

Nutrition Standards in the National School Lunch and School Breakfast Programs:

The Nutritional Guidelines for School Lunch and Breakfast programs are being amended per federal guidelines to help reduce childhood obesity. Significant changes were initially implemented in the 2012/13 school year. There were more changes for the 2013/14 school year and additional changes will be implemented the next school year. After the 2014/15 school year there will be limited changes until the 2022/2023 school year. At that point in time all prior existing guidelines must be followed, and as of the 2022/23 school year sodium consumption for all meals must be tracked. All of these changes must be monitored and followed to ensure we receive federal reimbursement for meal which we serve at North Warren Central School. Some significant points of the federal guidelines are as follows:

- Breakfast for grades K-8 must contain no more than 500 calories. Currently at NWCS the average amount of calories in a breakfast served to a student in grades K-8 is 464 calories.
- Lunch for grades K-8 must contain no more than 650 calories. Currently at NWCS the average amount of calories in a lunch served to a student in grades K-8 is 645 calories.
- Lunches for grades K-8 must contain a minimum of 9 oz of meat/meat alternative per week (1 oz per day), 8 oz of whole grains per week (1 oz per day), 3¾ cups of vegetables per week (¾ cup per day), 2½ cups of fruit per week (½ cup per day), and 1 cup of either fat free flavored or 1% unflavored milk per day.
- Breakfast for grades 9-12 must contain no more than 600 calories. Currently at NWCS the average amount of calories in a breakfast served to a student in grades 9-12 is 569 calories
- Lunch for grades K-12 must contain no more than 850 calories. Currently at NWCS the average amount of calories in a lunch served to a student in grades K-8 is 824 calories.
- Lunches for grades 9-12 must contain a minimum of 10 oz of meat/meat alternative per week (2 oz per day), 10 oz of whole grains per week (2 oz per day), 5 cups of vegetables per week (1 cup per day), 5 cups of fruit per week (1 cup per day), and 1 cup of either fat free flavored or 1% unflavored milk per day.