

# FOOD AND NUTRITION PROCEDURES

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## Miami-Dade County Public Schools

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Subject: FOOD SERVICE PROGRAM

For Action By: PRINCIPALS, FOOD SERVICE MANAGERS,  
ALL FOOD SERVICE EMPLOYEES

Refer Questions to: FOOD SERVICE ADMINISTRATORS  
DEPARTMENT OF FOOD AND NUTRITION

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### PURPOSE

The primary purpose of the child nutrition program is to provide students with nutritionally adequate meals that will contribute to their overall good health. A second purpose is to contribute to the development of good eating habits by permitting students to make wise food choices and to develop positive attitudes toward food. The regular school lunch and breakfast programs, as well as the total school environment, should provide experiences that reinforce health and nutrition education in the classroom.

### DEFINITION

School food service is defined as total food and beverages served to students during school hours on school grounds. All income from food and beverage sales is classified under school food service operating funds, except as specified in Board Rule 6Gx13-3B-1.06l.

### SERVICES AND OFFERINGS

In accordance with the Florida Department of Education regulations, Board Rule 6Gx13-3B-1.06l, and the Board's contractual agreement for the maximum amount of federal cash reimbursements, donated commodities and the state reimbursement, all schools are to limit food and beverages available to students on the school campus during the school hours to:

- Reimbursable Breakfast priced as a unit
- Reimbursable Lunch priced as a unit
- Individually - priced items
  - A. for students to purchase with or without a lunch
  - B. for students to purchase in addition to a lunch
  - C. for secondary students

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Second lunch meals may be purchased at the student meal prices and recorded as a Student Additional Meal (Recipe #s 8882 – Elementary & 8884 – Secondary). Second breakfast meals may be purchased at the adult meal price and recorded as Student Additional Meal (Recipe #s 8881 – Elementary & 8883 – Secondary).

### BREAKFAST PATTERNS

In accordance with the provisions of Section IV of the Child Nutrition Act, a breakfast program has been initiated to improve the nutrition and dietary practices of the children attending school. Schools provide breakfast in accordance with the menu published by the Department of Food and Nutrition. These menus meet the following standards:

A. Reimbursable Breakfast - Four Components

- Milk . . . . . 1/2 Pint
- Juice/Fruit/Vegetable . . . . . 1/2 Cup
- Bread or Bread Alternate . . . . . 2 Servings
- OR Meat or Meat Alternate . . . . . 2 Servings
- OR Bread/Alternate and Meat/Alternate . . . . . 1 Serving Each

B. Offer Versus Serve - Breakfast - Three Out Of Four

Students are allowed to refuse any one (1) food item that they do not intend to eat. Students may choose two (2) bread or two (2) meat items as part of the reimbursable breakfast, but may not choose two (2) of the same items. Students may not choose two (2) milk or two (2) juice/fruit/vegetable components as part of the reimbursable breakfast.

### LUNCH PATTERNS

Students are to have available unit-priced lunches, which may include milk and full strength fruit or vegetable juices. The reimbursable lunch must meet the nutritional requirements set forth by law and regulations of federal and state governments. Schools provide lunches in accordance with the menu published by the Department of Food and Nutrition.

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Variations of the unit-priced lunch include:

Chef Salads, Cold Plates  
Salad Bars, Box or Bag Lunches

In lieu of a pre-portioned side salad, students may be offered a five (5) ounce cup to self-serve from the salad bar, if feasible.

#### A. Elementary Schools

1. Includes Pre K or K through grade five (5) and special education classes operating in conjunction with an elementary school.
2. Fifth graders enrolled in middle schools are not eligible to purchase an elementary priced meal.
3. Students attending middle learning centers will be charged secondary meal prices.

#### The Elementary Reimbursable Lunch Includes:

Meat or Meat Alternate ..... 2 Ounces, Cooked  
(Quantity of edible portion as served)  
Vegetables and/or Fruits ..... 1 Cup,\* minimum  
(Vegetable..... ½ cup, #8 Scoop)  
(Canned Fruit ..... ½ cup, #8 Scoop)  
Bread or Bread Alternate..... 1 Serving  
Milk ..... ½ Pint (Any Flavor)

\*(Upon student's request managers may decrease the amount of fruit/vegetable served to grades Pre K-3 to 1/2 cup (two (2) 1/4 cup servings each or two (2) #16 scoops). Also at student's request meat or meat alternates may be decreased in accordance with USDA Guidelines. Students who request second portions of vegetables or canned fruit may be served a second portion at no cost. These second portions will be recorded appropriately at the point-of-sale.

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#### B. Secondary Schools

1. Middle schools - Includes grades 6-9, and special education classes and fifth graders enrolled in middle school.
2. Senior high schools - Includes grades 9 through 12, and special education programs directly related to senior high schools.

#### The Secondary Reimbursable Lunch Includes:

Meat or Meat Alternate .....	2 Ounces
(Quantity of edible portion as served)	
Vegetables and/or Fruits .....	1 Cup, minimum
(Vegetable.....)	½ cup, #8 Scoop)
(Canned Fruit .....	½ cup, #8 Scoop)
Bread or Bread Alternate.....	1½ to 2 Serving
Milk .....	½ Pint (Any Flavor)

#### C. Offer versus Serve - Lunch

The National School Lunch Act permits students the opportunity to select three (3) of the five (5) offered components of the reimbursable lunch and still obtain the benefits of the complete unit priced reimbursed lunch rather than paying the price of individual components. Following are accepted component combinations:

- Meat or meat alternate, vegetable or fruit, vegetable or fruit
- Meat or meat alternate, vegetable or fruit, bread
- Meat or meat alternate, vegetable or fruit, milk
- Vegetable or fruit, vegetable or fruit, bread
- Vegetable or fruit, vegetable or fruit, milk
- Meat or meat alternate, bread, milk
- Vegetable or fruit, bread, milk

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The above combinations are to be counted as a reimbursable lunch and all food service employees are to be made aware of these combinations. Students may not choose two (2) of the same component on the day's meal. (Example: A student choosing pizza may not choose two (2) juices, or two (2) servings of corn to complete the day's meal.) A student wishing two (2) servings of the same item must pay the a la carte price for the second repeated item. A sign must be posted to make students aware of the Offer versus Serve option.

#### INDIVIDUALLY PRICED ITEMS

The sale price of individually priced (a la carte) food items must reflect the full production cost (i.e., food + direct labor + value of commodities + all other costs). Sale prices are calculated by the Department of Food and Nutrition in accordance with instructions issued by the Department of Education.

- A. Items students may purchase with or without a lunch/breakfast:
  - Milk
  - Juice/Juice Bar
  - Fresh Fruit
  - Bottled water, unflavored
  - Cereal (Breakfast only)
  - Any component of the reimbursable lunch/breakfast
  
- B. Items students may buy if they purchase a school meal or bring their meal from home:
  - Any component of the reimbursable lunch/breakfast
  - School-made dessert
  - Approved dairy desserts
  - Approved elementary or secondary snack items
  - Approved elementary or secondary beverage items
  
- C. Middle school students may buy nutritious a la carte items without purchasing a reimbursable meal.
  
- D. Senior high school students may buy individually priced (a la carte) food items without purchasing a reimbursable meal.

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#### REIMBURSABLE SNACK PATTERN

Below is the pattern for a reimbursable snack. Select two (2) different components from the following list:

Milk, fluid 8 oz  
Meat, or meat alternate 1 oz  
Juice, fruit or vegetable  $\frac{3}{4}$  cup  
Bread and/or cereal or alternate 1 slice or  $\frac{3}{4}$  cup

Fruit juice must be full strength.  
Juice may not be served when milk is served as the only other component.  
Yogurt (4 oz) may be used as the meat/meat alternate.