

School Meals: We Serve Education Every Day.™ Welcome to the School Lunch Program.

HCPSS is a participant in the National School Lunch Program. The United States government created this program in 1946 to protect the health and well being of the nation's children. Schools must offer meals that are consistent with the Dietary Guidelines for Americans, most recently issued in 2005, which are interpreted in My Pyramid. www.MyPyramid.gov

HCPSS school lunch meals must provide 1/3 of the student's Required Dietary Allowance (RDA's) for Calories, Iron, Vitamin A, Vitamin C, Calcium and Protein. Additionally, there are many other nutrients provided daily. You can find the nutritional values of foods served in the school lunch program on this website.

Parents and students can be assured that if students eat school lunch they will be receiving nutritionally sound meals at an affordable price. If a student eats lunch at school every day that school is in session, he/she will have eaten 16% of their meals for the year in the school cafeteria.

Menus meet requirements under the Traditional Food Based Menu Plan developed by the United States Department of Agriculture (USDA) as follows:

2 oz. meat/meat alternate
3/4 cup fruit and or vegetable (2 sources)
Breads/Grains- 8 per week Elementary and 10 per week Secondary
1/2 pint of fluid milk

Students must take at least 3 of the 5 components offered in order for the meal to meet the USDA standards. See the [offer vs. serve section](#) of this website.

For detailed information on Purchasing, Food Preparation, Food Offered, Service and Oversight of Program go to the links listed below.

There is oversight of the menus through nutrient analysis by the HCPSS Food & Nutrition Service Department as well as the Maryland State Department of Education, School and Community Nutrition Programs Division and the United States Department of Agriculture, Food & Nutrition Service.

Links for additional, detailed information:

- Dietary Guidelines for Americans 2005
- My Pyramid (www.mypyramid.gov)
- Program Information
- Offer Vs. Serve