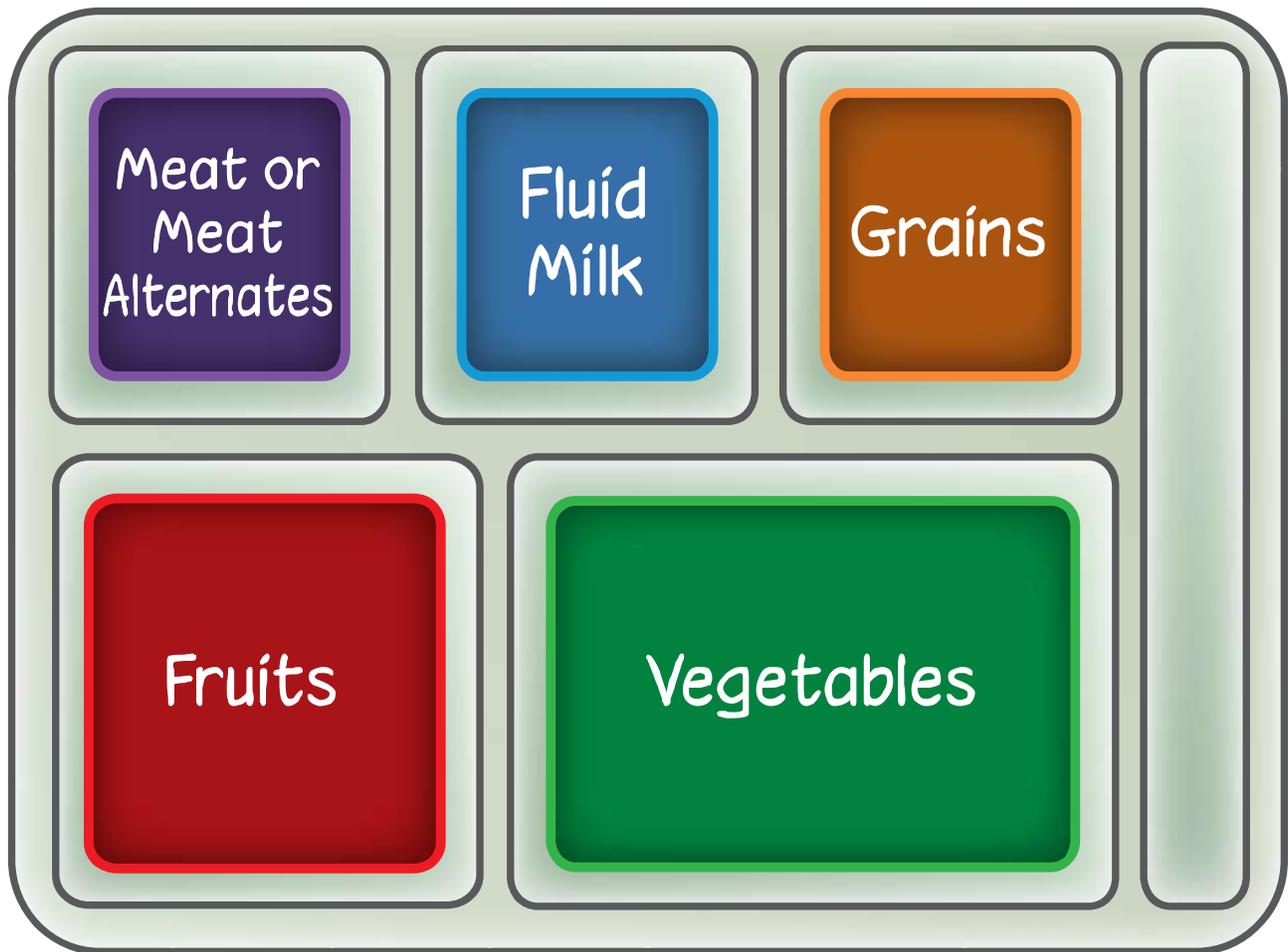


# Build a Healthy Lunch



## Reimbursable Meal Identification System

Iowa Department of Education - Bureau of Nutrition and Health – 2012

Carrie Scheidel – [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov) – 515.281.4758

Patti Delger – [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov) – 515.281.567

**TEAM NUTRITION**  **IOWA™**

# Build a Healthy Lunch

Iowa Team Nutrition has developed this reimbursable meal identification kit to assist students in selecting their meal choices and to reduce unintentional purchase of food items not included in the reimbursable meal. The kit was designed to help identify foods that are part of the reimbursable meal for the day at the near or beginning of the serving line(s) and allow schools to be in compliance of the “Identification of Reimbursable Meals” regulation that is part of the Healthy, Hunger-Free Kids Act. Implementing this requirement must not result in overt identification of any student participating in the National School Lunch Program through use of a separate serving line for the reimbursable meal or other segregation of certified students.

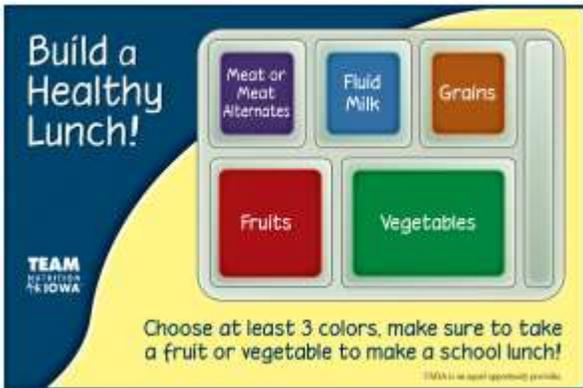
The “Build a Healthy Lunch” kit also reinforces nutrition education messages that emphasize selecting healthy choices for a balanced meal. The kit includes posters and mini-signs/clings to display by each component on the meal line.

To download and print additional materials and view supporting resources (elementary classroom lesson and communication tools), visit:

[www.tinyurl.com/schoolnutritionstandards2012](http://www.tinyurl.com/schoolnutritionstandards2012)

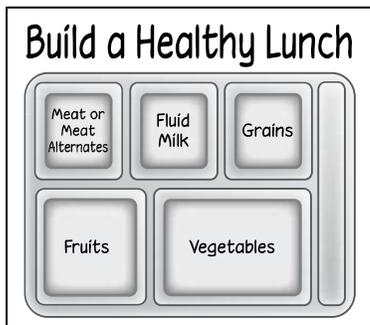
Each kit includes the following

## Posters (12 x 18 inches)

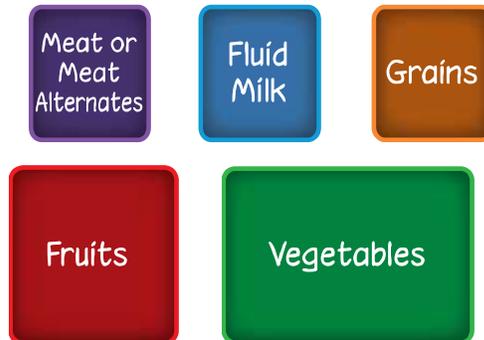


## Mini-Signs and Clings

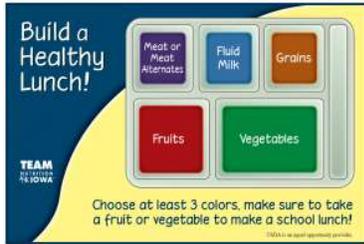
(4 x 3 ½ inches)



## Sticker Sheets



# How to Use the Kit!



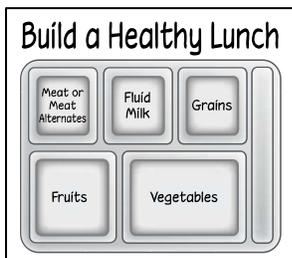
The “Build a Healthy Lunch” poster could be displayed at the beginning of line or anywhere within the cafeteria.



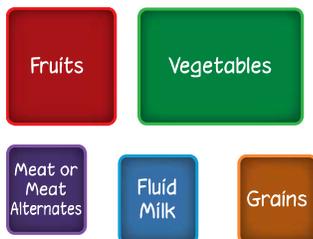
The “Today’s Menu” poster needs to be displayed in front of each serving line. If you have 2 serving lines, you will need 2 posters. If you have 5 serving lines, you will need 5 posters, etc.



The menu template is an electronic file that can be edited to add daily menu items and placed in each meal component category. After it is printed, it is to be attached to the “Today’s Menu” poster. If you have a cycle menu, these sheets can be reused each cycle. This can be downloaded from the following webpage: [www.tinyurl.com/schoolnutritionstandards2012](http://www.tinyurl.com/schoolnutritionstandards2012)



The mini signs (laminated cardstock) and clings are to be displayed along the serving line in front of each menu item. The stickers are to be used to identify the meal component the menu item meets.



The stickers are to be placed on the mini signs and clings to identify the meal component the menu item meets and would be located near the item on the serving line. The mini signs and clings can be moved with the food items as your line changes daily or can be permanently placed, for example, if your fruits are always in the same area of the serving line.

## Menu Examples:



Lunch Tray from Grundy Center CSD

|  |
|--|
| Fruit Choices:   |
| Watermelon   |
| Vegetable Choices:                                     |
| Spinach, Cherry Tomatoes                               |
| Meat or Meat Alternative Choices:                      |
| Chicken Breast Strips                                  |
| Grain Choices:   |
| Tortilla, Whole Grain Pasta Salad                      |
| Fluid Milk Choices:                                    |
| 1% white, fat-free white, fat-free chocolate           |
| Other Choices that are Part of the Meal Today include: |
| Apple Crisp  |



Lunch Tray from Gilbert CSD

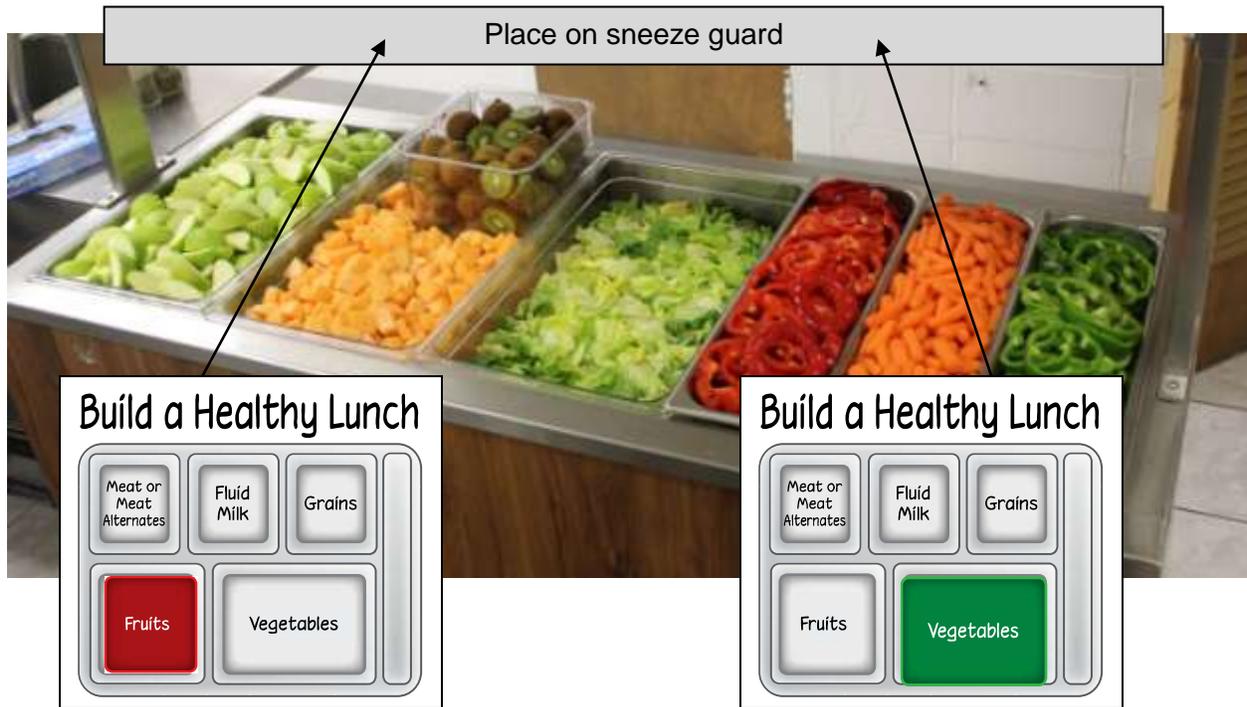
|  |
|--|
| Fruit Choices:   |
| Mixed Fruit Cup  |
| Vegetable Choices:                                     |
| Spinach and Romaine Salad, Cucumber Slices             |
| Meat or Meat Alternative Choices:                      |
| Meat Sauce   |
| Grain Choices:   |
| WG Spaghetti, WG Breadstick                            |
| Fluid Milk Choices:                                    |
| 1% white, fat-free white, fat-free chocolate           |
| Other Choices that are Part of the Meal Today include: |
| Ranch dressing, Margarine                              |

## Offer vs. Serve

The "Build a Healthy Lunch Kit" is designed to be used when implementing "Offer vs. Serve," based on the statement located on each poster, "Choose at least 3 colors." If you do not do Offer vs. Serve in the lower grades you can cover this statement up on each poster with yellow paper or print new posters without this statement. Please contact Carrie to get this file at [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov).

# Line Examples:

Fruit and Vegetable Bar from Wayne CSD



Serving Line from Marshalltown CSD

