

SCHOOL LUNCH

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**A Complete School Lunch Must Be
Made From The Following 5
Components.**



**1 SERVING
MEAT OR
MEAT
ALTERNATE**



**1 SERVING
WHOLE
GRAIN**

*Foods
that meet
the
whole
grain-rich
criteria*



1 SERVING
FRUIT
&
1 SERVING
VEGETABLE



Each student *must* take at least one fruit or vegetable to make it a meal.



1
SERVING
MILK



STUDENTS MUST TAKE **3 OF THE **5** COMPONENTS OFFERED TO MAKE A COMPLETE MEAL.**

1 COMPONENT MUST BE A FRUIT OR VEGETABLE.

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HIGH SCHOOL LUNCH REQUIREMENTS

MEAT / MEAT ALTERNATE



Servings Requirements

Daily

2oz.

Weekly

10-12oz.

FRUITS



Servings Requirements

Daily

1 CUP

Weekly

5 CUPS

*Students **must** take 1 fruit or vegetable with each meal.*

VEGETABLES



Servings Requirements

Daily

1 CUP

Weekly

5 CUPS

GRAINS



Servings Requirements

Daily

2oz.

Weekly

10-12oz.

ADDITIONAL VEGETABLE
weekly sub group requirement

½ Cup
Dark Green Vegetables



1 ¼ Cup
Red / Orange Vegetables



½ Cup
Beans / Peas



½ Cup
Starchy Vegetable



¾ Cup
Other Vegetable

Vegetables from each sub group must be served during the week to meet the weekly vegetable variety requirement.

Amounts allowable per meal.



750-850



1420mg
About ½ tsp.



<10%
of calories



A la Carte Snacks

Snacks Must Be:

**A Whole Grain-Rich Food or
a Fruit, Vegetable, Dairy Product, or
Protein Food.**

Less Than 200 Cal

Less Than 200 mg Sodium



Sales of A la Carte items has decreased dramatically since the inception of the Healthy Hunger-Free Kids Act of 2010. These regulations have severely decreased program revenues and fund balances.

Meal requirements for middle and elementary students are different.

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SCHOOL LUNCH ECONOMICS

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School Food Service Funds are not funded by General Fund monies.



State law requires public schools to attribute food service revenues and expenditures to a **school food service fund** (Fund #2).

Fund #2 receives monies from Food Sales & Federal & State reimbursements for school meals served and is **not financed by General Education Revenue.**



School Lunch Reimbursement Rates

Free and Reduced Lunch

\$3.365

State of MN & Federal
Free & Reduced Lunch
Reimbursement

\$3.41

Average Cost to
Make a School
Lunch In MN

\$-.045

Per Meal Free & Reduced
Funding Deficit

Paid Student Lunch

\$.505

State & Federal
Paid Lunch
Reimbursement

\$2.78

The USDA
recommend
paid meal Price
(PLE)

\$-.125

Per Meal Paid
Funding Deficit

Average Price of a Paid School Lunch 2015-16

\$2.34 Elementary

\$2.54 Middle School

\$2.60 High School

\$2.905

The price a school would
need to charge for a
paid meal to cover the
costs incurred by the
unfunded mandates in
the 2010 National School
Lunch Bill



\$.045
Current Loss Per
Student Per Meal



\$7.785
Current Loss Per
Student Per Year



\$778.50
Current Loss Per
100 Students Per
Year



\$4,403,865
Total Loss for MN
School Year 15-16
97,863,671 Meals

62%

Minnesota school districts that saw an increase in
paid students not paying their meal balances.
School Year 14-15

Number of Public School Students who have been
approved for Free & Reduced Eligible Meals in the
State of MN for school year 15-16

329,283

Direct Food Service Expenses

35%

Food

5%

Milk

33%

Labor

11%

Benefits

16%

Other Costs



Supplies



Equipment



Maintenance



Administration



Custodial



Technology

The School Food Service Fund (Fund #2) is to be a self-sustaining fund with revenues coming from Food Sales & Federal & State Reimbursements. Reimbursements to the Fund #2 must be principally used for the benefit of school children, and used only for the operation or improvement of the nonprofit school food service operation.

To see the number of free and reduced students you represent
please visit:

<http://education.state.mn.us/MDE/dse/FNS/SFSP/Elig/>

Then click on: Public School List with Percentage of Free and Reduced-
Price Lunch Students Used for Eligibility Determinations - 2015-16