

# Quick Guide to School Nutrition Programs

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In order to meet USDA standards, school food service directors must assure that their nutrition program follows Federal and State-set rules and requirements. To better support the foodservice staff, here are some key points about school nutrition programs that principals should be aware of:

- **Vegetable subgroups** — Weekly minimum portions of dark green, red/orange, starchy vegetables and legumes are required at lunch. Click [here](#) for more information.
- **Discipline Policy** – Students cannot be given an alternate meal as a method of discipline. This remains true even if the student is serving in-school suspension. For more information on this policy, click [here](#).
- There are regulations pertaining to **a la carte items, soda machines and fund-raising** that must be followed. For more information, click [here](#) and [here](#).
- **Snacks** need to be eaten in school during the snack program and cannot be taken home. Click [here](#) for snack program requirements.
- **Overt Identification** of kids who owe money, such as posted lists or loud announcements are not allowed. Click [here](#) for more information.
- **Civil Rights Requirements** – The ‘And Justice for All’ poster must be posted on the wall in the cafeteria. Also, the non-discrimination statement must be on all menus, as well as the school website.
- **Juice** cannot be a substitute for milk. For more information, click [here](#).
- **Water** needs to be available in the lunchroom or close enough to be accessible for all students during lunch.
- **Breakfast** must be implemented in any public school that has at least 15% or more free and reduced eligible children.

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**\*Failure to comply with these requirements could result in the loss of the National School Lunch Program at your school.**