Kennedale ISD

CHILD NUTRITION 101

Healthy Foods = Healthy Minds
HISTORY

- President Truman signed NSLP June 4, 1946

- It was a result of many American men being rejected for World War II military service because of diet related health problems.

- It was considered “A measure of national security to safeguard the health of the Nation’s children.”
NEW PUBLIC SCHOOL NUTRITION POLICY

- Breakfast Policy: All students must take at least ½ cup fruit.

- As of July 1, 2014 TPSNP becomes obsolete.

- USDA Smart Snack Rule effective July 1, 2014.

- First Sodium Targets for each grade level go into effect for both NSLP and NSB.
Requirements for Lunch Meal Pattern

Meet Calorie Targets for each Grade Level
These are minimum and maximum levels.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Calorie Targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary K -6</td>
<td>550 – 650 calories</td>
</tr>
<tr>
<td>Junior High 7-8</td>
<td>600 - 700 calories</td>
</tr>
<tr>
<td>High School 9-12</td>
<td>750 – 850 calories</td>
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</tbody>
</table>

First Sodium Targets SY 2014 -2015

<table>
<thead>
<tr>
<th>Ages</th>
<th>Sodium Maximum Levels</th>
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</thead>
<tbody>
<tr>
<td>Elementary K – 6</td>
<td>&lt; 1230 mg</td>
</tr>
<tr>
<td>Junior High 7-8</td>
<td>&lt;1360 mg</td>
</tr>
<tr>
<td>High School 9-12</td>
<td>&lt;1420 mg</td>
</tr>
</tbody>
</table>
Requirements for Lunch Meal Pattern

- All Bread, Grains and Pasta must be 100% whole grain. They removed the maximum number that can be served.

- Meats must meet the minimum and removed the maximum.

- All vegetable sub groups must be served weekly: Dark Green, Red & Orange, Legumes, Starchy and other vegetables.
Competitive Foods & beverages must meet the nutrition standards beginning **July 1, 2014**

- Exception – infrequent fundraisers can be sold in areas where reimbursable meals are served but must meet the Smart Snacks Policies.

- NSLP & SBP entrees sold ala carte are exempt from nutrition standards if served as part of the reimbursable meal that day or may be sold the following school day.
Competitive foods must meet all the nutrition standards

- Be a whole grain product; or
- Have first ingredient one of the major food groups (fruit, vegetable, dairy, or Protein); or
- Be a combination food with ¼ cup fruit or vegetable; or
  - Contain 10% of the daily value of calcium, potassium, vitamin D or dietary fiber. (this will be in effect through June 30, 2016 then obsolete)
- Fresh, canned and frozen fruits packed in 100 % juice, extra light, or light syrup.
FAT LIMITS

- Competitive foods can contain 35% of Calories from Total Fat and less than 10% of calories from Saturated fat.

- Exemption:
  * Reduced fat cheese and part skim mozzarella cheese
  * Nuts, seeds, nut or seed butters
  * Dried fruit with nuts and/or seeds (no added nutritive sweeteners or fat) and

- Seafood with no added fat

Competitive food must be 0g of trans fat per item.
SNACKS

- Current sodium content is 230 mg per item

- Beginning July 1, 2016 sodium content will be 200 mg per item
SIDES & SNACKS

- Calories 200 per item including accompaniments such as butter, cream cheese, salad dressing, etc.
ENTREES

- No more than 480 mg sodium per item unless meets exemption
- No more than 350 calories per item unless meets exemption
- Accompaniments must be included in the nutrient profile (butter, cream cheese, salad dressing, ketchup etc.)
SUGAR LIMITS

➢ Total sugar must be no more than 35% by weight

➢ Exemption – dried whole/pieces fruits or vegetables, dehydrated fruits or vegetables with no added nutritive sweeteners

➢ Dried fruits with nutritive sweeteners used for processing / palatability purposes.
BEVERAGE LIMITS
ALL SCHOOLS

- Plain Water (with or without carbonation)
- Low fat milk unflavored and nonfat milk including flavored
- 100% Full strength fruit/vegetable juices
- Full strength fruit/vegetable juice diluted with water or carbonated water.
- Elementary size limit – 8oz Middle and HS may sell up to 12oz portions of milk and juice.
Calorie-free beverages are allowed in up to 20-oz containers (less than five calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces)

- Lower calorie drinks are allowed with up to 40 calories per 8 ounces or 60 calories per 12 ounces. (Gatorade)
- High School size limit – 20oz (Diet Soda)
- Water – no restriction on plain water (carbonated or un carbonated)
- Beverages containing caffeine are permitted
- Allowable beverages are available in the food service area and elsewhere without restriction
TDA PROPOSED ADDITIONS TO THE SMART SNACK RULE

- No deep fat frying
- No carbonated beverages
- Proposing a rule that requires schools to adopt a wellness policy that addresses “time and place” restrictions for the consumption of food and beverages that are not part of reimbursable meals served in the NSLP or SBP
BREAKFAST MEAL PATTERN UPDATE

- 2014 – 2015 Change

- Required to take three items one of which must be at least ½ cup fruit

½ cup + ½ cup = 2 component

½ cup + ½ cup = 2 component
Prior to 2014-2015, Schools have the option of counting breading/batter (KISD did not)

Rolls are 100% whole grain and clean ingredients

Breading on all products are whole grain.
MEATS/MEAT ALTERNATES

- Hamburger Patties are 100% ground beef
  The label is a clean label: Beef, salt and caramel coloring
- Chicken Nuggets – Reduced sodium sea salt whole grain breading are minimally processed Chicken
- Hotdogs – Jennie O Uncured Turkey Meat
- Upstate Farms Yogurt- Made in New York State, all natural, beet juice for color (Strawberry) no Red #40
VEGETABLES AND FRUITS

- “French Fried Potatoes” are 99% Fat Free they are not par-fried. Another clean label, low sodium item. We’ve used this product for 7 years

- All vegetables are Frozen or Fresh (except pinto beans)
- Fruits are Fresh, Frozen or canned in water or juice
- All salads use Romaine lettuce or baby Spinach
<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total CHO (gm)</th>
<th>Dietary Fiber (gm)</th>
<th>Protein (gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KISD 1 oz</strong></td>
<td>66</td>
<td>2</td>
<td>0.75</td>
<td>6</td>
<td>133</td>
<td>6</td>
<td>1</td>
<td>4</td>
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<tr>
<td><strong>PIZZA HUT 1 oz</strong></td>
<td>74</td>
<td>3</td>
<td>1</td>
<td>8</td>
<td>163</td>
<td>8</td>
<td>0.3</td>
<td>3</td>
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<tr>
<td><strong>DOMINO'S 1 oz</strong></td>
<td>76</td>
<td>6</td>
<td>3</td>
<td>21</td>
<td>250</td>
<td>2</td>
<td>0.2</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Calories</td>
<td>Total Fat (gm)</td>
<td>Saturated Fat (gm)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
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<td>Dietary Fiber (gm)</td>
<td>Protein (gm)</td>
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<tr>
<td>KISD 3.9 oz (5)</td>
<td>278</td>
<td>14</td>
<td>3</td>
<td>64</td>
<td>396</td>
<td>17</td>
<td>3</td>
<td>19</td>
</tr>
<tr>
<td>McDonalds 2.3oz (4)</td>
<td>190</td>
<td>12</td>
<td>2</td>
<td>30</td>
<td>400</td>
<td>11</td>
<td>0</td>
<td>10</td>
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<tr>
<td>Chili's as served</td>
<td>570</td>
<td>39</td>
<td>5</td>
<td>85</td>
<td>1610</td>
<td>29</td>
<td>1</td>
<td>27</td>
</tr>
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<td></td>
<td>Calories</td>
<td>Total Fat (gm)</td>
<td>Saturated Fat (gm)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Total CHO (gm)</td>
<td>Dietary Fiber (gm)</td>
<td>Protein (gm)</td>
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</tr>
<tr>
<td><strong>KISD Serving</strong></td>
<td>332</td>
<td>8</td>
<td>2</td>
<td>45</td>
<td>372</td>
<td>47</td>
<td>2</td>
<td>16</td>
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<tr>
<td><strong>Panda Express Serving</strong></td>
<td>420</td>
<td>18</td>
<td>3.5</td>
<td>80</td>
<td>620</td>
<td>5</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td><strong>Pie Wei Serving</strong></td>
<td>550</td>
<td>21</td>
<td>3.5</td>
<td>55</td>
<td>880</td>
<td>67</td>
<td>2</td>
<td>25</td>
</tr>
</tbody>
</table>
Total meals served 2013-14:

- **Breakfast**
  - 1500 cs Whole Grain Cereal
  - 671 cs Whole Grain Breakfast Pizza
  - 100 cs Turkey Sausage Patties
  - 96 K meals served

- **Lunch**
  - 38,018 lbs. of Chicken processed
  - 13,295 lbs. of Beef Processed
  - 20,000 lbs. of Cheese Processed
  - 26,674 lbs. of Potatoes Processed
  - 9,001 lbs. of Fish Processed
  - 8,601 lbs. of Sweet Potatoes
  - 9,000 lbs. of Apples
  - 4,000 lbs. of Peaches
  - 1693 cs Oranges
  - 1370 cs Bananas
  - 625 heads Cabbage
  - 12,500 bunches (heads) Romaine Lettuce
  - 6101 dozens G/B products
  - 247 K Milk
  - 296 K meals served

**Nice to Know Facts**
- 26 Employees
  - 1 director, 1 supervisor/manager
  - 24 kitchen staff
  - 5 Certified Food Managers

- Compliance Monitoring
  - TX Department of Health (0 demerits in 10 visits)
  - City of Arlington Health Department (0 demerits 2 visits)
• Menus are analyzed.
• Nutri Slice App for phone so it’s easy access to the menu.
• Nutri Slice also shows the nutritional information and allergens.
• Payment can be at the register or online.

Free & Reduced Price Applications are:
• Electronic Applications
• Paper Applications

Nice to Know Facts
CHILD NUTRITION MONEY

- Child Nutrition Labor
- Food & Non Food Items
- Replace, Maintain, Repair Kitchen Equipment
- Technology CN Department
- Staff Training

- Program Marketing
- Misc. Department Cost
- Renovations Arthur $250,000 cafe
- General Supplies
- Money for CN Department does not come from the KISD General Fund

Nice to Know Facts
Working our way up one step at a time!!!
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