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*Nutrition for Health*

## GOOD NUTRITION CONVENIENTLY

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In December 2010, President Barack Obama signed S. 3307, the Healthy, Hunger-Free Kids Act into law. This act, also known as the 2010 Child Nutrition Reauthorization Act, changes the certification, financial reimbursement, and pricing structure for school meals. School lunch guidelines went into effect July 1, 2012, for the 2012-13 school year. School breakfast guidelines become active for the 2013-14 school year. Convenience foods, namely, foods that are packaged or pre-prepared, offer school districts a cost-effective solution for serving students foods that are healthful. Here are the new breakfast and lunch guidelines that encompass grades K-12, along with a sampling of foods to consider for your district:

*Provide a daily average of 7 to 10 ounce-equivalents of grain for breakfast and 8 to 9 ounce-equivalents of grain for lunch over a five-day week with at least half the grains offered during the school week as whole grain-rich.*

- Oatmeal packets
- Single-serve ready-to-eat whole grain cereals
- Frozen whole grain pancakes, waffles, and French toast
- Whole grain and white whole wheat breads, rolls, muffins, and biscuits
- Whole grain pizza
- Whole grain pasta
- Whole grain granola and energy bars

*Serve 1 cup of fruit per day for breakfast and 3/4 to 1 cup of vegetables plus 1/2 to 1 cup of fruit each day for lunch. Serve at least 1/2 cup per week each of dark green vegetables, orange vegetables, and legumes (beans and peas).*

- Packaged lettuce mixes
- Pre-cut carrots
- Frozen vegetables
- Reduced-sodium canned vegetables and vegetable juice
- Packaged fruit cups
- Packaged dried fruit
- Applesauce

*Serve 8 to 12 ounce-equivalents of meat and meat alternates over a five-day week.*

- Beef or pork patties and strips
- Chicken strips, patties and cutlets
- Chili (vegetarian)
- Pasta with meat sauce
- Breaded fish wedges
- Meatless entrées
- Low-fat or fat-free yogurt\*

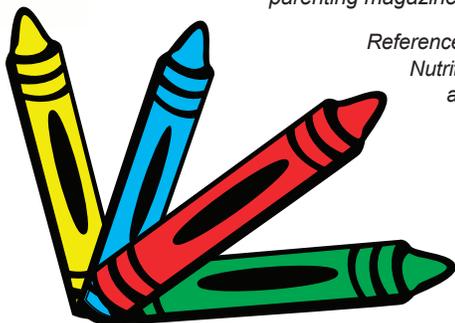
*\*Yogurt is a meat equivalent in the School Meals program*

*Ms. Hermann specializes in health communications for parents and children. Her articles have appeared in major health, women's, and parenting magazines and websites. She has worked with the Dannon Institute for the last ten years.*

### Reference

*Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule. USDA. Food and Nutrition Service. 7 CFR Parts 210 and 220. 2012.*

*<http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>.*



*Tips!*