

# FOOD AND NUTRITION PROCEDURES

Miami-Dade County Public Schools

# B1

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Subject: **CHILD NUTRITION PROGRAM**

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## PURPOSE

The purpose of these guidelines is to provide information on the Child Nutrition Program.

## GUIDELINES

### Child Nutrition Program

The primary purpose of the child nutrition program is to provide students with nutritious meals that will contribute to their overall good health. Promoting the development of good eating habits by encouraging students to make wise food choices and to develop positive attitudes toward healthy foods is an additional objective of the child nutrition program. The breakfast and lunch programs, in conjunction with the school environment, should provide experiences that reinforce health and nutrition education in the classroom.

### School Food Service

School food service is defined as total food and beverages served to students while they are on school grounds. All income from school food service program sales of food and beverages is classified under school food service operating funds. School Board Policy [8510 – Wellness Policy](#) stipulates that the District will make nutritious foods available on campus during the school day to promote student and staff health. In addition, all food sales beginning one hour before the start of the school day and up to one hour after dismissal of the final class of the day must meet the *Rule on Food and Beverages Sold on Campus and in Vending Machines District Wide (Appendix A)*.

### Service and Offerings

In accordance with the Florida Department of Agriculture and Consumer Services regulations, the District's School Board [Wellness Policy](#) and the Board's contractual agreement for the maximum amount of federal cash reimbursements, donated commodities and state reimbursement, all schools are to limit food and beverages available to students on the school campus before, during and one hour after school hours to:

- Reimbursable Breakfast
- Reimbursable Lunch
- Individually - priced items that meet the nutrition standards of the United States Department of Agriculture
- Reimbursable Snack
- Reimbursable After School Meals

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A. Meal Prices

1. All students will have access to breakfast and lunch at no charge.
2. Second lunch meals may be purchased at \$2.25 for elementary students and \$2.50 for secondary students and recorded as a Student Additional Meal (Elementary – recipe # 8882; secondary – recipe # 8884).
3. Second breakfast meals may be purchased at \$2.00 and recorded as Student Additional Meal (Elementary – recipe # 8881; secondary – recipe # 8883).
4. Children attending a Miami-Dade County Public School (M-DCPS) that do not have a student ID number issued by M-DCPS must pay the adult price for breakfast and lunch.

B. Breakfast Patterns

In accordance with the provisions of Section IV of the Child Nutrition Act, a breakfast program has been initiated to improve the nutrition and dietary practices of the children attending school. Schools provide breakfast in accordance with the menu published by the Department of Food and Nutrition. The menus meet the following standards:

1. Early Head Start (1-3 years old) Reimbursable Breakfast Includes (Non-Offer vs. Serve):

The following three (3) meal components must be served:

Milk, unflavored:

- 1 year old – whole ..... 4 ounces
- 2–3-year-old - low-fat or fat-free ..... 4 ounces

Juice/Fruit/Vegetable (cupped, whole, and canned) . ¼ cup

Grain/Bread (with optional meat/meat alternate) ..... ½ oz eq (e.g., ½ slice or ¼ cup)

Meat/Meat Alternate (optional) ..... ½ ounce

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2. Head Start (3-5 years old) Reimbursable Breakfast Includes (Non-Offer vs. Serve):

The following three (3) meal components must be served:

- Milk, unflavored (low-fat or fat-free) ..... 6 ounces
- Juice/Fruit/Vegetable (cupped, whole, and canned) . ½ cup
- Grain/Bread (with optional meat/meat alternate)..... ½ oz eq (e.g., ½ slice or ¼ cup)
- Meat/Meat Alternate (optional) ..... ½ ounce

3. Pre-K (3-5 years old) Reimbursable Breakfast Includes (Non-Offer vs. Serve):

The following three (3) meal components must be served:

- Milk, unflavored low-fat or fat-free ..... 6 ounces
- Juice/Fruit/Vegetable (cupped, whole, and canned) . ½ cup
- Grain/Bread (with optional meat/meat alternate)..... ½ oz eq (e.g., ½ slice or ¼ cup)
- Meat/Meat Alternate (optional) ..... ½ ounce

- a. Meat/Meat Alternate may be substituted for the entire grain components no more than three (3) times per week.
- b. Grain-based desserts (e.g., granola/cereal bars, graham crackers and cookies) are not served as part of a reimbursable meal.
- c. Only ready-to-eat- breakfast cereals containing 6 grams of sugar or less per dry ounce (e.g., Cheerios, Kix, Reduced Sugar Cinnamon Toast Crunch) may be offered.
- d. Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two (2) to five (5) years old.

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4. Grades K-12 Reimbursable Breakfast Includes (Offer vs. Serve):

**Students must choose a serving of fruit or juice to complete the reimbursable breakfast.**

The following three (3) meal components must be offered:

- Milk (low-fat and fat-free)..... 1 cup
- Juice/Fruit/Vegetable (cupped, whole, and canned)... ½ cup
- Grain/Bread (with optional meat/meal alternate) ..... 1 ounce
- Meat/Meat Alternate (optional) ..... ½ ounce

Offer versus Serve - Breakfast

Students must select a minimum of three (3) food items and may select up to four (4) items for a reimbursable breakfast. Additional food items may be purchased at a la carte prices.

- a. At least four (4) food items from the required three (3) food components must be offered (e.g., toast, cereal, fruit, milk).
- b. For a breakfast to be reimbursable, at least one of the items selected must be a fruit or a juice.
- c. A second serving of fruit juice is to be charged at the a la carte price.
- d. Additional items exceeding the reimbursable meal are to be charged at the a la carte price.
- e. Signs must be posted to make students aware of the Offer versus Serve option and the federal guidelines.

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C. Lunch Patterns

Students are to have available unit-priced lunches, which may include milk and 100% fruit juices. The reimbursable lunch must meet the nutritional requirements set forth by law and regulations of federal and state governments. Schools provide lunches in accordance with the menu published by the Department of Food and Nutrition.

1. Early Head Start (1-3 years old) Reimbursable Lunch Includes (Non Offer vs. Serve)

Students must be served the following components:

- Meat/Meat Alternate ..... 1 ounce  
(Quantity of edible portion as served)
- Vegetables ..... 2 tablespoons or 1 ounce
- Fruit ..... 2 tablespoons or 1 ounce
- Grain/Bread ..... ½ oz eq (e.g., ½ slice or ¼ cup)
- Milk, unflavored:
  - 1 year old – whole ..... 4 ounces
  - 2-3 year old - low-fat or fat-free ..... 4 ounces

2. Head Start (3-5 years old) Reimbursable Lunch Includes (Non Offer vs. Serve)

Students must be served the following components:

- Meat/Meat Alternate ..... 1 ½ ounces  
(Quantity of edible portion as served)
- Vegetables ..... ¼ cup
- Fruit ..... ¼ cup
- Grain/Bread ..... ½ oz eq (e.g., ½ slice or ¼ cup)
- Milk, unflavored (low-fat or fat-free) ..... 6 ounces

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3. Pre-K (3-5 years old) Reimbursable Lunch Includes (Non Offer vs. Serve)

Students must be served the following components:

- Meat/Meat Alternate ..... 1 ½ ounces  
(Quantity of the edible portion as served)
- Vegetables ..... ¼ cup
- Fruit ..... ¼ cup
- Grain/Bread ..... ½ oz eq (e.g., ½ slice or ¼ cup)
- Milk, unflavored low-fat or fat-free ..... 6 ounces

**NOTE**

One vegetable and one fruit **or** two different vegetables are served. Vegetables do not have to be from different subgroups. Two fruits may **not** be served.

4. Grades K-5 Reimbursable Lunch Includes:

**Students must choose a serving of fruit, juice or vegetable as one of the components.**

- Meat/Meat Alternate ..... 2 ounces  
(Quantity of edible portion as served)

Vegetables

Cooked Vegetable (fresh, frozen or canned) .. ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Dark green leafy lettuce ..... 1 cup  
*A student may request an additional 1 cup serving which will count as one meal component.*

Other raw vegetables (i.e., broccoli and carrots) ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

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Fruit

Fresh or Canned (cupped)..... ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Fresh (whole – i.e., banana and apple) ..... 1 each  
*A student may request an additional ½ cup serving which will count as one meal component.*

100% Juice ..... ½ cup, 4 ounces

Grain/Bread..... 1 ounce

Milk (low-fat, fat-free) ..... 1 cup, 8 ounce (½ pint)

5. Grades 6-8 Reimbursable Lunch Includes:

**Students must choose a serving of fruit, juice or vegetable as one of the components.**

Meat/Meat Alternate..... 2 ounces  
(Quantity of edible portion as served)

Vegetables

Cooked Vegetable (fresh, frozen or canned) .. ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Dark green leafy lettuce ..... 1 cup  
*A student may request an additional 1 cup serving which will count as one meal component.*

Other raw vegetables (i.e., broccoli and carrots) ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

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Fruit

Fresh or Canned (cupped)..... ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Fresh (whole – i.e., banana and apple) ..... 1 each  
*A student may request an additional ½ cup serving which will count as one meal component.*

100% Juice ..... ½ cup, 4 ounces

Grain/Bread..... 1 ounce

Milk (low-fat, fat-free) ..... 1 cup, 8 ounce (½ pint)

6. Grades 9-12 Reimbursable Lunch Includes:

**Students must choose a serving of fruit, juice or vegetable as one of the components.**

Meat/Meat Alternate ..... 2 ounces  
(Quantity of edible portion as served)

Vegetables

Cooked Vegetable (fresh, frozen or canned) .. ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Dark green leafy lettuce ..... 1 cup  
*A student may request an additional 1 cup serving which will count as one meal component.*

Other raw vegetables (i.e., broccoli and carrots) ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*



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Fruit

Fresh or Canned (cupped)..... ½ cup, #8 scoop, ½ cup spoodle  
*A student may request an additional ½ cup serving which will count as one meal component.*

Fresh (whole – i.e., banana and apple) ..... 1 each  
*A student may request an additional ½ cup serving which will count as one meal component.*

100% Juice ..... ½ cup, 4 ounces

Grain/Bread ..... 2 ounces

Milk (low-fat, fat-free)..... 1 cup, 8 ounce (½ pint)

Offer versus Serve - Lunch

The National School Lunch Act permits students the opportunity to select a minimum of three (3) and a maximum of five (5) offered components of the reimbursable lunch. Additional meal components or other items may be purchased at a la carte prices.

- a. Meal components are:
  - i. M – Meat/Meat alternate
  - ii. B – Bread/Grain
  - iii. D – Dairy
  - iv. V – Vegetable
  - v. F – Fruit
- b. For a lunch to be reimbursable, the student must select a fruit, juice (one 4 ounce serving) or a vegetable as one of the three (3), four (4) or five (5) components.
- c. Students in grades K-8 are allowed up to 1 cup serving of fruit (1/2 of the fruit serving can be a 4 ounce juice) and up to 1 cup of vegetable(s) or up to 2 cups of lettuce.

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- d. Students in grades 9-12 are allowed up to 1 cup serving of fruit (1/2 of the fruit serving can be a 4-ounce juice) and up to 1 cup of vegetable or up to 2 cups of lettuce.
- e. A second serving of fruit juice is to be charged at the a la carte price.
- f. Items exceeding the reimbursable meal components are to be charged at the a la carte price.
- g. Signs must be posted to make students aware of the Offer versus Serve option and the federal guidelines.

D. Reimbursable Snack Pattern

1. Early Head Start (1-3 years old) Snack Components

Below is the pattern for a reimbursable snack.  
Select two (2) different components from the following list:

Milk, unflavored:

- 1 year old – whole ..... 4 ounces
- 2-3 year old - low-fat or fat-free ..... 4 ounces

Meat/Meat Alternate ..... ½ ounce

Juice\*, Fruit or Vegetable ..... ½ cup

\*Juice may not be served when milk is served as the only other component.

Bread and/or cereal or alternate ..... \*\*½ slice or ¼ cup

\*\*Grain based desserts no longer count toward the grain component (e.g. granola/cereal bars, cookies, graham crackers, etc.)

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2. Head Start (3-5 years old) Snack Components

Below is the pattern for a reimbursable snack.  
Select two (2) different components from the following list:

Milk, unflavored (low-fat or fat-free)..... 4 ounces or ½ cup

Meat/Meat Alternate..... ½ ounce

Juice\*, Fruit or Vegetable ..... ½ cup

\*Juice may not be served when milk is served as the only other component.

Bread and/or cereal or alternate ..... ½ slice or ¼ cup

\*\*Grain based desserts no longer count toward the grain component (e.g., granola/cereal bars, cookies, graham crackers, etc.)

3. Pre-K (3-5 years old) Snack Components

Below is the pattern for a reimbursable snack.  
Select two (2) different components from the following list:

Milk, unflavored (low-fat or fat-free) ..... 4 ounces

Meat/Meat Alternate ½ ounce

Juice\*, Fruit or Vegetable ..... ½ cup

\*Juice may not be served when milk is served as the only other component. Pasteurized full-strength **juice** may be only used to meet the fruit or vegetable requirement at **one** meal, including snack.

Bread and/or cereal or alternate ..... ½ slice or ¼ cup

\*Grain based desserts no longer count toward the grain component (e.g., granola/cereal bars, cookies, graham crackers, etc.)

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4. Grades K-12 Snack Components

Below is the pattern for a reimbursable snack.  
Select two (2) different components from the following list:

Milk (low fat, fat free) ..... 8 ounces

Meat/Meat Alternate ..... 1 ounce

Juice\*, Fruit or Vegetable ..... ¾ cup

\*Juice may not be served when milk is served as the only other component.

Bread and/or cereal or alternate ..... 1 slice or ¾ cup

\*Grain based desserts no longer count toward the grain component (e.g. granola/cereal bars, cookies, graham crackers, etc.)

E. Reimbursable After School Meals Pattern

Below is the pattern for a reimbursable After School Meals.

If there is no Offer vs. Serve, all five meal components must be served (Fruit and vegetable required). However, if Offer vs. Serve is implemented, students may select a minimum of three (3) and a maximum of five (5) components.

Milk (low fat, fat free)..... 8 ounces

Meat/Meat Alternate ..... 2 ounces

Fruit..... ¼ cup (minimum)

Vegetables ..... ½ cup

Bread and/or cereal or alternate ..... 1 ounce

\*Grain based desserts no longer count toward the grain component (e.g. granola/cereal bars, cookies, graham crackers, etc.)

**NOTE**

Pasteurized full-strength **juice** may only be used to meet the fruit or vegetable requirement at **one** meal.

Yogurt (4 ounces) may be used as a 1-ounce meat/meat alternate.

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*For Action By: Principals, Food Service Managers, Satellite Assistants and All Food Service Employees*

*Refer Questions to: Department of Food and Nutrition*

*Revised: June 2006(8<sup>th</sup>), July 2010, July 2012, July 2014, July 2015, December 2017, June 2018, July 2022, July 2023*

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