

Royal Oak School District Food Service

Nutrition

All school menus meet USDA requirements for Calories, Fat, Protein, Calcium, Iron, Vitamins A and D. Calories are based upon the age group of the school while fat is limited to 30% of all calories coming from fat. The nutrient content is reflective of what the average student selects and not what any one student chooses. It is still very important to review meal selections with your students/children and work towards a balance on a weekly basis.

USDA's list of most commonly asked questions:

- Q. What is the minimum number of food items students must select in order for a school lunch to be considered reimbursable, and the student not be charged a la carte pricing?
R. All buildings within Royal Oak Schools utilize offer versus serve, so at least three of the five required food items offered must be chosen.
- Q. What is the minimum number of food items students must select in order for a school breakfast to be reimbursable?
R. Students must choose at least three of the five food items offered.
- Q. May the State agency mandate or prohibit offer versus serve?
R. Legislation mandates offer versus serve at the high school level. The school district has the choice of implementing offer versus serve at middle schools and below. As stated above, all buildings in the district implement offer versus serve at both lunch and breakfast.
- Q. May a student select a second serving of any one food item to count toward the three required food items, e.g., taking a second bread or milk?
R. Lunch-no. All three required food items selected must be different to be counted as a reimbursable lunch.
- Q. If a school also provides "a la carte" service, how can a cashier tell if "a la carte" prices should be charged?
R. Students must be aware that a planned meal is offered that consists of five required items. Any combination of food available that would meet the required minimum of three required food items may be sold at the school lunch unit price. This same meal must be made available at free and reduced-prices also.
- Q. Can the charge for lunch or breakfast be reduced if students take fewer than the five required lunch items and the four required breakfast items?
R. No. The national school lunch act requires the meals to be priced as units and charged as such.
- Q. What's for breakfast?
R. School breakfasts are designed to meet one-fourth of the Recommended Daily Allowances (RDA):
Minimum Calorie and Nutrient Levels for Grades k-12 School Week Average
- | | |
|---------------|------------------------|
| Calories | 554cal |
| Protein | 10g |
| Total Fat | 18g (30% of calories)* |
| Saturated Fat | 6g (10% of Calories)** |
| Iron | 3g |
| Calcium | 257mg |
| Vitamin A | 197 RE |
| Vitamin C | 13mg |
- Grams of fat vary depending on actual level of calories offered. *Total fat not to exceed 30% of calories over a school week. **Saturated fat to be less than 10% of calories over a school week.

FACTS AND MYTHS ABOUT NUTRITION

“Get the Facts First! Don’t be fooled by Nutrition Myths and Fallacies!”

1. **FACT OR MYTH**-There are 6 basic nutrients: vitamins, minerals, proteins, fats, carbohydrates and water.
fact-These nutrients are essential to life and you get them all from eating healthy foods.
2. **FACT OR MYTH**-When you put a piece of bread in the toaster you are reducing the number of calories it contains.
myth- It might have lower water content, but it contains the exact same amount of calories.
3. **FACT OR MYTH**-If I’m running late and have to skip breakfast, I can make it up by eating more at lunch time.
fact-A good breakfast provides you with energy to start the day right. Without it, you’ll have less get up and go and more difficulty concentrating in school or at work.

Additional Resources:

American Heart Association- www.amhrt.org

American Dietetics Association- www.eatright.org