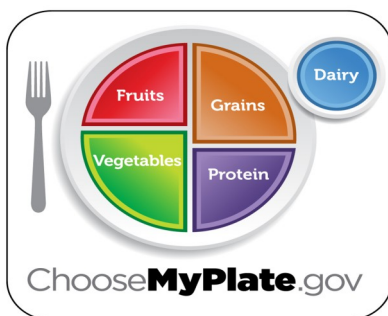
High School Students

Meat/Meat Alternate: 10-12 oz/week
Grains: 8-9 oz/week
Vegetables: 5 cups/week
Fruit: 5 cups/week
Milk (skim/1% only): 5 cups/week

Duplin County Child Nutrition implements the Offer vs Serve Program for all of our students to encourage choice and eliminate as much waste as possible. Any student may choose to have a serving of each of the 5 components (meat/meat alternate, grain, vegetable, fruit, milk) or they may choose as few as 3 components in order for their meal to qualify as a complete meal according to USDA regulations. BEGINNING 2012-2013, ONE OF THE COMPONENT CHOICES MUST BE A FRUIT OR A VEGETABLE!



Since the meal MUST contain a vegetable or fruit serving, if a student does not have this component on their tray at the cashier station, they will be asked to go back to the serving line and choose one of these components. All efforts will be made by the meal server to make sure every child has this component on their tray before they leave their station, and cashiers will make certain every child chooses a serving of fruit or vegetable that they will most enjoy and that meets the meal pattern requirements.



The Duplin County Schools Child Nutrition Department will be glad to assist you with any questions or concerns. Please call Sue Sloan, Child Nutrition Director, at (910) 296-8786, for more information.