



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

AUGUST 2013

Healthy, Hunger-Free Kids Act

New Breakfast Changes

The Healthy, Hunger-Free Kids Act is a major step forward in the fight to end childhood hunger, improve nutrition, and fight childhood obesity. Last school year brought about significant changes to the school lunch program. The start of the 2013-14 school year marks the beginning of the changes to the school breakfast program, which are much less dramatic.

The Wellness & Nutrition Team at Opaa! has been working toward the new breakfast

changes for several years. Because of those gradual modifications, your students will see very little change in our breakfast menus this school year. We believe breakfast is the most important meal of the day and our menus are developed with this in mind.

Our Wellness and Nutrition Team ensures that menus reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good and appeal to the students, while keeping your school district in compliance with all USDA regulations. Encouraging students to begin their learning day with a healthy breakfast begins with offering a menu that is inviting to them.



The start of the 2013-14 school year marks the beginning of the changes to the school breakfast program.

New changes to the school breakfast program for the 2013-14 school year include:

- Planning meals from three good groups: Grains, Fruit/Vegetable, and Milk
- Age/Grade Groups – Three age/grade groups (K-5, 6-8 and 9-12)
- Meat/Meat Alternate - Meat/meat alternate can be served in place of a portion of the grain after the daily grain minimum has been met.
- Grain – Half of the grain served must be whole grain-rich (>50% whole grain)
- Milk – Schools must offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk
- Calories – New weekly calorie minimums and maximums have been established
- Trans Fat – Zero trans-fat can be served

At the beginning of the 2014-15 school year, the following additional breakfast changes will be implemented:

- Grains – Starting 2014-15, all grains served must be whole grain-rich
- Fruit - The fruit serving for grades K-12 increases from 1/2 cup to 1 cup
- Vegetables at Breakfast – Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red/orange, peas (legumes) or other sub group.
- Required to meet the first sodium target

The Opaa! staff looks forward to a year of sharing healthy breakfast meals that your students will enjoy all year long!