

Frisco ISD Child Nutrition Program

New Federal Regulations for the National School Lunch Program and School Breakfast Program as mandated by the *Healthy, Hunger-Free Kids Act of 2010* (HHFKA)

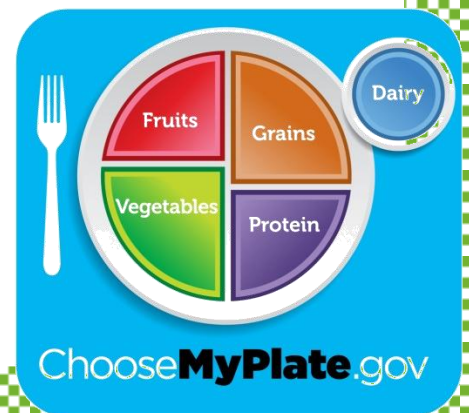
Beginning July 1, 2012, school nutrition programs will be required to follow new federal regulations. These new regulations are based on the 2010 Dietary Guidelines for Americans (DGA). Frisco ISD Child Nutrition Program already meets many of the new requirements such as offering whole grains, a variety of fresh fruits and vegetables, and only offering low fat or fat free milk. However, there are some changes coming.

Biggest changes impacting Frisco ISD:

- Students are now required to **select a fruit or vegetable** as part of the full meal ("power meal"). Anything less than a full meal will be charged at the a la carte price. A variety of fruits and vegetables will be offered daily.
- The food groups **meat/meat alternates** and **grains** now include a **maximum** amount that is allowed to be served each week. Before, we were only given minimum amounts we were required to meet but could offer more. Now we must stay within the defined ranges for each age/grade group. This means portion sizes on some of the meat/meat alternate and grain food items may **decrease**. (However, larger portions of the fruit and vegetable food groups will likely be served as well to meet the required minimums.)
- Offer meals that meet (and do not exceed) specific calorie ranges for each age/grade group.
- Gradually reduce sodium content of meals.

Another change mandated by the HHFKA is the requirement for school districts to assess their meal prices for paid meal equity. This will mean that many school districts including Frisco ISD will be **required to increase meal prices**. Meal prices for school year 2012-2013 will be posted on our website.

Visit us on the web! www.friscocafe.org



For more information visit:

<http://squaremeals.org/FampNResources/NutritionStandardsforSchoolMeals.aspx> or
http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm