



RAYMOND FOOD SERVICE CONSORTIUM YORKVILLE | RAYMOND | DROUGHT | KANSASVILLE | NORTH CAPE SCHOOLS

School Lunches are Free for all students for the 21-22 School Year through the National School Lunch Program.

What is the National School Lunch Program (NSLP)?

The NSLP is a program available to all public schools, private schools, and residential child care institutions which agree to operate a non-profit program offering lunches meeting federal requirements to all children in attendance. The sponsors of the program must:

- Serve meals that meet federal requirements
- Offer free or reduced-price meals to eligible children based on household income
- Not identify nor discriminate against any eligible student
- Operate food service for all students without regard to race, color, national origin, sex, age, or disability.

What are the meal nutrition requirements?

School meals must meet federal nutrition requirements and the Dietary Guidelines for Americans, but decisions about what foods to serve and how they are prepared are made by school food authorities. Regulations establish a standard for school lunches to provide one-third of the Recommended Daily Allowances (RDA) of protein, Vitamin A, Vitamin C, iron, and calcium. In addition, an adequate amount of calories must be provided for students. Schools' compliance with both the Dietary Guidelines for Americans and the RDA's guidelines are measured over a school week's menu.

Offer versus Serve for Lunch

Students must be offered all five required food items:

One serving each of: <ul style="list-style-type: none">● Meat/Meat Alternate● Milk (1)● Grains/Breads	And ½ cup of: <ul style="list-style-type: none">● Vegetable and/or Fruit
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The serving sizes must equal the minimum required quantities by age or grade group. The lunch must be priced and sold as a unit. Students have the option to decide which food item(s) to decline.

A la Cart and extra Milk will be available for purchase. These foods must also meet Dietary Guidelines.