

To: Linus Guillory

From: Ruth Anne Quinn

Re: Analysis of Second Meal for Free/Reduced Price Qualifying Students

Date: March 15, 2023

Attached is the analysis of the second meals purchased by students that qualify for free or reduced pricing under the Federal guidelines. The data covers the period from September through the end of February. The information was exported from the program used by the school lunch office to track student meals and accounts.

I have detailed the total costs by school, serving session and type. The types are:

- 2nd meal – this represents a second meal to the student that includes all the components required to be reimbursable. The student has already received a reimbursable meal during the serving session. **The total cost is \$5,443.75**
- A la Carte – items such as a fruit, vegetable, yogurt, or milk purchased in lieu of or in addition to a reimbursable meal. **The total cost is \$179.00.**
- Non-reimbursable meal – a meal lacking at least one of the components necessary to be reimbursable. For example, lacking a fruit and/or vegetable. This could be purchased in lieu of a reimbursable meal or in addition to a reimbursable meal. **The total cost is 504.50**
- Snack – item purchased during the “after-school” snack period. **Total cost is \$104.00**

The following, from the Massachusetts DESE Food and Nutrition Programs website provides a brief description of the nutritional requirement for the school lunch program. I am also attaching the National School Lunch Program Meal Pattern chart for your information. I hope this is helpful.

What Are the Nutritional Requirements for the School Lunch?

Meals served as part of the National School Lunch Program must follow high nutritional and food safety standards. In 2010 the Hunger-Free Kids Act was passed, which based the new school meal standards on independent, expert recommendations from the Institute of Medicine. This act was passed to ensure that children are offered healthy food while they are at school. the Healthy Hunger-Free Kids Act aims to help reduce America's childhood obesity epidemic and reduce health risks for children by helping schools produce balanced meals, so children have access to healthy foods during the school day. All meals served:

- Ensure students are offered both fruits and vegetables every day of the week;
- Increase offerings of whole grain-rich foods;
- Offer only fat-free or low-fat milk;
- Limit calories based on the age of children being served to ensure proper portion size;

- Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium

USDA has made a commitment to improve the nutritional quality of all school meals. The Department works with state and local school food authorities through the Nutrition Education and Training Program and Team Nutrition initiative to teach and motivate children to make healthy food choices, and to provide school food service staff with training and technical support.

Attachments: Second Meal Analysis
National School Lunch Program Meal Pattern

SECOND MEAL ANALYSIS
Free and Reduced Priced Eligible Students

Building	Serving Session	2nd Meal	a la carte	Non-reimbursable meal	Snack	Grand Total
Baker	Breakfast		1.50	6.00		7.50
	Lunch	487.50	30.75	75.00		593.25
Baker Total		487.50	32.25	81.00		600.75
Driscoll	Lunch	101.25		7.50		108.75
Driscoll Total		101.25	-	7.50	-	108.75
Heath	Breakfast	3.75	15.00	92.00		110.75
	Lunch	667.75	6.00			673.75
Heath Total		671.50	21.00	92.00	-	784.50
Lawrence	Breakfast		3.00	6.00		9.00
	Lunch	82.50				82.50
Lawrence Total		82.50	3.00	6.00		91.50
Lincoln	Breakfast	60.00	3.00	2.00		65.00
	Lunch	303.75	30.00	7.50		341.25
	Snack				11.00	11.00
Lincoln Total		363.75	33.00	9.50	11.00	417.25
Pierce	Breakfast			8.00		8.00
	Lunch	768.75	0.75	3.75		773.25
Pierce Total		768.75	0.75	11.75		781.25
Ridley	Breakfast	9.75	3.00	48.00		60.75
	Lunch	1,342.50	40.00	48.75		1,431.25
	Snack				93.00	93.00
Ridley Total		1,352.25	43.00	96.75	93.00	1,585.00
Runkle	Breakfast	2.00		2.00		4.00
	Lunch	86.25	21.75			108.00
Runkle Total		88.25	21.75	2.00		112.00
22 Tappan	Breakfast			16.00		16.00
	Lunch	424.00	6.75	14.00		444.75
22 Tappan Total		424.00	6.75	30.00		460.75
High School	Breakfast	4.00	4.50	114.00		122.50
	Lunch	1,100.00	13.00	54.00		1,167.00
High School Total		1,104.00	17.50	168.00		1,289.50
Grand Total		5,443.75	179.00	504.50	104.00	6,231.25

First meal meets nutritional guidelines


Do not meet nutritional guidelines

**National School Lunch Program Meal Pattern**

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^e	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Interim Target 1 (mg) ^h	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^h _i	≤ 1,110	≤ 1,225	≤ 1,280
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.

^b One-quarter cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c Larger amounts of these vegetables may be served.

^d This category consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any

additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

^e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^f At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

^g All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans* fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

ⁱ Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).
