

## What Is a School Lunch?

Westford Public Schools participates in the National School Lunch Program which is regulated by the United States Department of Agriculture (USDA) and the Massachusetts Department of Education Nutrition Programs & Services.

All Westford schools participate in the USDA Team Nutrition program which promotes healthy eating; offering fresh fruits and vegetables and more grains into the meal pattern. Each menued lunch consists of the following five meal components for grades K-12 which provides 1/3 of the Recommended Dietary Allowances (RDA) for key nutrients and provides 1/3 of the needed calories for specific age/grade groups. Menus must meet nutrition goals when averaged over a school week and be consistent with USDA Dietary Guidelines. No more than 30% of total calories should come from fat and less than 10% of total calories should come from saturated fat.

**Meat or Meat Alternate**(Cheese, Egg, Beans or Peas, Yogurt) - 2 oz. serving

**Grain/Bread** (a serving equals one Slice of Bread, Rolls, Biscuits, etc., or  $\frac{1}{2}$  cup of Rice, Macaroni or other Pasta products, or Cereal grains) - minimum of 1 serving/day (12 servings/week-elementary and 15 servings/week-middle and high school).

**Vegetables/Fruits** (at least 2 different vegetables and/or fruits offered daily) -  $\frac{3}{4}$  cup serving daily, plus an extra  $\frac{1}{2}$  cup over a week for elementary and 1 cup serving daily at middle and high school.

**Milk** (Fluid, 8 oz-elementary, 10 oz-middle and high school) or Lactaid - 1 serving daily

The menued lunch price is determined as a unit (\$2.00/meal at the elementary schools and \$2.25/meal at the middle and high school). A student is allowed to choose no less than 3 of the 5 components for this price. Dessert items (e.g., cookies, cake, jello, pudding, specialty products) are not part of the lunch and are sold separately for \$.40/each at the elementary level and \$.45/each at the middle and high school level.

Please visit Westford Public Schools' **Wellness Policy Regulations** which were approved by the School Committee on June 18, 2007.