

School Lunch Program

Cape Elizabeth High School



The School Nutrition Department would like to remove Cape Elizabeth High School from the National School Lunch Program. Restrictions have caused a major impact on how many kids actually eat lunch at school and have limited the choices that we are able to serve our students. These are a few of the reasons why .

Certain students being able to leave campus

Serving sizes required by the USDA

Limiting of alacarte variety

Everything whole grain.

Less flexibility to create wholesome recipes.

2009- 2012

Our school lunch program was self supporting. We received no monies from the town . From 2009 -2013 Our department was able to generate enough revenue to support all salaries , benefits , food purchase, equipment repair and also purchase some equipment.

Reimbursement Rates (Lunch)

For each complete meal the department receives:

Paid Lunch .37

Reduced Lunch \$2.97

Free Lunch \$3.37

Reimbursement Rates (Breakfast)

Paid Breakfast .31

Reduced Breakfast \$1.49

Free Breakfast \$1.79

Currently we have :

5 Free and 4 reduced students participating at the HS for meals.

5 free lunch reimbursement = 3.37 4 reduced lunch reimbursement = 2.97

Total loss of reimbursement for Lunch Meals = \$28.73

Currently we have

5 free and 4 reduced participating at the HS breakfast program.

5 free breakfast = \$8.95 and 4 reduced breakfast \$5.96

Total loss of reimbursement for breakfast = \$14.91

HHFKA

Healthy Hunger Free Kids Act

HHFKA Act

- Gives USDA the authority to set new standards for food sold in lunches during the regular day, including vending machines.^[11]
- Authorizes additional funds for the new standards for federally-subsidized school lunches.
- Provides resources for schools and communities to utilize local farms and gardens to provide fresh produce.
- Provides resources to increase nutritional quality of food provided by USDA
- Sets minimum standards for school wellness policies
- Limits milk served to nonfat flavored milk or 1 percent white milk^[12]
- Reduced portion sizes in meals
- Mandate a minimum on fruit, vegetables, and whole grain servings
- Mandate a maximum sodium, sugar, and fat content

The Healthy , Hunger Free Kids Act

Summary

This final rule updates the meal patterns and nutrition standards for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans. This rule requires most schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat and *trans* fat in meals; and meet the nutrition needs of school children within their calorie requirements. These improvements to the school meal programs, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend.

Results

A study done by Harvard School of Public Health discovered that about 60 percent of vegetables and roughly 40 percent of fresh fruit are thrown away due to no interest.^[17] Overall, the amount of food students did not eat but threw away instead increased by 56 percent.^[18] One of the biggest points of criticism for Healthy, Hunger-Free Kids Act is meal participation, and the participations has not increased, but decreased.^[19] The program has declined by nearly 4 percent and some schools have lost revenue due to the decline in participation, therefore, many are choosing to opt out of the program as a whole.^[18]

In response to the criticism, the USDA issued modified standards which were intended to be more flexible.^[20]

New Guidelines

We at Cape Elizabeth were very much ahead of the game with our serving fresh fruits and vegetables every day and also with our Farm to school program before it was so big in the news. We had extensive salad bars with many varieties of fresh vegetables and fruit.

Here is our Salad Bar at CEHS



Here is our Deli-Bar at CEHS



What are Smart Snacks in School?

What are Smart Snacks in School?

Smart Snacks in School refers to the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day. These items called “competitive foods” because they can compete with participation in school meal programs.

As of the 2014–2015 school year, all competitive foods and beverages sold during the school day must meet or exceed Smart Snacks in School nutrition standards, which include limits on fat, sugar, sodium, and calorie content. These standards are the minimum requirement for schools, but states and local education agencies can continue to implement stronger nutrition standards for all competitive foods in schools





Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Maltodextrin (Made From Corn), Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, and Artificial Color (Yellow 6, Yellow 5).
CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 34 pieces)

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Potassium 60mg **2%**

Total Carbohydrate 20g **7%**

Dietary Fiber less than 1g **3%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

Thiamin 25% • Riboflavin 10%

Niacin 15% • Phosphorus 4%

Magnesium 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





Nutrition Facts

Serving Size 1 bar (45g)
Servings Per Container 6

Amount Per Serving

	Amount Per Serving	% Daily Value*
Calories	180	Calories from Fat 35
Total Fat	4g	6%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	6%
Potassium	110mg	3%
Total Carbohydrate	33g	11%
Dietary Fiber	1g	4%
Protein	3g	
Vitamin A	15%	Vitamin C 15%
Calcium	25%	Iron 30%
Vitamin D	25%	Thiamin 30%
Riboflavin	35%	Niacin 30%
Vitamin B ₆	30%	Folic Acid 50%
Vitamin B ₁₂	35%	Phosphorus 15%
Magnesium	2%	Zinc 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Salt Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Potassium	3,500mg	3,500mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Ingredients: Cereal (crisp rice [rice flour, sugar, malt extract, salt, caramel color], whole grain wheat, rice flour, sugar, maltodextrin, dextrose, rice bran and/or canola oil, salt, mono and diglycerides, trisodium phosphate, calcium carbonate, zinc and iron [mineral nutrients], caramel color, A B Vitamin [niacinamide], Vitamin B₆ [pyridoxine hydrochloride], Vitamin B₂ [riboflavin], A B Vitamin [folic acid]), **Milk Filling** (sugar, palm kernel and partially hydrogenated soybean oils, lactose, nonfat milk, dried sweetened condensed milk [sugar, milk], monoglycerides, soy lecithin, salt, natural and artificial flavor, TBHQ and citric acid added to preserve freshness), **Corn Syrup, Soy Flour, High Fructose Corn Syrup, Fructose, Maltodextrin, Isolated Soy Protein, Glycerin, Sugar, Partially Hydrogenated Soybean Oil, Tricalcium Phosphate, Rice Bran and/or Canola Oil, Sorbitol, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), Mono and Diglycerides, Calcium Carbonate, Caramel and Annatto Extract Color, Salt, Vitamin A (palmitate), a B Vitamin (niacinamide), Natural Flavor, Vitamin D, Vitamin B₂ (riboflavin), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (methylcobalamin), A B Vitamin (folic acid), Vitamin B₁₂, BHT and Mixed Tocopherols Added to Retain Freshness.**

CONTAINS WHEAT, SOY, MILK. MAY CONTAIN PEANUT, ALMOND AND SUNFLOWER INGREDIENTS.

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Carbohydrate Choices: 7



RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

6 Almonds

4 Cashews

2 Dates

No B.S.

Coffee
Chocolate

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

6 Almonds

4 Cashews

2 Dates

No B.S.

Blueberry

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

14 Peanuts

2 Dates

No B.S.

Peanut
Butter

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

6 Almonds

4 Cashews

2 Dates

No B.S.

Coconut
Chocolate

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

6 Almonds

4 Cashews

2 Dates

No B.S.

Pumpkin
Spice

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

4 Almonds

6 Cashews

2 Dates

No B.S.

Mint
Chocolate

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

6 Almonds

4 Cashews

2 Dates

No B.S.

Apple
Cinnamon

NET WT. 1.43 OZ (40g)

RXBAR

12 G.
PROTEIN BAR

3 Egg Whites

5 Pecans

4 Cashews

2 Dates

No B.S.

Maple
Sage Salt

NET WT. 1.43 OZ (40g)

Chocolate Sea Salt

Nutrition Facts

1 serving per container
Serving size **1 bar (52g)**

Amount per serving
Calories 210

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 24g **9%**

Dietary Fiber 5g **18%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 12g **21%**

Vit. D 0mcg 0% • Calcium 50mg 4%

Iron 2mg 10% • Potassium 490mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Dates, Egg Whites, Almonds, Cashews,
Chocolate, Cocoa, Natural Flavors,
Sea Salt.

Contains: Eggs, Almonds & Cashews.

Financials

2013-2014

HS Alacarte Revenue \$ 107,580.97

Cafe Revenue Transfer .0

Financials

2016-2017

High School Alacarte Revenue \$ 18,354.60

Cafe Revenue Transfer \$ 87,358.90