

Lunch Information:

Sioux Falls Catholic Schools participates in the National School lunch program.

1. What is the National School Lunch Program?

The National School Lunch Program is a federally assisted meal program operating in over 101,000 public and nonprofit private schools and residential childcare institutions. In South Dakota, the Child and Adult Nutrition Services is responsible for administering the U.S. Department of Agriculture's Food and Nutrition Services and Food Distribution Division programs.

2. What are the nutritional requirements for school lunches?

School lunches must meet the applicable recommendations of the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories. School lunches must meet Federal nutrition requirements, but local school food authorities make decisions about what specific foods to serve and how they are prepared.

3. Do all schools have the same menu and serving sizes?

Elementary schools have their own menu and every item printed on the daily menu is served. The food items are prepared at the central kitchen at O'Gorman Junior High and transported to the elementary school each day. Serving sizes allowed for PK-6 include: Meat/Meat alternate = 2oz; Grains/Breads = 2 servings per week with a minimum 1 serving per day; Vegetables/Fruits = $\frac{3}{4}$ cup per day plus additional $\frac{1}{2}$ cup per week (at least two different fruits and/or vegetables must be offered); Milk = 8 ounces fluid milk daily.

The junior high and high school each have their own menus and are prepared at each site. The students have the option to decline two items from the menu for the day and still be considered a meal. If they decline more than two items, the student will be charged ala carte prices for the items they have taken. Services sizes allowed for Grades 7-12 include: Meat/Meat alternate = 2oz; Grains/Breads = 5 servings per week with a minimum 1 serving per day; Vegetables/Fruits = 1 cup per day (at least two different fruits and/or vegetables must be offered); Milk = 8 ounces fluid milk daily. A salad bar is also available as a meal or to supplement the lunch for the day.