

General Information about our School Nutrition Program

MGSD School Nutrition Department is committed to serving high quality nutritious meals for students. You will notice increased amounts of whole grains, legumes, dark green, red and orange vegetables on the lunch menu. We have also increased the amounts of fresh fruit and vegetables offered at lunch.

These meals meet new Federal Regulations set forth by the Healthy, Hunger-Free Kids Act. Each lunch must include five components: Meat/Protein, Vegetables, Fruit, 8oz Milk and Bread/Grains. Through the Offer vs. Serve Program, the students must then choose at least three of the five components, with one of them being $\frac{1}{2}$ cup fruit or $\frac{1}{2}$ cup vegetable to qualify as a meal. Each meal must also provide no more than 10% of calories from saturated fat and meet daily calorie requirements based on Age/Grade Groups. These calorie ranges are designed to provide $\frac{1}{4}^{\text{th}}$ of their daily nutritional requirements at breakfast and $\frac{1}{3}^{\text{rd}}$ at lunch.

Students will be asked to take a Fruit or Vegetable if they have not selected one. At the High School level, students will be charged Ala Carte pricing for individual items if a Fruit or Vegetable was not taken.