

## CEP/ National School Lunch Program Overview:

For any further questions or concerns, please email the district's Registered Dietitian: Hayley Mielnicki, RDN  
CDN at [hmielnicki@uticaschools.org](mailto:hmielnicki@uticaschools.org)

### CEP: Community Eligibility Provision

The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).

### National School Lunch Program Guidelines

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low cost or no cost lunches to children each school day.

#### Grade Groups for Meal Planning:

Elementary (kindergarten- 5<sup>th</sup> grade)

Middle (6<sup>th</sup>- 8<sup>th</sup> grade)

High School (9<sup>th</sup>-12<sup>th</sup> grade)

- The table below describes each of the meal components that are required to be served each week. Each student must take 3 of the 5 main components (meat/meat alternate, vegetable, fruit, grain, milk) each day. One of the 3 components must be a fruit or vegetable.

Components	Elementary	Middle	High
Fruits (cups/day)	½	½	1
Vegetables (cups/day)- subgroups listed below	¾	¾	1
Dark Green (cups/week)	½	½	½
Red/Orange (cups/week)	¾	¾	1 ¼
Legumes (cups/week)	½	½	½
Starchy (cups/week)	½	½	½
Other (cups/week)	½	½	¾
Grains (ounce equivalent/day) – over ½ of grains served each week are whole grain	1 (8/week)	1 (8/ week)	2
Meat/Meat Alternate (ounces/day)	1 (8/week)	1 (8/week)	2
Fluid Milk (cups/day)	1	1	1

**All meals served at all Utica City Schools adhere to these USDA and NSLP guidelines.**