



School District of Amery  
**School Nutrition**  
**New Meal Requirements**

You may have heard that there will be new requirements for school meals. Most of these new rules will begin in the 2012-2013 school year. The Amery School Nutrition Department has gradually been making many of these changes so it wouldn't be such a shock to the students when they are finally required. The new meal requirements raise standards for the first time in more than 15 years.

**A. Food Based Menu Planning - Food Groups Offered Daily**

**\*\*Students will be required to have ½ cup of fruit or vegetable on their tray.**

Fruits:	Must select ½ cup fruit or vegetable
Vegetables:	Weekly Requirements -- Dark Green, Red/Orange, Beans/Peas (Legumes),
Starchy Grains:	Beginning July 1, 2012 at least half of the grains must be rich in whole grains
Milk:	Must be fat free (unflavored/flavored) or 1% low-fat (unflavored)
Meat/Meat Alternative:	

We are now limited in the amount of meat/meat alternative (cheese, yogurt, etc.) and grains we can offer. Previously, we only had a minimum to meet, but could offer more. Now we have to stay within the specified ranges for each age group. This means main entrees may not be as large as they have been. Remember though, that there are more fruits and vegetables available than there have been. We'll have to be a little creative to make this work, but have no doubt we can make each meal something our students will enjoy.

**B. New Age-Grade Groups for Menu Planning**

Portion sizes are now designed to meet specific grade groups of K-5, 6-8, and 9-12.

**C. Nutrient Standards:**

Sodium:	There are now 3 target dates set for reducing sodium Target 1 – 2014-2015 (1420mg); Target 2 – 2017-2018 (1080mg); and Target 3 – 2022-2023 (740mg)
Calories:	minimums and maximums (for each grade/group)
Saturated Fats:	Less than 10% total calories
Trans Fat:	0 grams per serving (nutrition label)

**Where are we at??**

The Amery School Nutrition Department has already made progress toward meeting the new nutrition standards that are required for 2012-2013 school year.

- ✓ We offer fresh fruits/vegetables daily and have salad bars in 3 out of our 4 buildings
- ✓ We have already made the switch to fat-free and low-fat milk
- ✓ We are currently using whole grain bread and buns from our bakery vendor

Please contact us at the School Nutrition Office (715-268-9771 ext.359) if you have any questions.

