

SY 14-15 National School Lunch Program USDA Requirements

School menus are analyzed for nutrient composition using USDA-approved software. Menus are revised and adjusted accordingly to meet nutrient standards.

AAFES school lunch menu provides the following nutrition:

- ◆ One-third of student' daily calories
- ◆ Proper amounts of 5 key nutrients—
Vitamin A, Vitamin C, Calcium, Iron, Protein
- ◆ Less than 30% of calories from fat

Meal pattern	Grades K-5	Grades 6-8	Grades 9-12
Amount of food per week (minimum per day)			
Fruits (cups)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	½	½	½
Red/Orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional Veg to Reach Total	1	1	1½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a			
Min-max calories (kcal)	550-650	600-700	750-850
Saturated fat % of total	< 10	< 10	< 10
Sodium (mg)	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams		



AAFES

Primary Business Address
Address Line 2
Address Line 3
Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



School Meal Program



Program Information & School Menu Facts



Student Meal Accounts



The Exchange utilizes the Horizon "FastLane" Point-of-Sale School pre-payment system in all Exchange-operated schools in the Pacific and Europe. This is a system used by school cafeterias to ring up meals and *a la carte* items bought by customers. The system also tracks the number of meals purchased by customers and maintains account balances.

Parents should go to the exchange cashier cage **annually** to establish an account for their child/children in the Horizon system. If the child is returning, a registration form still needs to be completed to update any changes in category or school.

Parents or students can place any desired amount of money into their account and can set daily spending limits. Once an account is set up, deposits can either be made at the school during cafeteria operational hours or at the exchange store cashier cage. School meals and *a la carte* items can also be purchased with cash.

In an attempt to limit excessive charging on an account with a negative balance, a letter will be sent to the parent's home via mail and/or the parents will be called or emailed if that contact information is available. If there is no response, the school or supervisor will contact the School Liaison Officer (SLO) who will notify the Service member's command.

No child will ever be denied a meal, regardless of account balance.

However, parents/guardians should understand that negative balances may be sent to AAFES financial office for collection.

Keeping up with Student Meal Charges

MyPaymentsPlus provides an easy-to-use, efficient way to make payments quickly and securely anytime using a simple Internet connection. You can say goodbye to the hassles of sending in multiple checks to multiple locations for multiple students. It can all be done with one payment on MyPaymentsPlus.

MyPaymentsPlus also allows the ability to receive free low balance emails and in most cases view online the purchases made in the cafeteria.

Funds are typically available in the accounts within 24 hours. Occasionally, external factors may affect this process and could delay when the funds are received by the school.

Tracking arrows on the parent/guardian's profile can be utilized to ensure funds have been applied and are ready for use. If all arrows are highlighted, this indicates that the funds have been received by the school and applied to the student's cafeteria account.

Please note, you must sign up for a Horizon account before you can register for MyPaymentPlus.

Once an account is set up, deposits can either be made at the school during cafeteria operational hours (though this is not recommended due to students losing the money and slowing the lunch line) or at the Exchange PX / BX Cashier Cage.

<https://mypaymentsplus.com/default.aspx>



Free & Reduced School Meals

The Eligibility Criteria for SY14-15 has been released by USDA. All AAFES schools fall under the 'Alaska' rate category.

Applications for the Free & Reduced School Meals Program can be picked up at the installation Army (Air Force) Community Services, school administration office, from the School Liaison Officer (SLO), or (typically) from the school's website.

Keep in mind that the provision of a social security number on the application is not mandatory, but if a social security number is not given or an indication is not made that the signer does not have such a number, the application cannot be approved.



School Meal Program Contact Information