






LUNCH Food & Nutrition Guidelines At-A-Glance



GRAINS 	VEGETABLES 	FRUITS 	DAIRY 	PROTEIN FOODS 
<ul style="list-style-type: none"> • At least one serving daily according to USDA weight requirements • First ingredient is whole grain • 3 different whole grain foods per week • Whole grain foods identified on the menu 	<ul style="list-style-type: none"> • Fresh, frozen, dried, or canned • At least one serving daily and each day must be different; at least ¼ cup • Dark green or orange ≥ 3 days per week and 2 must be different • Legumes 1x/week • Sustainability standard: locally grown preferred • Label specific vegetables on menu 	<ul style="list-style-type: none"> • Fresh, frozen, canned in juice or light syrup, or dried with no added sugars • At least one serving daily and each day must be different; at least ¼ cup • 4 oz. 100% fruit juice limited to 1x/wk if juice is the only fruit component offered on a particular day • Fresh 2x/wk • Orange colored fruit or juice 1x/wk • Sustainability standard: locally grown preferred • Label specific fruits on menu 	<ul style="list-style-type: none"> • 8 oz. fluid flavored & unflavored non fat or low fat milk • No artificial sweeteners in milk • rBST/rGBH free milk • Low fat dairy 	<ul style="list-style-type: none"> • A variety of entrees are offered • At least one vegetarian entrée per day MS/HS and 2x/wk elementary (may contain dairy and/or eggs); entrée w/ plant based protein (legumes)1x/week MS/HS and 2x/mo elementary • Reduced use of cured, smoked, and salted meats • Sustainability standards: cage free shell eggs, only therapeutic antibiotic use in poultry, Monterey Bay Sustainable Seafood

REDUCE SODIUM:

- Reduce sodium content of meals by 5% per year
- Eliminate salt as condiment; minimize in cooking using Chartwells recipes
- Eliminate pickled vegetables
- Introduce vinegar and oil alternative to salad dressings
- Eliminate salty snacks with meals
- Eliminate MSG as food ingredient

REDUCE SUGAR:

- Eliminate sugar packets
- Limit sweet desserts with meals to 2x/mo (excludes fruit based desserts)

HEALTHY FATS:

- All foods zero trans fat per serving
- Weekly menu average ≤ 30% calories fat and ≤ 10% calories saturated fat
- Eliminate deep fat frying
- Limit mayonnaise and cream cheese to reduced fat
- Offer reduced fat or fat free salad dressings
- Introduce vinegar and oil as alternative to salad dressings