



School Meal 101

for Parents



**Alhambra Unified School District
Food & Nutrition Services**

Presented by Vivien Watts, MS, SNS

Executive Director of Food & Nutrition Services

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Welcome to School Meal 101!



Today's Topics

- The Basics
- School meal programs in Alhambra USD
- Behind the serving line - Who's feeding your kids?
- Dollars & Cents- How does AUSD afford free meals?
- What's in a school breakfast?
- What's in a school lunch?
- Where do meals come from?
- Resources - FNS website and more

The Basics

School meals are heavily regulated and monitored

Federal level

United States Department of Agriculture (USDA)

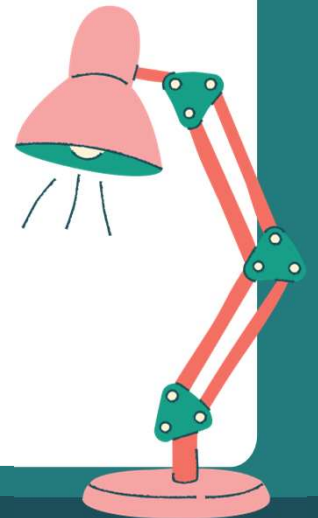
State level

California Department of Education (CDE)

Local level

School Food Authority (SFA)

Food & Nutrition Services, Alhambra USD

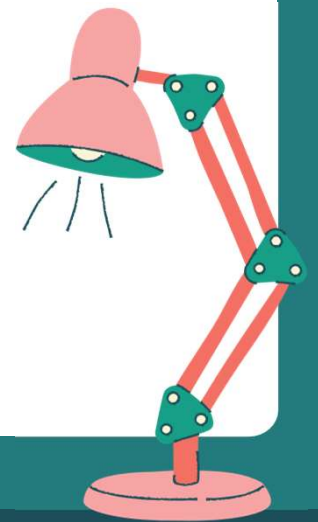


The Basics

CA Universal Meals

Beginning in School Year (SY) 2022–23, California became the first state to implement a statewide Universal Meals Program for school children.

Each K-12 student will have access to one free breakfast and one free lunch each school day while in attendance.



School Meal Programs in AUSD

SY 2022-2023

- School Breakfast Program
- National School Lunch Program
- CACFP At-Risk After School Meals (Supper)
- Seamless Summer Feeding Option



Behind the Serving Line

Who's feeding your kids?



- **Over 110 FNS team members**
- **Thirty one certified in Food Safety Manager**
- **One FNS Office**
- **One central production kitchen & warehouse**
- **Sixteen school kitchens**
- **Eighteen serving sites**
- **One district office café**



Volume and Speed



- Over 8,000 lunches/day
- Over 4,200 breakfasts/day
- Only 40 minutes to feed 800 – 950+ students @ HS
- More lines requires more staff and equipment
- Long lines but relatively short wait (8 - 15 minutes)
- Meal accommodations for medical reasons only



So that's why my child
can't be accommodated
for individual preference.





Dollars and Cents

How Does AUSD afford free meals?

Just like a restaurant, our revenue is based on participation (sales). For each **reimbursable** meal we serve, we receive federal and state monies.

Current Rate (2022-2023) for AUSD

Breakfast = \$ 3.565 Lunch = \$ 5.325 Supper = \$ 4.33

A reimbursable meal must meet all nutritional requirement established by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296





United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg)	≤ 540	≤ 600	≤ 640
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

What's in A School Breakfast?



Fruits



Grains



Milk

Offer vs. Serve

Students must take a complete breakfast meal for the meal to be reimbursable:

3 food items, one must be $\frac{1}{2}$ cup of fruit

So that's why if my child only wants milk, she was asked to pay!



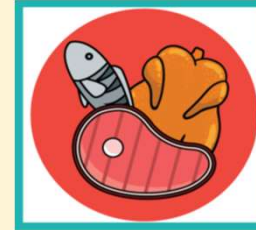


United States Department of Agriculture

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^c	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Interim Target 1 (mg) ^h	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^h	≤ 1,110	≤ 1,225	≤ 1,280
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

What's in A School Lunch?



Meat/Alt.



Grains



Vegetables



Fruits



Milk



Offer vs. Serve

Students must take a complete meal for the meals to be reimbursable:

3 food items, one must be $\frac{1}{2}$ cup of fruit/Vegetable

Second meals are not reimbursable



So that's why if my child wants more food, he was asked to pay!

Where Do Meals Come from?



**READY
SET
BREAKFAST**



Want to learn more?

There are many available resources!

Food & Nutrition Services Website www.ausd.us

CDE Website www.cde.ca.gov

USDA Website www.fns.usda.gov



QUESTIONS?

www.ausd.us



(626) 943-6590

