



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

EDUCATION



Healthy Schools Act Menu Requirements, 2015-16 School Year

School Food Authorities (SFA) must implement the menu requirements of Sections 201, 202, and 203 of the Healthy Schools Act (HSA). Public Schools (DCPS), Public Charter Schools (DCPCS), and participating private schools are eligible for HSA menu reimbursements provided that the meals meet all of the requirements outlined in the HSA. 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.

IN ADDITION TO ALL NSLP AND SBP MENU REQUIREMENTS, THE SFA MUST ADHERE TO THE HSA MENU REQUIREMENTS LISTED BELOW:

Component/Requirement	Breakfast	Lunch
Fruits	One different fruit (and/or vegetable) must be offered each day.	One different fruit must be offered each day.
	Two fresh fruits must be offered each week.	Three fresh fruits must be offered each week.
	Creditable Food Items: Dried fruit must have no added sweetener. Canned fruit must be packed in juice or light syrup. 100 percent juice can be counted as a fruit only once per week. Fruit of the same type in different forms is not creditable more than once per week (e.g. applesauce, fresh apples and apple crisp). All servings must be at least ¼ cup to be creditable.	
Vegetables	Vegetables from the dark-green, red/orange, beans/peas, and "other vegetables" subgroups may be substituted for fruits to meet the fruit variety criteria for breakfast.	One different vegetable must be served each day.
		Two additional servings must be offered weekly from any of the following vegetable subgroups: dark-green, red/orange, or beans/peas.
		Creditable Food Items: One cup of leafy greens counts as ½ cup of vegetables. All servings must be at least ¼ cup to be creditable.
Grains	70 percent of grains offered each week must be whole grain-rich.	100 percent of grains offered each week must be whole grain-rich.
		At least three different types of grains must be offered each week.
	Creditable Food Items: whole wheat breads, whole wheat rolls, whole wheat buns, whole wheat tortillas, whole corn tortillas/taco shells, whole wheat pastas, brown rice, whole grain pizza crust, whole grain chips/pretzels, whole grain pita pockets, and whole grain cornbread/muffins.	
Menu Posting	All menus must be posted online if the school has a website.	
Reporting of Local Items	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 Erica Walther, Farm to School Specialist, at Erica.Walther@dc.gov .	