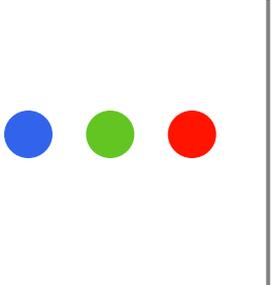


Take the *HealthierUS School Challenge*





# What is the HealthierUS School Challenge?

- USDA voluntary school nutrition and wellness initiative to improve student health & well-being
- Developed to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity



# Why take the HealthierUS School Challenge?

- Increase of childhood obesity
- Increase of chronic diseases in children
- Increase consumption of calories
- Decreased physical activity
- School provides opportunity to influence children's health habits



# ● ● ● How Does It Work?

- Voluntary program for schools
- Schools must meet or exceed criteria
- Apply for Bronze, Silver, Gold, or Gold Award of Distinction
- Certified for 2 years



# Why should your school apply?

- Supports local wellness efforts
- Promotes student learning and supports school's improvement plan
- Communicates commitment to student health
- Receives a certificate and award banner from USDA
- Receives media attention and national, state, and community recognition



# Who needs to be involved?

## A school-based review panel of at least:

- School foodservice manager and district-level foodservice director
- Team Nutrition School Leader
- Parent organization representative (e.g., PTA/PTO)
- School nurse, coordinated school health staff, physical education (PE) or classroom teacher
- Principal or other school administrator





# What do you need to do?

- Convene a local review team.
- Ensure that criteria are met.
- Application at: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov) by clicking on HealthierUS School Challenge
- Complete application with documentation and required signatures of review team.
- Submit completed application to us at School Food Services.



[▶ Join the Team](#)[▶ Healthy Schools](#)[▶ School Success Stories](#)[▶ Training Grants](#)[▶ Resource Library](#)[▶ MyPyramid for Kids](#)[▶ Eat Smart. Play Hard.](#)

## How It Works

To be certified as a HUSSC School, a school must:

- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- provide nutrition education to students
- provide students with physical education and the opportunity for physical activity
- maintain an Average Daily Participation of school enrollment for reimbursable lunches of at least 62 percent for Bronze or 70 percent for Silver and Gold Schools
- adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

## Take the Challenge!

**Step One:** Review these HUSSC resources to assist you in completing your application:

- [Award Comparison Chart](#)
- [Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Guidance on Vegetables, Dry Beans and Peas](#)
- [HealthierUS School Vision](#)
- [Tips for States](#)
- [Whole Grains Resource](#)

**Step Two:** Convene a review panel.

**Step Three:** Complete and print the [online application](#).

**Step Four:** Obtain the required signatures.

**Step Five:** Send the completed application to your [state agency](#).

## Recognition

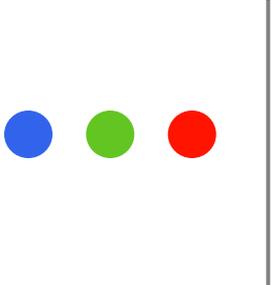
Award-winning schools are recognized with a framed certificate and award banner from USDA to showcase their achievement in the community. HUSSC schools also receive national recognition

# What are the basic criteria?

- Be an Elementary School
- (1) Be enrolled as a Team Nutrition School
- (2) Offer reimbursable lunches that demonstrate healthy menu planning practices and meet USDA nutrition standards

*Same criteria for Bronze, Silver, Gold, Gold Award of Distinction*





# More Basic Criteria

- Provide students with nutrition education, physical education (PE) and opportunities for physical activity (PA)
- (3) Maintain required levels of Average Daily Participation (ADP) in the School Lunch program
  - 62% for Bronze
  - 70% for Silver and Gold Awards
- Follow guidelines established by USDA for foods served/sold in schools outside the National School Lunch Program (competitive foods)



# The Challenge Menu Criteria

- (4) Offer a different vegetable every day of the week. All servings must be at least  $\frac{1}{4}$  cup. Of these five:
  - Dark green or orange vegetables offered 3 or more days per week (of these 3, at least 2 must be different)
  - Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas)



# The Challenge Menu Criteria

- (4) Offer a different fruit every day of the week (fresh, frozen, canned, dried or 100% juice).
- All servings must be at least ¼ cup.
- Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.
- For Bronze/Silver at least one day/week fruit must be served fresh.
- For Gold Awards at least two days/week fruit must be served fresh.
- 100% juice can only be counted as a fruit once per week.



# The Challenge Menu Criteria



- (4) More whole-grain products
  - Three times a week for the Silver and Bronze awards (not the same one each day)
  - Everyday for the Gold awards (not the same one each day)
  - Refer to the Whole Grain Resource at:

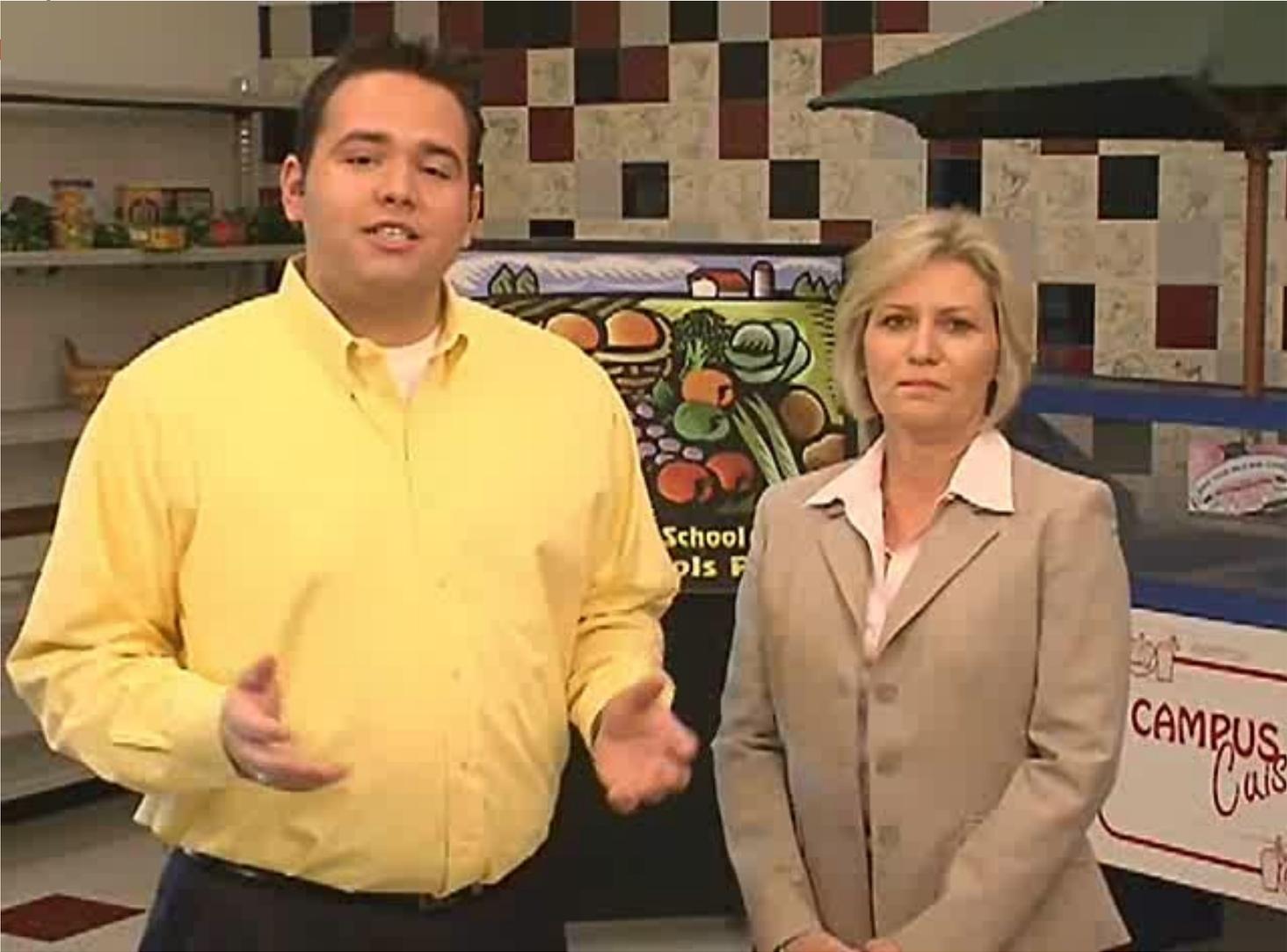


<http://www.fns.usda.gov/tn/healthierus/index.html>

# The Challenge Menu Criteria

- (4) Only low-fat (1%) or fat-free milk





USDA's *HealthierUS* School Challenge





# Competitive Foods

A la carte, vending, snack bar, school store



- (5) Bronze/Silver
  - During meal periods in the foodservice area(s)
- Gold/Gold Award of Distinction
  - Anytime during the school day, anywhere in the school



# Competitive Foods

A la carte, vending, snack bar, school store

- (6) Limits on:
  - Total fat
  - Saturated fat
  - *Trans* fat
  - Sugar
  - Sodium
  - Portion size/calories



# Competitive Beverages

A la carte, vending, snack bar, school store

- (6) Milk

- Only low-fat & fat-free
- Limit of 8 fluid oz.

- Juice

- 100% full strength with no sweeteners
- Limit of 6 fluid oz.

- Water

- Only unflavored, non-carbonated, caffeine-free, no sweeteners



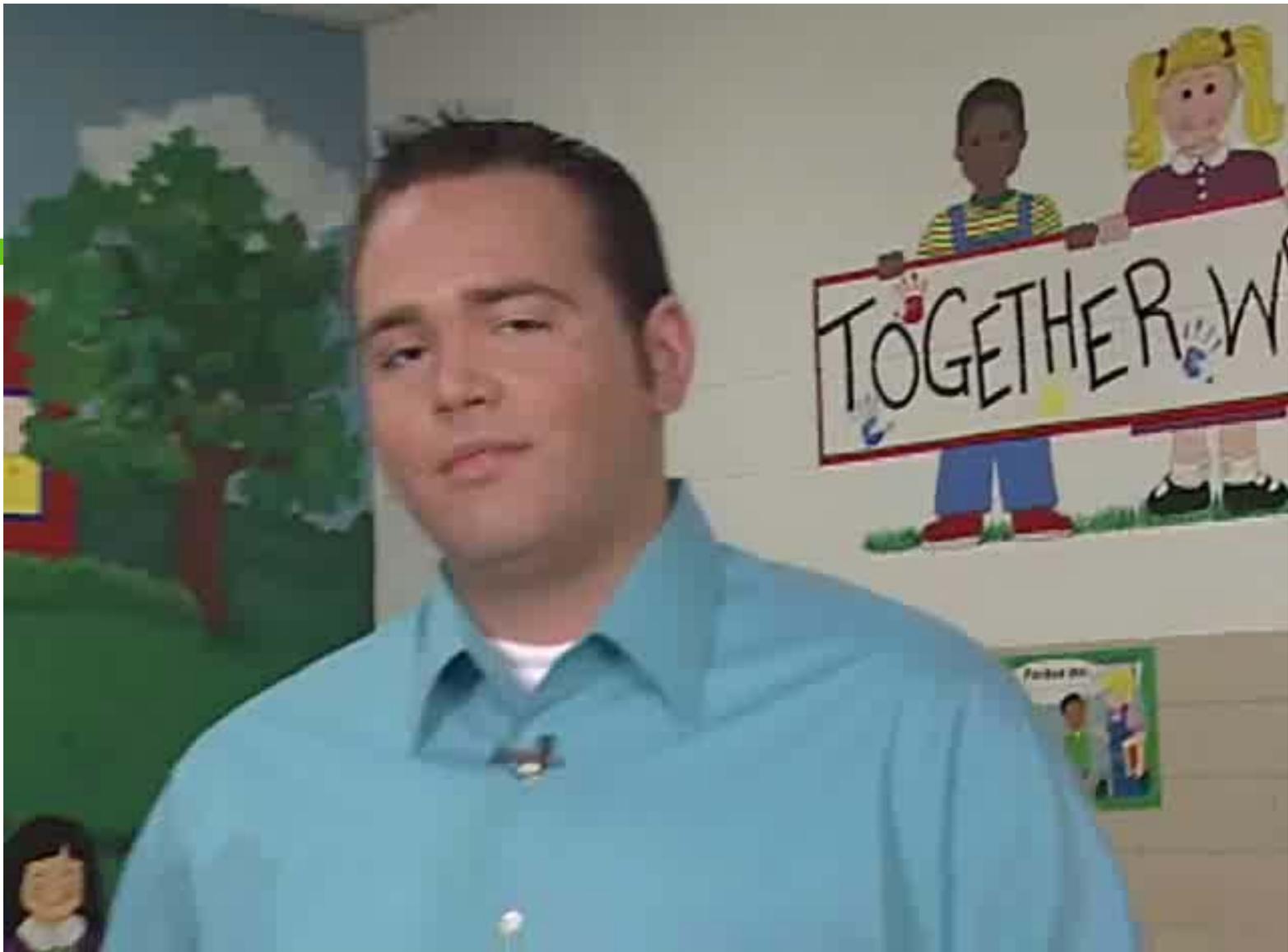
# Additional Criteria

## (7) Nutrition Education must be:

- Offered to at least half of the grade levels in the school.
- Integrated into classroom instruction.
- Promoted in the classroom and cafeteria, and at home.

Materials available from  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)





USDA's *HealthierUS* School Challenge





# Physical Education

## (8) Structured PE:

- Bronze/Silver
  - 45 minutes/week
- Gold
  - 90 minutes/week
- Gold of Distinction
  - 150 minutes/week\*

*\* Reduced to 90 minutes of PE if stricter sodium restrictions on competitive food sales are met.*





# Physical Activity

(8) Physical activity opportunities offered outside the classroom



# School Health Policies & Practices

- (9) Fundraising
- Nutrition
- (10) Physical activity
- Wellness policy



*Policies & practices support a consistent wellness environment*



USDA's *HealthierUS* School Challenge





# Healthier Kansas Menus – 4-WEEK CYCLE LUNCH MENU



## PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.  
Reduced fat dressing is served with salads and fresh vegetables.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>WEEK 1</b></p> <p>Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Wrap Lettuce &amp; Tomato Spanish Rice Steamed Carrots Tropical Fruit</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey &amp; Cheese Sub</p>	<p>Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach &amp; Bread Stick</p>	<p>Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham &amp; Cheese on a Bun</p>	<p>Chicken &amp; Noodles Mashed Potatoes Green Beans Wheat Roll &amp; Jelly Orange Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt &amp; Muffin Plate</p>
<p><b>WEEK 2</b></p> <p>Hamburger on a Bun Lettuce &amp; Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Nuggets Mashed Potatoes &amp; Gravy Fresh Broccoli Wheat Roll &amp; Jelly Strawberries &amp; Bananas</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey &amp; Cheese Sub</p>	<p>Chili Whole Grain Corn Chips Celery &amp; Cucumbers Cinnamon Roll Orange Smiles</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach &amp; Bread Stick</p>	<p>Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham &amp; Cheese on a Bun</p>	<p>Macaroni &amp; Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread &amp; Jelly Apple Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt &amp; Muffin Plate</p>



# Healthier Kansas Menus – 4-WEEK CYCLE LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>WEEK 3</b></p> <p>Hot Ham &amp; Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Pudding</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey &amp; Cheese Sub</p>	<p>Taco Burger on a Bun Lettuce &amp; Tomato Refried Beans Black Bean &amp; Corn Salsa w/ Whole Grain Corn Tortilla Chips Sliced Pears Chocolate Chip Cookie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach &amp; Bread Stick</p>	<p>Italian Pasta Bake Green Pepper Strips &amp; Fresh Baby Carrots Whole Wheat Bread &amp; Jelly Applesauce Royal Brownie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham &amp; Cheese on a Bun</p>	<p>Chicken Pattie Mashed Potatoes &amp; Gravy Green Beans Wheat Roll &amp; Jelly Orange Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt &amp; Muffin Plate</p>
<p><b>WEEK 4</b></p> <p>Beef &amp; Bean Burrito Lettuce &amp; Tomato Mexican Corn Salsa &amp; Whole Grain Corn Tortilla Chips Honey Apple Crisp</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Stromboli Green Beans Fresh Carrots Strawberry Shortcake</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey &amp; Cheese Sub</p>	<p>BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Oatmeal Cookie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach &amp; Bread Stick</p>	<p>Turkey &amp; Cheese Sub Romaine Lettuce &amp; Tomato Oven Fries Sliced Peaches Graham Snacks</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham &amp; Cheese on a Bun</p>	<p>Country Style Beef Pattie Mashed Potatoes &amp; Gravy California Blend Vegetables Wheat Roll &amp; Jelly Banana</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt &amp; Muffin Plate</p>



# School Nutrition Programs

Child Nutrition & Wellness, KSDE



SNP Home What's New Administration Guidance Training Resources Recognition

you are here > School Nutrition Home > Resources > Healthier Kansas Menus

June 15, 2009 (Mon)

- Key Links**
- ▶ Direct Certification
  - ▶ 5-Star Training System
  - ▶ KN-CLAIM
  - ▶ Regulations & Statutes
  - ▶ Reimbursement Rates

## Healthier Kansas Menus

*School-Tested Menus & Recipes that Meet the Challenge*

**HealthierUS School Challenge** - The Healthier Kansas Menus are designed to help you meet the challenge of serving nutritious meals that will appeal to students. You can also use these menus to apply for the *HealthierUS* School Challenge. [Click here to learn more.](#)



### Introduction

**These menus meet standards of excellence!**



Kansas School Wellness Policy Exemplary Level



Healthier US School Challenge Gold Level

### 4-Week Menu Calendar:



With Nutrient Analysis



Without Nutrient Analysis



### Recipes

**Preparation Instructions, Serving Tips, Production Records & Purchasing Guide:**



Week 1



Week 2



Week 3

[CNW Portal Home](#)



Nutrition



Wellness



KSDE Home

# ● ● ● What Have You Learned?

- 10 Criteria Questions
- Take a few minutes to complete
- You can work together & use your handouts
- We will go over them



# Thank You!

Katie Long

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