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Nutrition Standards for Breakfasts and Lunches

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Sec. 10-215d-1. Nutrition standards for breakfasts and lunches

(a) Any local or regional board of education which serves breakfast or lunch to students shall offer students the meals described in subsections (b) and (c) of this section of these regulations. The composition of such meals, unless otherwise provided in these regulations, shall comply with the school breakfast provisions of the Child Nutrition Action of 1966 (42 U.S.C. 1773, 1779) and the National School Lunch Act (42 U.S.C. 1751, et. seq.) and any regulations promulgated thereunder, as from time to time amended. Foods available at schools during breakfast or lunch shall make a significant contribution to the development of healthy eating habits. Foods of minimal nutritional value, as defined under said federal laws governing school meal programs, shall not be sold during breakfast and lunch periods.

(b) A school breakfast shall be offered and priced as a unit and shall consist of the following:

(1) Eight ounces of one percent fluid lowfat or fluid skim milk;

(2) A one-half cup serving of fruit or vegetable of which at least one serving per week shall be a fresh fruit or vegetable; and,

(3) Two servings from one of the following subparagraphs or one serving from each such subparagraph:

(A) A twenty-five gram serving of bread or the minimum serving size of a bread alternate, of which at least three servings per week shall be whole grain or at a minimum thirty percent whole grain.

(B) One ounce of meat or the minimum serving size of a meat alternate.

(c) A school lunch shall be offered and priced as a unit and shall consist of the following:

(1) Eight ounces of one percent fluid lowfat or fluid skim milk;

(2) Two ounces of meat or the minimum serving size of a meat alternate;

(3) A three-quarter cup serving of two or more vegetables or fruits, or both, of which at least one one-half cup serving a week shall be a fresh fruit or vegetable; and,

(4) A twenty-five gram serving of bread or the minimum serving size of a bread alternate, provided there are eight such servings a week of bread or bread alternate, of which at least one serving a week shall be whole grain or at a minimum thirty percent whole grain.

(d) Local and regional boards of education shall comply with the offer versus serve provisions of said federal laws governing school breakfasts and school lunches. (Effective June 27, 1991)