



## Food and Nutrition Services- Menu Planning Overview

The Corvallis School District Food and Nutrition Services Department has been a leader in utilizing locally grown produce in the salad bar and meals served for more than two decades. The department has also led the way in removing sodas and other items from the schools in favor of juices, water, and healthier products long before House Bill 2650 (Law 00455) mandated changes in what schools offered students.

In accordance with USDA policy, the nutrient analysis of planned menus must meet nutrient requirements for the age/grade group served when averaged over one week.

The CSD school meal program is self-supporting. Revenues come from student participation in school meals, federal and state reimbursements, and catering services. Costs include food supplies, labor, and overhead. Budget parameters for lunch menu foods is \$0.50 for the lunch entrée and \$1.25 for the whole meal.

### School Meal Requirements

- ✓ All components must be offered daily.
- ✓ Offer versus Serve (OVS) is a provision that allows students to decline some of the food offered. The goals of OVS are to reduce food waste while permitting students to decline foods they do not intend to eat.
- ✓ Students can choose three components, one must be a fruit or vegetable.

Food Groups/ Components	New Requirements K-12 (as of 7/1/12)
Fruit and Vegetables	$\frac{3}{4}$ - 1 cup of vegetables plus  $\frac{1}{2}$ -1 cup of fruit per day (Note: Students are allowed to select only $\frac{1}{2}$ cup fruit or vegetable under OVS.)
Vegetables	Weekly requirement for: <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (as defined in 2010 Dietary Guidelines)</li> </ul>
Meat/Meat Alternate (M/MA)	Daily minimum and weekly ranges:  Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)  Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly)  Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly) Note: Weekly maximums serve as menu planning guides only
Grains	Daily minimum and weekly ranges:  Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)  Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)  Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly) Note: Weekly maximums serve as menu planning guides only
Whole Grains	All grains must be whole grain rich.
Milk	1 cup  Must be fat-free(unflavored/flavored) or 1% low fat (unflavored) Note: States may allow the service flavored 1% milk through school year 17-18.

Previous Nutrient Standards	Current Standards K-12 (as of 7/1/12) USDA has provided flexibility on Sodium Target 2 for school year 2017-18; schools meeting Target 1 will be considered in compliance.		
<p align="center"><b>Sodium</b> Reduce, no set targets</p>	<p align="center"><b>Target 1: SY 2014- 15 Lunch</b> ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg ( K-5); ≤600mg (6-8); ≤640mg (9-12)</p>	<p align="center"><b>Target 2: SY 2017-18 Lunch</b> ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg ( K-5); ≤535mg (6-8); ≤570mg (9-12)</p>	<p align="center"><b>Final target: 2022-23 Lunch</b> ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg ( K-5); ≤470mg (6-8); ≤500mg (9-12)</p>
<p><b>Calories (min. only)</b></p> <p><b>Traditional Menu Planning Lunch:</b> 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12)</p> <p><b>Enhanced Menu Planning Lunch:</b> 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3)</p> <p><b>Nutrient Based Menu Planning Lunch:</b> 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3)</p>	<p align="center"><b>Calorie Ranges (min. &amp; max.)</b> Only food-based menu planning allowed Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p>		
<p align="center"><b>Saturated Fat</b> &lt;10% of total calories</p>	<p align="center"><b>Saturated Fat</b> &lt;10% of total calories</p>		
<p align="center"><b>Trans Fat</b> No limit</p>	<p align="center"><b>New specification</b> Zero grams per serving (nutrition label)</p>		

USDA School Lunch Program **Frequently Asked Questions** are at the following link:  
<https://fns-prod.azureedge.net/sites/default/files/cn/NSLPFactSheet.pdf>

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