

Patchogue - Medford SCHOOL DISTRICT



Traditional Menu Planning and Guidelines

The Patchogue-Medford School District participates in the National School Lunch Program and is therefore governed by and receives subsidies from the United States Department of Agriculture and the New York State Education Department. All menus must meet the Dietary Guidelines for Americans. All menu planning systems including the one we use, Traditional, are designed to provide students with approximately one-quarter for breakfast and one-third for lunch of the key nutrients and calories as prescribed in the Recommended Dietary Allowances (RDA).

Standards are set for calories (< 30% calories from fat, < 10% calories from saturated fat), protein, calcium, iron, vitamins A and C. Meals are planned to moderate fat cholesterol, sugar and sodium. A variety of grains, vegetables and fruits are available daily.

What makes up a school breakfast?

In schools where breakfast is available, the following is offered

Choice of Fruit- Fresh, Canned or Juice

Choice of Milk- Skim, Low Fat White or Chocolate

Choice of Grain- Bagel, Hard Roll, Cereal

Or

Choice of Hot Entrees- Egg and Cheese Sandwich, French Toast, Pancakes

What makes up a school lunch?

A lunch contains five meal components.

- A meat/meat alternate such as taco meat, tuna fish, peanut butter, cheese on a slice of pizza.
- A grain/grain alternate such as rice, bread, pasta, pizza crust.
- A vegetable such as corn, salad, mashed potatoes.
- A fruit including fresh or canned, 100% fruit juice or fruit ice and finally,
- A choice of milk.

The USDA also provides an Offer versus Serve option for lunch so students may decline up to two of the five components offered. A student's decision to decline food items does not affect the meal price. Student who choose less than the OVS options are charged more than the meal price. This is set to encourage the meal purchase.

Breakfast Standard

Minimum nutrient levels averaged over a school week.

Nutrient and Energy Allowances Grades K-12

Energy Allowances/Calories	554
Total Fat (g) (3)	18 (1)
Saturated Fat (g) (3)	6 (2)
Protein (g)	5
Calcium (mg)	200
Iron (mg)	2.5
Vitamin a (RE)	113
Vitamin C (mg)	11

Lunch Standard

Minimum nutrient levels averaged over a school week.

<u>Nutrient and Energy Allowances</u>	<u>Grades K-6</u>	<u>Grades 7-12</u>
Energy Allowances/Calories	664	825
Total Fat (g) (3)	22 (1)	28 (1)
Saturated Fat (g) (3)	7 (2)	9 (2)
Protein (g)	10	16
Calcium (mg)	286	400
Iron (mg)	3.5	4.5
Vitamin a (RE)	224	300
Vitamin C (mg)	15	18

Nutrient Standards Notes

1. Total fat not to exceed 30% over a school week
2. Saturated fat to be less than 10% over a school week
3. The grams of fat will vary depending on actual levels of calories offered

The calorie and nutrient needs of children vary depending on sex, age, size and activity level. The calorie standards above are estimates of the minimum energy needs. The above standard represents **one third** of the RDA.

