

How “ My Lunch Tray” will look for BV Students in 2012-2013

School lunches will be required to meet the standards outlined below. Questions call 320-695-2103



Meat/Meat Alternative:

Students will be offered -

- K-5: 8-10 ounces/week
- 6-8: 9-10 ounces/week
- 9-12: 10-12 ounces/week
- We will continue to offer recipes from scratch, lean meats (i.e. ground beef, chicken, turkey and turkey ham) and low fat cheese and yogurt.

NOTE: Age appropriate targets for calories, sodium, saturated fat and trans fat must be met.

Bread/Grains:

- **NOTE:** No sliced bread and limited breaded meat items will be served.
- Portion sizes will be smaller than in past school years.
- K-5: 8-9 servings/week
- 6-8: 8-10 servings/week
- 9-12: 10-12 servings/week
- **Offered At Lunch:** Brown rice, whole grain rich pasta, biscuits, bread sticks and rolls.

Fruit*:

Student will be offered—

K-5: 1/2 cup/day
6-8: 1/2 cup/day
9-12: 1 cup/day
(as 2—1/2 cup servings)

*** NOTE: Students MUST choose either 1/2 cup fruit or vegetable, otherwise, they will be sent back to the line to get one.**

Vegetables*:

Students will be offered—

K-5: 3/4 cup/day
6-8: 3/4 cup/day
9-12: 1 cup/day
(as 2 — 1/2 cup servings)

Choices will include :

- Dark Green (Broccoli, Romaine, Spinach)
- Red/Orange (Sweet Potato, Squash, Carrots and Tomatoes)
- Legumes (Baked, Black, Refried and Garbanzo Beans)
- Starchy Vegetables (Potatoes, Corn and Peas)
- Other Vegetables (Jicama, Green Beans)

Milk:

Breakfast:

Only Lowfat milk will be offered.

Lunch

Skim, 1%, & Chocolate Milk will be offered