Good Food Brighter Days!

SCHOOL MEALS: What You Should Know!

Healthy Students Brighter Futures!

Following Pennsylvania Department of Education (PDE) & USDA Guidelines

Fueling Learning One Meal at a Time!

There is a lot more to school food service than putting food on a tray!

School nutrition professionals ensure every meal meets federal and state regulations while providing students with nutritious foods that support learning and wellness.

MEAL REQUIREMENTS

Lunch must offer 5 components:



Meat/Meat Alternate | Grain | Fruit | Vegetable | Milk

Offer Versus Serve (OVS)

- Students may decline up to 2 components.
- Students must select at least 3 components.
- One selection must be at least ½ cup of fruit or vegetables.

Whole Grain-Rich Requirements

- At least 80% of grains offered weekly should be whole grain-rich.

NUTRITION STANDARDS

Calories
Must meet USDA calorie ranges for each grade group.

Saturated Fat
Less than 10% of total calories.

Sodium
Must meet USDA sodium reduction targets.

Milk
Must meet USDA requirements for type and fat content.

Nutrition Today Stronger Tomorrows!

WHY CAN'T STAFF EAT FOR FREE?

School Nutrition Programs operate as nonprofit food service accounts.

- Federal meal reimbursements are intended for eligible student meals.
- Adult meals must be priced to cover their full cost.
- Student meal funds cannot subsidize adult meals.
- All food costs must be properly documented and accounted for.

It's about our students! Federal funds support student meals, not adult meals.

ADDED SUGAR RULES

Breakfast Cereal
- No more than 6 grams of added sugar per dry ounce.

Yogurt
- No more than 12 grams of added sugar per 6-ounce serving.

Flavored Milk
- No more than 10 grams of added sugar per 8 fluid ounces.

School Week Average
- Added sugars must average less than 10% of total calories.

Smart Choices Healthier Students!

There is currently no universal added sugar limit per meal.

PAPERWORK & ACCOUNTABILITY

Every meal served must be properly documented.

Required Documentation

- Point-of-service meal counts
- Production records
- Temperature logs
- Portion documentation
- Receipts and invoices

Compliance Requirements

- Food safety regulations
- Civil rights requirements
- Procurement standards
- State and federal administrative reviews

Accurate Records. Stronger Programs. Brighter Futures!

SMART SNACKS

Foods sold outside reimbursable meals must:

- Meet USDA Smart Snacks Standards.
- Follow district wellness policies.
- Meet limits for calories, fat, sodium, and sugar.
- Be sold in approved locations and timeframes.

Healthy Options Make a Big Difference!

Examples of Smart Snack Choices:



Fresh Fruit | Vegetables | Low-Fat Dairy Products | Whole Grain-Rich Snacks | Approved Smart Snack Items

THE BOTTOM LINE

School nutrition professionals do far more than serve meals. They follow PDE requirements, USDA regulations, financial rules, food safety standards, and accountability measures to ensure students receive safe, healthy, compliant meals every day.

SUPPORT YOUR SCHOOL NUTRITION STAFF!

Feeding Students ♥ Supporting Learning ♥ Building Healthy Futures