

FOOD SERVICE PROGRAMS

I. FOOD SERVICE PROGRAMS

The Board of School Trustees authorizes the establishment of food service programs for the provision of breakfast, lunch, and other federally funded programs according to students' dietary requirements. The programs will operate within Lincoln County School District budget resources, utilizing maximum state and federal funding, and in compliance with federal guidelines and Nevada statutes.

A. Eating Areas, Times, and Discipline

To ensure compliance with compulsory health standards, and in accordance with federal and Nevada requirements, a primary eating area will be established in each Lincoln County School District School by the site-based principal. (Outside eating areas are authorized when the weather is suitable.)

1. Food preparation and service facilities will be separate from eating areas. Supervision and cleaning of eating areas are assigned to school-based personnel under direction of the school principal.
2. Each serving area will be equipped with available water for student/adult consumption within the eating area.
3. Daily time schedules for schools include established meal periods. It is the responsibility of the school principal to provide appropriate supervision for students within the eating area. In addition, principals will ensure that students eat in the designated area whether they provide their own meals or participate in the District's food service program. The principal will approve exceptions.
4. Students may not be denied meal periods or participation in the food service program for disciplinary purposes.

B. Authority

The District's food service programs in participating schools are implemented under federal requirements for school meal programs and are operated under an agreement with the Nevada Department of Education and the United States Department of Agriculture (USDA).

Schools with federal child nutrition programs must comply with regulations and guidelines of the USDA.

1. Programs for free or reduced-price meals to eligible students shall be operated in accordance with appropriate federal guidelines and criteria established by the Nevada Board of Education.
2. All food service programs and facilities must comply with Lincoln

County Health District rules and regulations.

3. The Finance and Operations Division, in conjunction with the Food Service Department, is responsible for developing regulations and procedures to implement federal child nutrition programs.

II. FOOD SERVICE FUND

The Board of School Trustees authorizes the operation of a school food service program in accordance with appropriate federal and state laws and guidelines and District regulations.

- A. The food service program shall be managed and operated out of a separate Food Service Fund of the District. Money received from the operation of the Board-authorized school food service program, including gifts, donations, and receipts from sale of food, shall be deposited in accordance with District regulations in a financial institution as specified in the Nevada Revised Statutes and District regulations, and transactions shall be reflected in an account in the District's Food Service Fund.
- B. Disbursements from the account shall be restricted to payments for purchase of food, services, supplies, equipment, and facilities for the operation of the food service program. The program shall be operated on a not-for-profit basis, and surplus funds may be used only to reduce the cost of the service to students; purchase equipment for the program; modify existing facilities.
- C. The independent financial auditor designated by the Board of School Trustees shall conduct an annual review of the Food Service Fund.
- D. Kitchen managers will be responsible in ordering all foods and supplies for both the NSLP and SBP programs. Kitchen managers are required to check invoices at the time of deliveries to ensure all items are received, and sign-off on the invoices as verification. At month-end all verified invoices will be sent to the district office where the accounts payable secretary will reconcile the invoices to the statements and make payment via purchase orders out of the Food Service account.

III. COMPETITIVE FOOD SALES

In accordance with federal guidelines (7CFR Part 210 Appendix B), schools that participate in the Federal Child Nutrition Programs must not permit the sale of competitive foods of minimal nutritional value in the food service areas during meal periods. Administrative regulations and procedures shall be developed to ensure that the Lincoln County School District food service programs are not adversely affected by sales of competitive foods, and that such sales are in accordance with federal and state guidelines.

A. The policy shall not prohibit:

1. Competitive foods including a la carte items, food beverages sold in vending machines, school stores and any other venues

that are sold during the school day must meet smart snack requirements and also be compliant with the rules as established in the local wellness policy governing these items.

2. All profits that come from foods made using Food Service department staff, funds, materials etc. must accrue in total to the Nonprofit School Food Service account. These profits cannot be shared with another program. That student body must totally fund these operations on their own to realize profits from the sale of foods.
3. Foods sold by student body or parent organizations during afterschool hours at extra-curricular activities will not have to meet smart snack requirements if they are sold beginning 30 minutes after the end of the official school day.

IV. STUDENT WELLNESS

Refer to District Policy JHCDB for information about nutrition, beverages, and portion standards, among other items.

V. FREE AND REDUCED-PRICE MEALS FOR ELIGIBLE STUDENTS

The Superintendent of Schools recognizes that the nutrition of students is an important factor in their educational progress. The Lincoln County School District, as a participant in the Federal Child Nutrition Programs, shall provide free or reduced-price meals to eligible students in participating schools.

A. Nondiscrimination Assurance

The Lincoln County School District will develop and implement procedures to ensure confidentiality for all students determined eligible to receive free or reduced-price meals.

1. The names of eligible students will not be published, posted, or announced in any manner, including student rosters used for any counting procedure.
2. There will be no overt identification of eligible students by use of special tokens, tickets, or any other means.
3. Student eligibility will be restricted to district level staff, and school site secretaries. Eligibility of students will not be made available to anyone outside of district-level staff and school secretaries.
4. Eligible students will not be required to:
 - a. Work to obtain or retain eligibility.
 - b. Use a separate eating area.

- c. Go through a separate serving line.
- d. Enter the dining area through a separate entrance.
- e. Eat at different times than students who pay full price.
- f. Receive different meals from those sold to students who pay full price.

B. Meal Credit Procedures

To ensure anonymity of students eligible to participate in the Lincoln County School District's food service programs for eligible students, guidelines for collection procedures will be established as follows:

1. All meals (full-price, reduced-price, and free) are served in the same manner.
2. Only meal credits or cash will be accepted for payment. Charging will be in accordance with Food Service Department procedures.
3. Prepaying for meals is encouraged.
4. All meal credits (full-price, reduced-price, and free) will be dispensed by school-assigned food service workers.
5. Meal credits are dispensed in the schools' administration-designated food service program areas only, and only at designated times.
6. Required meal components for each meal will be posted on a white board in each serving area visible to students and cashiers to ensure all components needed for a reimbursable meal are taken. The kitchen manager of each location will oversee and manage this process.
7. Computers with point-of-sale programs or student audit lists are used to maintain accurate accounting records of meals (full-price, reduced-price, and free) served to students participating in the District's Federal Child Nutrition Programs.
8. When an accounting sheet is used for meal counting, the sheet will be stored in a secure location and retained for a minimum of three years. Student eligibility will not be printed on any list used for counting procedures.
9. Count sheets will be tallied at the school site, and forwarded to the central kitchen for file and retention of three years in a secure location.
10. Electronic records used in meal counting procedures will be printed with the monthly reimbursement and stored in a secure location for a minimum of

three years.

11. Meals will be counted as reimbursable at the end of the serving line after a designated cashier verifies all meal components constituting a reimbursable meal are on the student's tray.
12. Required meal components for each daily meal (breakfast and lunch) will be sent to each serving location and reviewed by serving line staff including cashiers to ensure required meal components are understood.
13. Annual training for all food service workers will be provided to review meal-counting procedures including required meal components and nutrient standard.

C. Meal Component Requirements

1. Meals provided to students under the National School Lunch Program and the School Breakfast Program are governed by Federal Regulation (CFR 7 [II] [A] Parts 210 and 220).
2. Four-day meal patterns are attached as Appendix A and Appendix B.
3. Offer vs. Serve will be used in all high schools for both breakfast and lunch. At the discretion of the administrator and kitchen manager, offer vs. serve may be used in middle schools and elementary schools as designated on the annual agreement/application with NDA.
 - a. The following guidelines are federal regulations of offer vs. serve and will be followed:

Under OVS, all students, at any grade level, must select:

- At least 3 of 5 food components at lunch and 3 of 4 food components offered at breakfast AND
- One of the choices selected must be at least a 1/2 cup serving of the fruit or vegetable component or a 1/2 cup total serving of both fruit and vegetable. If 1/2 cup of fruit is selected, the student must select the full-required daily serving of the vegetable component for it to be counted as meeting that component.
- Three food components are required for an adequate nutritious meal for students and to warrant the Federal reimbursement. Within each component, different choices may be offered, giving students and many combinations for building a reimbursable meal.

D. Special Diets

Lincoln County School District recognizes some students may require a special diet, and LCSD will accommodate to special diet requests under the following guidelines:

1. USDA regulations 7CFR Part 15b require substitutions or modifications in school meals for children whose disabilities restrict their diets. An IEP (Individualized Education Program) must be completed. An IEP is a written statement for a child with a disability that is developed, reviewed, and revised in accordance with the IDEA (Individuals with Disabilities Education Act) and its implementing regulations. The IEP is the cornerstone of the student's educational program that contains the program of special education and related services to be provided to a child with a disability covered under the IDEA. A child with a disability must be provided substitutions in foods when that need is supported by a statement signed by a licensed physician. The Physician's statement must identify:
 - The child's disability
 - An explanation of why the disability restricts the child's diet
 - The major life activity affected by the disability
 - The food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted, including changes in food texture
2. Children with food allergies or intolerances DO NOT have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to, make food substitutions for them. However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability", and the substitutions prescribed by the licensed physician must be made.
3. When a child with disabilities requires a change in a diet order, the parent must provide documentation with accompanying instructions from a licensed physician. This is required to ensure that the modified meal is reimbursable, and to ensure that any meal modifications meet nutrition standards, which are medically appropriate for the child.
4. Required Form - Attached form (Appendix C), Medical Statement to Request a Special Diet (CCSD) is required when requesting a special diet.

E. Student Eligibility

Eligible students are those who meet the USDA Income Eligibility Guidelines for free or reduced-price meals. Applications for such eligibility are available to all Lincoln County School District students who attend schools participating in Federal Child Nutrition Programs. Eligibility is based on the following Federal Child Nutrition Programs criteria:

1. Family Size and Gross Income of the Household

"Gross income" is defined as cash income before any deductions for income and/or social security taxes, insurance premiums, and others, whether

compulsory or mandatory. Income to be reported includes, but is not limited to:

- a. Public assistance or welfare payments.
- b. Monetary compensation for services, including wages, salary, fees, or commissions.
- c. Net income from self-employment.
- d. Social security payments.
- e. Unemployment compensation.
- f. Alimony or child support payments.
- g. Government and/or private retirement pension or annuity payments.
- h. Support from persons not living in the household.
- i. Other cash income includes cash amounts received or withdrawn from any source, including savings, investments, trust accounts, and any other resources which are available for payment of the price of a child's meal or milk (7CFR245.6).

2. Foster Children

Foster children are eligible, provided:

- a. A welfare agency is legally responsible for the children.
- b. The foster care payment made by the agency is less than the income standard for a one-member household.

3. Student-Residents of Child Care Institutes

An institutionalized student is classified as a family of one and is eligible, provided:

- a. The student's income for program eligibility purposes is money directly available to the student.
- b. The institution has been determined by the state not to be a boarding school.

4. Direct Certification

A child from a household currently certified to receive SNAP or Temporary Aid for Needy Families (TANF) is categorically eligible for free benefits.

- a. In place of determining eligibility based on information submitted by the household on the application, the Food Service Department may determine a student as eligible for free meals based upon information obtained from the state or local agency responsible for the administration of the SNAP or TANF Program.

5. Signatures

- a. All information obtained via the application process must be signed by an adult household member, or in the case of school certification, the principal or designated representative.
- b. Signatures represent certification that all information listed on the application is true and correct and all income is reported.
- c. Signatures also signify that the signer is aware that all information may be verified, and deliberate misrepresentation may be subject to prosecution under applicable state and federal laws.

6. Continuations and Extensions

- a. Eligibility continues when students transfer from one approved program school to another.
- b. Benefits for each student within a family will be based on appropriate criteria.

7. Retention

All applications, together with documentation of the determined eligibility, will be retained for three years following the end of the school year for which they were submitted.

F. Parent/Public Notice

In an effort to ensure that free and reduced-price meals are available to all eligible students, the following procedures have been established and adhere to USDA and Nevada Department of Education regulations:

1. Notices are provided to each school participating in Federal Child Nutrition Programs for distribution to parents and guardians:
 - a. At the beginning of each school year or during early registration for the next school year after approval of new applications by the State Department of Education.
 - b. Upon enrollment of a student.
 - c. When changes in eligibility criteria occur.
2. Parental notices to include:

- a. Eligibility Criteria
 - b. Application Form
 - c. Application Procedure
 - d. Nondiscrimination Assurance
 - e. Appeal/Hearing Procedure
3. Information included in parental notice released to:
- a. News media.
 - b. Unemployment agencies.
 - c. Major Employers anticipating major layoffs.
- G. Copies of the notice to parents or guardians are retained by the Food Service Department and will be made available upon request.
- H. Application Processing
- 1. Applications will be submitted to the school secretary in most cases. The school secretary will use the income guidelines to determine eligibility of the family, and will forward all original applications to the District Office where the District Office Secretary will confirm the application's eligibility.
 - 2. Applications will not be altered by school staff in any way unless the application is unclear or is missing information. In this case, see number 3.
 - 3. When an application is unclear or information is missing, school site staff or district staff should contact the family for clarification, make the changes, and make notes in the footer on the application of who was spoke to with a date and time. The old information should be struck through with new information added and initialed by the school staff that made the changes after speaking to the family.
- I. Appeal/Hearing Procedures
- 1. Within fifteen (15) working days of receipt of applications for free or reduced-price meals, parents or guardians are notified of acceptance or denial of their applications.
 - 2. If an application is denied, the applicant is notified in writing of the reason for the denial and apprised of the appeal/hearing procedure. Applicants or the District may request a prehearing conference. The District may use this procedure to challenge student eligibility for free or reduced-price meals.

Every effort will be made to resolve the situation during the prehearing before initiating hearing procedures. Hearings may be requested either orally or in writing through the Food Service Department.

3. Hearing officers will be District personnel who do not participate in the eligibility determination process as follows: director, Food Service Department or designee, and chief financial officer or designee.
4. It is the responsibility of the appointed hearing officer to conduct a hearing and ensure compliance with federal and state requirements as follows:
 - a. Establish an early hearing date at a time and District location (school or office) convenient to the applicant, and notify the applicant.
 - b. Provide the applicant an opportunity to:
 - 1) Be assisted or represented by an attorney or an individual at their expense.
 - 2) Examine documents and records being presented to support the eligibility determination being appealed.
 - 3) Present oral and/or documentary evidence supporting the application without undue interference.
 - 4) Question or refute any testimony or evidence and to cross-examine witnesses.
 - c. Provide a written report of the hearing, including reference to the eligibility determination being appealed, documentary and oral evidence presented, and the decision and rationale for the decision. A copy of the communication of that decision will be provided to the applicant.
5. All records of the appeal/hearing procedures are retained for three years and are available for examination by the applicant or a designated representative upon request.

VI. USE OF KITCHENS

District Policy FM-Use of District Facilities, regulates use of kitchens.

VII. SUPERVISION OF FOOD SERVICE EMPLOYEES

The technical, evaluative, and disciplinary supervision of food service employees will be the responsibility of the Food Service Department. The building administrator or principal will be responsible for on-site operational administrative supervision and contributory evaluative recommendations. Contracted Food Service employees will

follow and adhere to the master contract of the Lincoln County Association of School Personnel.

Food service personnel are responsible to both the site administrator and the Food Service Department as outlined below:

A. The District Administration will:

1. Determine and provide staffing, training, technical supervision, and supplies and materials to be used for food services at all buildings.
2. Select and assign food service personnel in a manner consistent with existing Human Resources Division procedures.
3. Maintain payroll and other personnel actions for all Food Service personnel assigned.
4. Approve and maintain all leave requests to include compensatory time and overtime in consonance with established Human Resources procedures. Approval of vacations for site-based Food Service personnel will be coordinated with the building administrator or principal.

B. The Site Administrator:

1. Will supervise the conduct of food service personnel as it relates to students, to other personnel, and to parents.
2. May provide input into the evaluation of the site food service manager before the evaluation is completed and discussed with the employee.
3. Will provide a suitable lunch area for all students who eat at school and ensure that students eat their lunches in the lunch area.
4. Will provide appropriate supervision for all students within the food service facility.
5. Will sign off on all timesheets and verify timesheet employees accurately displayed where their hours were worked.

C. Other Supervision:

1. The food service manager of a food service facility will be responsible for the immediate supervision of food service employees assigned to the work site and will provide input on the performance evaluations of food service personnel assigned to his/her respective work site.
2. The kitchen manager will be responsible in ordering all foods and supplies used in NSLP and SBP, and in addition will track these foods and supplies received and reconcile invoices to be paid by the district

office.

3. Commodities:

- a. The kitchen manager will be responsible in receiving commodity foods, and checking off each item on the delivery invoice.
- b. The district office secretary I will be responsible in reconciling monthly commodity invoices and paying the statements via a purchase order made payable out of the Food Service fund.

VIII. DISTRICT FUNDS AND FUND CONTROL

The procedures used by the Food Service Department are detailed in Section D of the LCSD policy manual.

School Breakfast Program (SBP)

Four-day Breakfast Meal Pattern ¹

Food Components	GRADES K-5		GRADES 6-8		GRADES 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) Low-fat (1%) unflavored or fat-free unflavored or flavored ³	1	4	1	4	1	4
Fruits (cups) ^{4,5} Juice (fruit and vegetable) cannot exceed half of the weekly fruits	1	4	1	4	1	4
Grains (ounce equivalents) ^{6,7,8} All grains must be whole grain-rich	1	5.5-8	1	6.5-8	1	7-8

DIETARY SPECIFICATIONS (NUTRITION STANDARDS)			
Daily Amount Based on the Average for a Four-day Week			
Calories ^{9, 10}	350-500	400-550	450-600
Saturated Fat (percentage of total calories) ¹⁰	< 10	< 10	< 10
Sodium (milligrams) ¹¹	≤ 540	≤ 600	≤ 640
Trans Fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

See page 2 for important menu planning notes

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Four-day Breakfast Meal Pattern

- ¹ The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat and sodium. Use the U.S. Department of Agriculture's (USDA) *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels or product formulation statements.
- ² A week equals four days. This meal pattern is only for programs that regularly operate on a four-day week.
- ³ Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.
- ⁴ Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- ⁵ Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- ⁶ Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruit offerings (see *Crediting Juice*). Serving whole fruits and vegetables instead of juice is recommended.
- ⁷ All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs*. Menus are not required to comply with the maximums for grains, but must meet the minimums and stay within the weekly calorie range. The weekly maximums provide a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.
- ⁸ The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage cheese or ricotta (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the SBP regulations. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts.
- ⁹ The average daily amount of calories for a four-day school week must be at least the minimum value but no more than the maximum value.
- ¹⁰ Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat and sodium.
- ¹¹ These intermediate sodium limits (first target) apply through June 30, 2017. The second intermediate target must be reached by July 1, 2017 (≤485 for grades K-5; ≤535 for grades 6-8 and ≤570 for grades 9-12). The final sodium target must be reached by July 1, 2022 (≤430 for grades K-5; ≤470 for grades 6-8 and ≤500 for grades 9-12).

Four-day Lunch Meal Pattern ¹

Lincoln County School District

Food Components	GRADES K-5		GRADES 6-8		GRADES 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) , low-fat (1%) unflavored or fat-free unflavored or flavored ³	1	4	1	4	1	4
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2	½	2	1	4
Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3	¾	3	1	4
Dark Green ^{5, 6}	0	½	0	½	0	½
Red/Orange ^{5, 7}	0	¾	0	¾	0	1 ¼
Beans/Peas (Legumes) ^{5, 8}	0	½	0	½	0	½
Starchy ^{5, 9}	0	½	0	½	0	½
Other ^{5, 10}	0	½	0	½	0	¾
Additional vegetables to reach total ^{5, 11}	0	¼	0	¼	0	½
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	6.5-7	1	6.5-8	2	8-9.5
Meats and Meat Alternates (ounce equivalents) ¹³	1	6.5-8	1	7-8	2	8-9.5

DIETARY SPECIFICATIONS (NUTRITION STANDARDS)
Daily Amount Based on the Average for a Four-day Week

Calories ^{14, 15}	550-650	600-700	750-850
Saturated Fat (percentage of total calories) ¹⁵	< 10	< 10	< 10
Sodium (milligrams) ^{15, 16}	≤ 1,230	≤ 1,360	≤ 1,420
Trans Fat (grams) ¹⁵	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

See page 2 for important menu planning notes

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- ¹ The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat and sodium. Use the U.S. Department of Agriculture's (USDA) *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels or product formulation statements.
- ² A week equals four days. This meal pattern is only for programs that regularly operate on a four-day week.
- ³ Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) milk or fat-free milk (unflavored or flavored). Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.
- ⁴ Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see *Crediting Juice*). Serving whole fruits instead of juice is recommended.
- ⁵ All vegetables credit based on volume except raw leafy greens count as half the volume served (e.g., 1 cup equals ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables. For information on the vegetable subgroups, see *Vegetable Subgroups*.
- ⁶ The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens and watercress.
- ⁷ The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes.
- ⁸ The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas and white beans. It does not include green peas, green lima beans and green (string) beans.
- ⁹ The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts and white potatoes.
- ¹⁰ "Other" vegetables include all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange and beans/peas (legumes) subgroups but not the starchy subgroup.
- ¹¹ Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- ¹² All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs*. Up to 2 ounce equivalents per week may be a grain-based dessert if menus meet the dietary specifications for calories, saturated fat, trans fat and sodium. Menus are not required to comply with the maximums for grains, but must meet the minimums and stay within the weekly calorie range. The weekly maximums provide a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.
- ¹³ The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage cheese or ricotta (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the NSLP regulations. Meat and meat alternates must be served in a main dish or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat and sodium requirements.
- ¹⁴ The average daily amount of calories for a four-day school week must be at least the minimum value but no more than the maximum value.
- ¹⁵ Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat and sodium.
- ¹⁶ These intermediate sodium limits (first target) apply through June 30, 2017. The second sodium target must be reached by July 1, 2017 (≤ 935 for grades K-5; $\leq 1,035$ for grades 6-8 and $\leq 1,080$ for grades 9-12). The final sodium target must be reached by July 1, 2022 (≤ 640 for grades K-5; ≤ 710 for grades 6-8 and ≤ 740 for grades 9-12).

CLARK COUNTY SCHOOL DISTRICT
 6350 E. Tropical Parkway Las Vegas, NV 89115
 702-799-8123

MEDICAL STATEMENT TO REQUEST A SPECIAL DIET

Parent/Guardian: Complete Items 1 - 6 (Pader/tutor: Compleata cajitas 1-6)			
1) Student's Last Name <i>(Apellido del Estudiante)</i>	First Name <i>(Nombre del Estudiante)</i>	2) Date of Birth <i>(Fecha de nacimiento)</i>	3) Circle Meals Eaten at School <i>(Circule las comidas que su niño/a come en la escuela)</i> Breakfast Lunch Snack <i>(Desayuno) (Amuerzo) (Bocadillo)</i>
4) Parent/Guardian Signature <i>(Firma del Padres/Tutor)</i>	5) Print Name of Parent <i>(Escriba en letra de molde el nombre del Padre/Tutor)</i>		6) Parent Phone Number(s) <i>(Numero(s) de telefono del Padre/Tutor)</i> Home (Casa): () _____ Cell (Celular): () _____

School Nurse: Complete Items 7 - 11		
7) School Name (Include EEC name, if applicable)		8) Year Round School: <input type="checkbox"/> Yes <input type="checkbox"/> No
9) School Nurse	10) School Nurse's Phone #	11) School Fax #

PHYSICIAN ONLY: Complete Items 12 - 24		
12) Does the student have a disability, medical condition or severe food allergy warranting a special diet? <u>The disability or medical condition must limit a major life activity such as breathing or learning, and the food allergy must result in a reaction that is life-threatening and/or severely impacts the student's ability to function in school.</u> <input type="checkbox"/> YES If "YES", continue to complete the remainder of this form. <input type="checkbox"/> NO If "NO", STOP HERE. A SPECIAL DIET IS NOT WARRANTED.		
13) Disability, Medical Condition, or Severe Food Allergy: _____		
14) Severe and/or Life Threatening Reaction: _____		
15) Major Life Activity Affected by Child's Disability: <input type="checkbox"/> Breathing <input type="checkbox"/> Eating <input type="checkbox"/> Other		
16) Diet Order: <i>(For carbohydrate or protein restrictions, include the level allowed for each meal)</i> _____		
17) Liquids: <input type="checkbox"/> No liquid feeding orally <input type="checkbox"/> Spoon thick <input type="checkbox"/> Honey thick <input type="checkbox"/> Nectar thick <input type="checkbox"/> Thin (all beverages)		
18) Date of Last Barium Swallow Test:		Result:
19) Texture Modification: If needed, circle <u>one</u> appropriate for the student: <input type="checkbox"/> CHOPPED <input type="checkbox"/> GROUND <input type="checkbox"/> PUREED		
20) Physician's Signature	21) Physician's Printed Name	22) Telephone Number
23) Date	24) Name & Phone of Registered Dietitian Following Student:	

Please notify in writing any changes in school (including transitioning from elementary to middle to high school) 2 weeks prior to any change.

Any diet order changes (including texture) require a signed diet order.