



## Healthy Schools Act Menu Requirements, School Year 2018-2019

School Food Authorities (SFA) must implement the nutritional requirements of Sections 101, 201, 202, and 203 of the Healthy Schools Act (HSA). Public Schools, Public Charter Schools, and participating private schools are eligible for additional menu reimbursements provided that the meals meet all of the requirements outlined in the Healthy Schools Act. The following HSA menu requirements list will support each eligible SFA in complying with these menu requirements. Compliance with HSA menu requirements will be verified during each SFA's Administrative Review.

### MEAL PATTERN REQUIREMENTS IN ADDITION TO THE NATIONAL SCHOOL LUNCH AND SCHOOL BREAKFAST PROGRAM MEAL PATTERN REQUIREMENTS ARE LISTED BELOW:

Component/Requirement	Breakfast	Lunch
<b>FRUITS</b>	One (1) different fruit (and/or vegetable substitution) must be offered each day.	One (1) different fruit must be offered each day.
	Two (2) fresh fruits must be offered each week.	Three (3) fresh fruits must be offered each week.
	100% juice can be reimbursable as a fruit only once per week	100% juice can be reimbursable as a fruit only once per week
<b>VEGETABLES</b>	Vegetables from the dark-green, red/orange, legumes, starchy and other vegetables subgroups may be substituted for fruits to meet the fruit variety criteria for breakfast.	One (1) different vegetable must be served each day.
		Two (2) additional servings must be offered weekly from any of the following vegetable subgroups: dark-green, red/orange, or legumes.
<b>GRAINS</b>		At least three (3) different types of grains must be offered each week.
<b>Reporting of Local Items</b>	Each SFA must complete and submit quarterly a "Locally Grown Food Item Tracking Log" indicating the meal and date that each local item was served and the name and contact information of the farm. For more information, contact Elizabeth Hanna, Farm to School Specialist, at <a href="mailto:Elizabeth.Hanna@dc.gov">Elizabeth.Hanna@dc.gov</a> .	
<b>Menu Posting</b>	All menus and nutritional information must be posted online if the school has a website.	