

Menu Guideline Comparisons
West Des Moines Community School District
Nutrition Services

Grade Level and Meal	National School Lunch Program Menu Requirements	West Des Moines Community School District Actual Offerings
Elementary Breakfast		
Meat and/or Grains, Bread	2 serving	2 servings
Juice or Fruit	1/2 cup	1/2 cup
Milk	8 fl.oz.	8 fl. oz.
Elementary Lunch (K-6th)		
Meat or Meat Alternative	2 oz	2 oz
Fruit/Vegetable	1/2 cup	3/4 cup*
Grains/Bread	2.4 servings	3 servings*
Milk	8 fl. oz.	8 fl. oz.
Secondary Breakfast		
Meat and/or Grains, Bread	2 servings	2 servings
Juice or Fruit	1/2 cup	1/2 cup
Milk	8 fl. oz.	8 fl. oz.
Secondary Lunch (7th-12th)		
Meat or Meat Alternative	2 oz	2 oz
Fruit/Vegetable	3/4 cup	1 cup*
Grains/Breads	3 servings	3 servings
Milk	8 fl. oz.	8 fl. oz.

West Des Moines Community Schools Nutrition Services menu planning exceeds the required National School Lunch meal portions in the following components

* above.