History of Child Nutrition

- During the 1930's millions of school children were unable to pay for a lunch at school or had limited food available at home to bring a lunch
- During this time period farmers also had surplus agricultural commodities they were unable to sell
- During WWII one-third of the men turned down for military service were rejected due to nutritional deficiencies

Child Nutrition Program Beginnings

- The National School Lunch Program (NSLP) was established in 1946 by President Harry Truman
- The NSLP provides free or low cost meals to children who qualify based on income - Schools receive Federal and State reimbursement for all meals served to children that meet meal pattern requirements
- It provides more than 26 million lunches per day Nationwide

School Lunch Program

- 3,054,964 students have access to the School Lunch Program in NYS
- The School Lunch Program has an Average Daily Participation rate of 1,651,714 or 54%
- There is no Federal or State mandate for a school to participate in the lunch program

School Breakfast

- 2,651,879 students in NYS have access to the School Breakfast Program
- The School Breakfast Program has an Average Daily Participation rate of 433,764 or 16%

School Breakfast

- There is a State mandate for a school that contains any grades from K-6 to participate in the Breakfast program
- There is also a mandate that all severe need schools (schools that serve 40% or more of its lunches under the NSLP at a free or reduced price) participate in the School Breakfast Program
Menu Planning Options
- Food Based
  - Traditional
  - Enhanced
- Nutrient Standard (NSMP)
- Assisted Nutrient Standard (ANSMP)

Food Based Menu Plans
- Plan menus based on components
- Five food items/four components
  - Meat/Meat Alternate
  - Grain/Bread
  - Fruit/Vegetable
  - Milk

Traditional Meal Plan
- Two grade groups: K-3 and 4-12
- Meat/Meat Alternate
  - 2 ounces per day
- Grain/Bread
  - Minimum of 1 per day with a minimum of 8 per week

Traditional Cont.
- Fruit/Vegetable Component
  - Must come from at least 2 different sources
  - Minimum of 1/2 cup per day for grades K-3
  - Minimum of 3/4 cup per day for grades 4-12
- Milk Component
  - 8 oz fluid milk required per day

Enhanced Food Based
- Two grade groups: K-6 and 7-12
- Meat/Meat alternate same as traditional
- Grain/Bread
  - Minimum of 1 per day and 12 per week for grades K-6
  - Minimum of 1 per day and 15 per week for grades 7-12

Enhanced Cont.
- Fruit/Vegetable Component
  - Minimum of 3/4 cup per day with an additional 1/2 cup per week for grades K-6
  - Minimum of 1 cup per day for grades 7-12
- Milk Component
  - Same as Food based
### Offer vs. Serve

- High schools are mandated to have offer vs. serve
- Optional in middle and elementary schools - local school decision
- 99.9% of PK-12 buildings participate in offer vs. serve
- Under offer vs. serve all components must be offered to students however, students are allowed to decline any two components
  - Students are charged the full price of the meal

### Nutrient Standard and Assisted Nutrient Standard

- Plan menus based on levels of nutrients set by USDA
- Nutrients - 1/3 RDA’S for Lunch; 1/4 for Breakfast
  - Calories, Vitamin A, Vitamin C, Iron, Calcium, Protein, Total Fat, and Saturated Fat
- Two established grade groups: K-6 and 7-12

### Nutrient Standard Cont.

- A minimum of 3 items must be offered
  - 1 item must be an entrée
  - 1 item must be fluid milk
    - No requirement on portion size
  - 1 other item
    - Item can be anything

### Offer vs. Serve

- Under Nutrient Standard Menu planning
  - Students must take an entrée
  - Students may only decline two items
    - example: if a school menus 6 items a student must select the entrée and at least three other items for the meal to be considered reimbursable

### Other Areas

- School Foodservice is self-supporting business
  - Most schools do not receive local subsidies
    - There are approximately 700 public school districts throughout the State and 92 subsidize their school meals programs
    - In addition, there are five school districts in NY where local school board decisions have decided to institute a zero pricing policy

### Other Areas

- Schools receive Federal and State reimbursements
  - Lower percentages of Free and Reduced price meals may decrease reimbursements to schools possibly making changes more limited due to revenue issues
  - School foodservice operations also receive money in the form of adult meals, a la carte sales, and from reduced and full-paid children
  - Schools are not able to retain more than three months of operating costs on their school foodservice account
**Other Areas**

- Government commodities are awarded to schools
  - The formula for commodity distribution is schools receive 0.1725 cents per reimbursable school lunch for the 2004-2005 school year
  - Commodities can be used for breakfast, lunch, or snacks

**Other Areas - A la Carte**

- A la carte offerings are not monitored by Child Nutrition Programs with the exception of foods that are categorized as foods of minimal nutritional value
- A la carte offerings are a revenue source for schools

**Other Areas - FMNV**

- Foods of Minimal Nutritional Value - A food that provides less than 5% of the US RDA for eight specified nutrients per serving and/or per 100 calories
  - protein, Vitamins A and C, niacin, riboflavin, thiamin, calcium and iron
- Prohibited foods: sodawater, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy) and candy coated popcorn

**Other Areas - FMNV**

- Federal Regulation:
  - Prohibit FMNV from being sold in food service areas during the breakfast or lunch period
- State Law - Chapter 647 of the Laws of 1987:
  - Prohibits the sale of previously mentioned items, including ALL candy, from the beginning of the school day until the end of the last scheduled meal period in all parts of the building, in all public schools
    - regardless of whether or not the school participates in Federal Child Nutrition Programs

**Other Areas - FMNV**

- State Law continued:
  - A public school cannot sell or serve soda or candy of any type in the student store or from a machine located anywhere in the building before the end of the last lunch period
  - In a non-public school, the only place foods of minimal nutritional value may not be served is in food service areas during meal times

**Competitive Foods**

- Definition: Foods offered at school, other than meals served through USDA’s school meal programs
- The sale of competitive foods may be allowed in the food service area during the lunch period only if all the income from the sale of such foods accrues to the benefit of the nonprofit school foodservice or the school or student organizations approved by the school
**Lunch Times**

- USDA and CNPA do not regulate when recess occurs (i.e. before or after lunch)
  - In addition, there is no regulation that a school must provide recess
- USDA and CNPA monitor the times for lunch
  - 10:00 am-2:00 pm - however, waivers may be submitted to the CNPA for meal service beyond these established times

**Mandatory Reviews**

- The Child Nutrition Program Administration reviews all SFA’s at least once every five years
- There are two separate reviews
  - CRE (coordinated review effort) reviews
  - SMI (school meals initiative) reviews

**Open vs. Closed Campus**

- USDA and CNPA do not regulate whether a school is a closed or open campus
  - Local school district decision to decide if open or closed campus
  - Issues to consider if recommending closed campus:
    - local businesses, student and parent wants, etc.

**For More Information**

New York State Education Dept.
Child Nutrition Program Admin.
Room 55
Albany, NY 12234-0055
Phone (518) 473-1525
Fax (518) 473-0018