

FOOD AND NUTRITION PROCEDURES

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Miami-Dade County Public Schools

Subject: NUTRITION OBJECTIVES FOR SCHOOL MEALS

For Action By: PRINCIPALS, FOOD SERVICE MANAGERS

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

NUTRITION OBJECTIVES FOR SCHOOL MEALS

The purpose of National School Lunch Program is to "... safeguard the health and well-being of the Nation's Children". Current Dietary Guidelines provide science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity.

Child Nutrition Programs are required by law to comply with the United States Department of Agriculture and Department of Health and Human Services 2005 Dietary Guidelines for Americans. The lunch menu is designed to provide one-third of the Recommended Dietary Allowances (RDA) for protein, vitamins A and C, iron, calcium and calories for school-age children. Breakfast menus are designed to provide one-fourth of the RDA for these nutrients.

In addition, breakfast and lunch menus must not exceed thirty percent (30%) of total calories from fat and ten percent (10%) of total calories from saturated fat when averaged over a week.

The 2005 Dietary Guidelines for Americans are summarized in the following key recommendations:

- Eat a variety of foods
- Maintain healthy weight and be more active
- Choose a diet low in fat, saturated fat, and cholesterol and keep trans fatty acid consumption as low as possible
- Choose a diet with plenty of vegetables, fruits, and grain products
- Use sugars only in moderation
- Use salt and sodium only in moderation
- If you drink alcoholic beverages, do so sensibly and in moderation

To avoid microbial food borne illness, follow key food safety guidelines (HACCP).

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To meet the Dietary Guidelines for Americans, school food service programs should include the following:

1. Offer skim and one percent (1%) low-fat milk daily.
2. Offer assorted fresh fruit daily at both breakfast and lunch. Fresh fruit should be available as part of the meal and as an a la carte selection.
3. Offer a chef salad or salad bar daily to all students. Include low-fat salad dressings as a choice.

II. MENUS, BREAKFAST AND LUNCH

Lunch and breakfast menus are on a two (2) - week cycle. Lunch menus are planned for student choices in accordance with Federal Regulation 210.10, National School Lunch Program, which states in part: "whenever possible provide a selection of foods from which the children may choose the reimbursable lunch".

Menu items are based on student responses to food preference surveys, actual student involvement with taste-testing and bid evaluations, and available USDA commodity foods. Alternates are offered throughout the serving period to provide choices for students and staff. Healthy choices are indicated by a "♥" symbol, and must be offered as planned on the centralized menu. In addition, assorted fresh fruit and skim milk must be available daily at both breakfast and lunch to ensure compliance with the Dietary Guidelines for Americans.

III. STANDARDIZED RECIPES

Food Service Managers are responsible for the use of standardized recipes in the schools. Standardized recipes are those in which the amount of food, the proportion of food ingredients and the method of preparation will produce a high quality product, as well as the required yield for the designated portion size. Experts in food service management state the following advantages of using standardized recipes:

1. helps increase the acceptability of the foods served
2. assures consistency in the menu items and establishes standards of quality
3. produces standard yields with a minimum of waste in production
4. provides for the desired portions and helps prevent leftovers or a shortage of menu items

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5. helps control food and labor expenditures:
 - a. food cost is reduced because the standardized recipe produces only the amount of food needed, reducing overproduction
 - b. labor cost is reduced because employees become more efficient in their work habits, which reduces the number of employees needed to operate a food service program
6. provides for the nutritional adequacy of the menu items served as a basis for reimbursement for the lunch and/or breakfast
7. helps determine the kinds and amounts of foods to purchase
8. provides procedures for combining ingredients
9. provides a list of ingredients with weights and measures
10. provides procedures for the correct placement of menu items into serving pans thus assuring portion control and providing an estimate of the amount of food to be transported for satellite food service

Any specific problems with standardized recipes should be noted on the Evaluation and Recipe form [FM-5603](#) and forwarded to the Department of Food and Nutrition, Food and Menu Management Coordinator.

IV. MENU CHANGES

When the county-wide menu must be changed at the school level, the principal and the food service administrator should be advised.