

**OFFICE OF BUSINESS ADMINISTRATION
PATCHOGUE-MEDFORD SCHOOLS
241 South Ocean Avenue
Patchogue, New York 11772
(631) 687-6330**

WELLNESS COMMITTEE MEETING

AGENDA

Tuesday, October 20, 2015

- 1. Welcome**
- 2. Wellness Policy**
- 3. November Menus**
- 4. Monthly Lunch Treat**
- 5. Other**

WELLNESS POLICY ON NUTRITION AND PHYSICAL ACTIVITY

Whereas, children need access to an environment that encourages the practice of eating healthy foods and participating in life long physical activities in order to grow, learn and thrive;

Whereas, healthy eating, adequate physical activity and better health enhances optimal student attendance and learning;

Thus, the Patchogue-Medford School District is committed to providing school environments that educate and protect children's health, well-being, and ability to learn through healthy eating and physical activity. Therefore, it is the policy of the Patchogue-Medford School District that:

- [The Wellness Committee shall be comprised of students, parents, teachers, school administrators, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy on nutrition and physical activity.
- All students in grades Pre K-12 will have opportunities, support, and encouragement to be physically active on a regular basis following minimal New York State Education Department Guidelines.
- Foods and beverages sold or provided by schools will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program. This is to be reviewed on a regular basis, at least annually, by the Superintendent, the Board of Education, and the Wellness Committee.
- The School Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The School Food Service Program will be supervised by a director with the minimal qualifications of an undergraduate degree in nutrition or food-related field.
- To the maximum extent practical, all schools in the school district will participate in available Federal Meals Programs, including the School Breakfast Program and National School Lunch Program.
- Schools will provide education to foster lifelong habits of healthful eating and physical activity, and will establish linkages between health education and school meal programs.

Policy Adopted: 6/19/06
Policy Revised: 11/20/06
Policy Revised: 1/28/13

Administrative Regulations

Wellness Policy Administrative Procedures

Part I - Nutrient Standards

During the school day all food sold or provided to children within the Patchogue-Medford School District will meet the following nutrient standards.

Snacks

All snacks shall meet the following criteria:

- ◆ Total fat equal to or less than 7 grams of fat per serving.
- ◆ Saturated fat equal to or less than 2 grams per serving.
- ◆ Sodium equal to or less than 360 milligrams per serving.
- ◆ Sugar equal to or less than 15 grams per serving.
- ◆ All snacks must be provided in single serving packages.
- ◆ Note: Trans fats (or partially hydrogenated oils) are known to have a negative impact on the health of children and adults. As non-naturally occurring trans fat-free products become available, standards regarding trans fats will then be considered.

Beverages

All beverages shall meet the following criteria:

- ◆ Total fat equal to or less than 3 grams per 8 ounce serving.
- ◆ Sweetened beverages must meet the following standards:
 - Sugar equal to or less than 23 grams per 8 ounce serving.* (Plain or flavored milk in 8-ounce containers consistent with the Long Island School Food Service Purchasing Cooperative specifications is acceptable.)
 - Container size less than or equal to 12 ounces.
- ◆ Sodium equal to or less than 200 milligrams per serving.
- ◆ Caffeine less than or equal to 10 milligrams per 8 ounce serving.

*One hundred percent (100%) fruit juices are an exception to the sugar standard since they naturally provide 26-30 grams of sugar per 8 ounce serving. Fruit juice also provides many nutrients, and confers health benefits in moderate portions. Therefore, 100% fruit juice can be provided in containers that are 12 ounces or less.

Meals

- ◆ Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with the US Dietary Guidelines.

Administrative Regulations (Continued)**Part II – Use of food in the Classroom**

It is the policy of the Patchogue-Medford School District that food shall not be used in the classroom, except as part of a snack brought from home for individual consumption. Food shall *not* be used or distributed in the classroom for the following reasons:

- ◆ as an incentive or reward
- ◆ as part of a birthday celebration

*The celebration of birthdays with special privileges/activities, songs, games, etc. is to be encouraged as an alternative to food-based celebrations.

Food shall be used or distributed in the classroom for the following reasons:

- ◆ as part of holiday or seasonal celebration for instructional purposes.

Part III – Fundraising

Food cannot be sold as a fundraiser on campus during the school day.

Part IV – Nutrition and Physical Education

Nutrition and physical education will meet the New York State Standards 1, 2 and 3 which incorporate the following subject areas: Health Education, Physical Education and Family and Consumer Sciences (Standard 1 – Personal Health and Fitness; Standard 2 – A Safe and Healthy Environment; Standard 3 – Resource Management).

Part V – Physical Activity

All students in grades K-12, including students with disabilities and special health care needs, shall receive physical education (or its equivalent) during the school year. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will *not* be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

All elementary school students will have 20 minutes each day of supervised recess, preferably outdoors, during which school personnel should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Part VI - Review of Policy

This policy will be reviewed annually, or when deemed necessary, specifically to assess the financial impact of implementation on the school district.

Patchogue-Medford Schools make every attempt to insure that products brought into the District are "peanut free"; However we have no control over Manufacturers' changes to production lines. Therefore we cannot claim to be a "peanut free" District.



2015-2016 Meal Prices

Breakfast

\$1.00

Elementary Lunch

\$2.60

Reduced Lunch

\$.25

Adult Lunch

\$4.00 + Tax

Lunch Alternates

All lunches and lunch alternates consist of Meat/Meat Alternate, Vegetable, Fruit/Fruit Juice, Bread/Grain and Milk

Fruit Parfait

Yogurt and Fruit Served with Toast Points

Chef's Garden Salad Plate

Tossed salad topped with diced Turkey and cheese. Served with Toast Points

Soup with Turkey and Cheese Plate

1/2 cup Soup du Jour, Turkey and American Cheese slices, lettuce, Tomato and Sliced Bread

Questions? Contact the lunch office at:
631-687-6525

Menu subject to change without notice

DID YOU KNOW?

You can find allergy information on our district Website under the Food Services/Lunch information Department.

Just look for the Carb. Count and Food Allergen Disclosure PDF files.

BREAKFAST

Monday - Breakfast Bar(w, e, s, m), fruit, milk

Tuesday - Bagel(w), cheese slice, fruit, milk

Wednesday - Kaiser Roll(w), cheese(m), fruit, milk

Thursday - French Toast(e, w, s), fruit, milk

Friday - Bagel(w)melt with cheese(m) fruit, milk

Cereal assortment offered daily

Elementary Schools November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Nuggets(w) BBQ Dipping Sauce Baked Beans Pears Milk Selection	3 Lasagna Roll(e, m, s) Tomato Sauce Crazy Carrots Peaches/Fruit Juice Milk Selection	4 Brunch for Lunch Pancakes(e, s, w) Ham Slice Hash Brown Potatoes(s) Cinnamon Applesauce Milk Selection	5 Rotini and Meatballs(m, s, w) WW Italian Bread(w) Golly Green Beans Mixed Fruit/Fruit Juice Milk Selection	6 Pizza(e, m, s, w) House Salad Pineapple Milk Selection
9 Chicken Smackers(m, s, w) Dipping Sauce Seasoned Green Beans Pears Milk Selection	10 Tacos Hard/Soft Shells(w), Meat Filling(p,s), Lettuce, Tomato, Cheese Sauce(m, s), Salsa, Rice and Baked Beans Mixed Fruit/Milk Selection	11 Veteran's Day 	12 Tangerine Chicken(e, s, w) Brown Rice X-Ray Vision Carrots Applesauce/Fruit Juice Milk Selection	13 Pizza(e, m, s, w) House Salad Mixed Fruit Milk Selection
16 Chicken Nuggets(w) BBQ Dipping Sauce Beautiful Baked Beans Peaches Milk Selection	17 Mozzarella Sticks(w, m) Tomato Sauce Seasoned Green Beans Pears/Fruit Juice Milk Selection	18 Brunch For Lunch French Toast(e, w) Ham Hash Brown potatoes Cinnamon Apple Sauce Milk Selection	19 BBQ Beef Ribs(s, w) Whole Wheat Roll(w) Crazy Carrots Mixed Fruit/Fruit Juice Milk Selection	20 Pizza(e, m, s, w) Mixed Salad Pineapple Milk Selection
23 Popcorn Chicken(m, s, w) BBQ Dipping Sauce X-Ray Vision Carrots Mixed Fruit/Fruit Juice Milk Selection	24 Tacos Hard/Soft Shells(w)Meat Filling(p, s), Lettuce, Tomato, Cheese Sauce(m, s), Rice and Baked Beans Pears/Milk Selection	25 Mozzarella Sticks(m, w) Tomato Sauce SweetCorn Apple Milk Selection	26 Thanksgiving Recess	27 Thanksgiving Recess
30 Chicken Nuggets(w) BBQ Dipping Sauce Golly Green Beans Applesauce Milk Selection		Allergen Key; (e)= egg (m) = milk (s) = soy (w) = Wheat (p) = pork		

You may be eligible for free or reduced priced meals. Applications are accepted throughout the school year. Contact the lunch office: 631.687.6525 or visit the website for information and application:
<http://pmschools.org/>

Patchogue-Medford Schools make every attempt to insure that products brought into the District are "peanut free"; However we have no control over Manufacturers' changes to production lines. Therefore we cannot claim to be a "peanut free" District.



2015-2016 Meal Prices

Breakfast

\$1.00

Middle School Lunch

\$2.70

Reduced Lunch

\$.25

Adult Lunch

\$4.00 + Tax

Lunch Alternates

All lunches and lunch alternates consist of Meat/Meat Alternate, Vegetable, Fruit/Fruit Juice, Bread/Grain and Milk

Fruit Parfait

Yogurt and Fruit Served with Toast Points

Chef's Garden Salad Plate

Tossed salad topped with diced Turkey and cheese. Served with Toast Points

Soup with Turkey and Cheese Plate

1/2 cup Soup du Jour, Turkey and American Cheese slices, lettuce, Tomato and Sliced Bread

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BREAKFAST

Monday - Breakfast Bar(w, e, s, m), fruit, milk

Tuesday - Bagel(w), cheese slice(m), fruit, milk

Wednesday - Kaiser Roll(w), cheese(m), fruit, milk

Thursday - French Toast(e, w, s), fruit, milk

Friday - Bagel(w) melt with cheese(m), fruit, milk

Cereal assortment offered daily

Middle Schools November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Nuggets(w) BBQ Dipping Sauce Baked Beans Pears Milk Selection	3 Lasagna Roll(e, m, s) Tomato Sauce Crazy Carrots Peaches/Fruit Juice Milk Selection	4 Brunch for Lunch Pancakes(e, s, w) Ham Slice Hash Brown Potatoes(s) Cinnamon Applesauce Milk Selection	5 Rotini and Meatballs(m, s, w) WW Italian Bread(w) Golly Green Beans Mixed Fruit/Fruit Juice Milk Selection	6 Pizza(e, m, s, w) House Salad Pineapple Milk Selection
9 Chicken Smackers(m, s, w) Dipping Sauce Seasoned Green Beans Pears Milk Selection	10 Tacos Hard/Soft(w) Shells, Meat Filling(p, s), Lettuce, Tomato, Cheese Sauce(m, s), Salsa, Rice and Baked Beans Mixed Fruit/Milk Selection	11 Veteran's Day 	12 Tangerine Chicken(e, s, w) Brown Rice X-Ray Vision Carrots Applesauce/Fruit Juice Milk Selection	13 Pizza(e, m, s, w) House Salad Mixed Fruit Milk Selection
16 Chicken Nuggets(w) BBQ Dipping Sauce Beautiful Baked Beans Peaches Milk Selection	17 Mozzarella Sticks(w, m) Tomato Sauce Seasoned Green Beans Pears/Fruit Juice Milk Selection	18 Brunch For Lunch French Toast(e, w) Ham Hash Brown potatoes Cinnamon Apple Sauce Milk Selection	19 BBQ Beef Ribs(s, w) Whole Wheat Roll(w) Crazy Carrots Mixed Fruit/Fruit Juice Milk Selection	20 Pizza(e, m, s, w) Mixed Salad Pineapple Milk Selection
23 Popcorn Chicken(m, s, w) BBQ Dipping Sauce X-Ray Vision Carrots Mixed Fruit/Fruit Juice Milk Selection	24 Tacos Hard/Soft(w) Shells, Meat Filling(p, s), Lettuce, Tomato, Cheese Sauce(m, s), Rice and Baked Beans Pears/Milk Selection	25 Mozzarella Sticks(m, w) Tomato Sauce Sweet Corn Apple Milk Selection	26	27
30 Chicken Nuggets(w) BBQ Dipping Sauce Golly Green Beans Applesauce Milk Selection		Allergen Key; (e)= egg (m) = milk (s) = soy (w) = Wheat (p) = pork		

Thanksgiving Break

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<http://pmschools.org>



Treat yourself day!

Every month we will have a treat yourself day and we hope that you can joins us!

For November the treat yourself day will be November 25, 2015.

On this day a "Smart Snack" approved WG Rice Krispy Treat will come with every school lunch.

We hope to see you in the lunch line!

used on B-day meals

Product Name	RKT Whole Grain Bar for Schools US
Flavor Descriptor	
NLI Description	Production
Brand	KELLOGG'S



Date Created	01-08-15
NLI #	10849
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	2	1/2		
Whole Grains (g/serving)	16			

Serving Size	1 Bar					
Serving Size g	40					
Serving Size oz						
Amount Per Serving						
Calories	160					
Calories from Fat	35					
			% Daily Value*			% Daily Value*
Total Fat	4	g	6	%	g	%
Saturated Fat	1	g	5	%	g	%
Trans Fat	0	g			g	
Polyunsaturated Fat		g			g	
Monounsaturated Fat		g			g	
Cholesterol	0	mg	0	%	mg	%
Sodium	140	mg	6	%	mg	%
Potassium		mg		%	mg	%
Total Carbohydrate	30	g	10	%	g	%
Dietary Fiber	<1	g	2	%	g	%
Soluble Fiber		g			g	
Insoluble Fiber		g			g	
Sugars	11	g			g	
Sugar Alcohol		g			g	
Other Carbohydrate		g			g	
Protein	2	g		%	g	%
Vitamin A			6	%		%
Vitamin C			0	%		%
Calcium			0	%		%
Iron			10	%		%
Vitamin D			10	%		%
Vitamin E				%		%
Vitamin K				%		%
Thiamin			25	%		%
Riboflavin			15	%		%
Niacin			8	%		%
Vitamin B6			25	%		%
Folic Acid				%		%
Vitamin B12				%		%
Biotin				%		%
Pantothenic Acid				%		%
Phosphorus				%		%
Iodine				%		%
Magnesium				%		%
Zinc				%		%
Selenium				%		%
Copper				%		%
Manganese				%		%
Chromium				%		%
Molybdenum				%		%

Ingredients:

WHOLE GRAIN BROWN RICE, MARSHMALLOW (FRUCTOSE, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, DEXTROSE, GELATIN, SALT, NATURAL AND ARTIFICIAL FLAVOR), CORN SYRUP, MARGARINE (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D3), CONTAINS 2% OR LESS OF SUGAR, SALT, SOY LECITHIN, IRON, NIACINAMIDE, VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).

ALLERGEN INFORMATION:

CONTAINS MILK AND SOY INGREDIENTS.

Other Required Statements:

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Product Information can change at any time.

Always refer to product package for current nutrition and ingredient information.

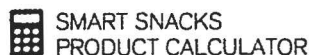
Julia Jursinic

Julia M. Jursinic, MS

Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g			
Calories	411	Vitamin A	957 IU
Calories from fat	91	Vitamin C	0 mg
Total Fat	10.1 g	Calcium	16.9 mg
Saturated Fat	2.5 g	Iron	5.6 mg
Polyunsaturated Fat	2.7 g	Vitamin D	135 IU
Monounsaturated Fat	3.8 g	Vitamin E	0 IU
Trans Fat	0.1 g	Thiamin	0.94 mg
Cholesterol	0 mg	Riboflavin	0.76 mg
Sodium	362 mg	Niacin	4.5 mg
Potassium	119 mg	Vitamin B6	1.38 mg
Total Carbohydrate	75.9 g	Folic Acid	25 mcg
Dietary Fiber	1.5 g	Vitamin B12	0.0 mcg
Soluble Fiber	0.0 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.0 g	Phosphorus	118 mg
Sugars	28.6 g	Magnesium	64 mg
Sugar Alcohols	NA g	Zinc	0.9 mg
Protein	4.0 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	8.0 %
		Ash	2.0 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 11052 8	Case	4 - 28.2 oz packs	
000 38000 11053 5	Carton	28.2oz (1lb 12.2oz) (800g)	20
000 38000 11054 2	Pouch	1.41oz (40g)	1



Smart Snacks Product Calculator Results

Brand:
Kellogg's

Product Name:
wg brown rice Rice Krispy Treat

Serving Size:
40.00 g

First Ingredient:
Whole Grain Brown Rice

Your whole grain product meets all
nutrient standards.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 160

Calories from Fat 35

Total Fat (g) 4

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 140

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:



Nutrition Standards for All Foods Sold in Schools

Other than foods offered through NSLP & SBP- Effective July 1, 2014

#1: Foods must fall into one of these categories:

- Be whole grain-rich ($\geq 50\%$ whole grain by weight, or listed as 1st ingredient)
- First ingredient must be: fruit, vegetable, dairy product or protein food
- Be a combination of food that consists of $\geq \frac{1}{4}$ cup of fruit and/or vegetable
- Contain $\geq 10\%$ of the Daily Value of calcium, potassium, vitamin D, or dietary fiber
 - after 7/1/16, this criteria will not qualify a food

#2: If it falls into one of those categories, the food must also meet all of these standards:

Calories		Sodium		Fats			Sugar
Snack / Side Dish	Entrees	* Snack / Side Dish	Entrees	Total Fat	Saturated Fat	Trans Fat	<u>weight sugar</u> total weight
≤ 200 cal	≤ 350 cal	* ≤ 230 mg * After 7/1/16: ≤ 200 mg	≤ 480 mg	$\leq 35\%$ of calories	$< 10\%$ of calories	Zero grams	$\leq 35\%$ of total weight from sugar

Beverage guidelines

	Elementary	Middle	High School
Plain Water or Plain Carbonated Water	Any Size	Any Size	Any Size
Low-Fat Milk, Unflavored Non-fat Milk, Flavored or Unflavored	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable Juice	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable Juice - diluted with water (with or without carbonation) - with no added sweeteners	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Other Flavored &/or Carbonated Beverages ≤ 20 oz	Not Allowed	Not Allowed	must meet: ≤ 5 calories/8 oz ≤ 10 calories/20 oz
Other Flavored &/or Carbonated Beverages ≤ 12 oz	Not Allowed	Not Allowed	must meet: ≤ 40 calories/8 oz ≤ 60 calories/12 oz
Caffeine	Not Allowed	Not Allowed	Allowed

healthiergeneration.org. Then search "product Calculator"

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^e	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

Jan. 2012

Implementation Timeline for Final Rule

"Nutrition Standards in the National School Lunch and School Breakfast Programs"

Implementation of most meal requirements in the NSLP begins SY 2012-2013. In the SBP, the meal requirements (other than milk) will be implemented gradually beginning SY 2013-2014.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	$\frac{1}{2}$ - $\frac{3}{4}$ cup of fruit and vegetables combined per day	$\frac{3}{4}$ - 1 cup of vegetables <u>plus</u> $\frac{1}{2}$ - 1 cup of fruit per day Note: Students are allowed to select $\frac{1}{2}$ cup fruit or vegetable under OVS.
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

School Breakfast Program Meal Pattern		
Food Group	Current ^{Old} Requirements K-12	New Requirements K-12
Fruit	½ cup per day (vegetable substitution allowed)	1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Daily min. and weekly ranges for grains: Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly) Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Comparison of Current and New Regulatory Requirements under Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" Jan. 2012

OLD Nutrient Standards	New Standards K-12		
Sodium Reduce, no set targets	Target 1: SY 2014-15 Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)	Target 2: SY 2017-18 Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)	Final target: 2022-23 Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)
Calories (min. only) <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12) <i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12) <i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)	Calorie Ranges (min. & max.) <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)		
Saturated Fat <10% of total calories	Saturated Fat <10% of total calories		
Trans Fat: no limit	New specification: zero grams per serving (nutrition label)		

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz <i>* changed.</i> 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies ³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT

**Wellness Committee
241 South Ocean Avenue
Patchogue, New York 11772**

October 20, 2015

MEMBERS OF THE COMMITTEE PRESENT: Nicole Ciminiello, Tom Combs, Diane O'Connell, Dr. Paula Mays, Dr. Donna Jones, Nancy Poulis

MEMBERS OF THE COMMITTEE ABSENT: Dan Erwin, Karen Reilly, Diana Andrade, Nancy Holliday

1. CALL TO ORDER

Dr. Jones called the meeting to order at 3:15 p.m.

2. Welcome/Introductions:

Donna welcomed everyone to the first Wellness Committee meeting of the 2015-2016 school year. Donna reviewed the agenda.

3. Wellness Policy

Donna ask that the committee members review the Wellness Policy before the next meeting and make any suggestions for changes.

4. November Menus

- a) Donna reviewed the November menus and highlighted the change that Dan Erwin implemented. He added an allergy key at the bottom of the menu alerting students and parents as to what ingredients are being served on a daily basis.
- b) Both Tom and Diane were very happy with the change, which alleviates the concerns of the nurses.
- c) Paula suggested that the menus be distributed in both English and Spanish. Donna stated she would look into doing this.

5. Monthly Lunch Treat

- a) Donna discussed the new monthly lunch treat initiative. Donna shared the nutritional information for the Rice Krispy Treat, stating that it meets all the nutritional standards set forth by the federal government. She shared the flyer that will be going home with the menus to parents for November and asked the committee if they had any further concerns.
- b) Both Tom and Diane were fine with the concept of a monthly treat after they saw the nutritional information. Their prior concern with the monthly treat was that they were not aware of the change ahead of time. Once all the information was presented, they were supportive of the initiative.
- c) Diane and Tom suggested that allergy information be placed on the menu as well.

6.

Other

- a) 2nd Chance Breakfast, Donna informed the committee about the success of the 2nd chance breakfast and the newly implemented hot bag lunch at the HS for students that didn't have lunch periods. She explained how participation had significantly increased.
- b) Wellness Walks/Fitness Challenge-Donna asked Tom if he had any ideas for physical activities. Tom suggested wellness walks in which stations could be established outside of the schools for staff and students to engage in healthy physical activity.
- c) Donna suggested that a fitness challenge be considered.
- d) Nancy suggested implementing walking clubs at each of the schools.

The meeting adjourned at 3:45 p.m. The next meeting is TBD and will be sent under separate cover.