

WHAT TO EXPECT FROM A SCHOOL LUNCH

- Low-fat milk
- Whole Grain products
- Age appropriate portions and serving sizes
- A variety of fruits and vegetables every day
- Healthier versions of: pizza, chicken nuggets, hamburgers

School meals are appealing to children and taste good!

There have been huge advances in variety of flavor of school meal. Chefs and cooks at schools are providing meals that are not only nutritious, but also taste great. Schools are using quality products and stay up to date with food trends to satisfy their customers.

The Parents Role:

School lunches must meet federal nutrition requirements, but decisions about what to eat is left up to the students. Most schools offer a variety of choices for students to pick from at meal times. Parents should discuss these choices with their children and encourage the healthy decisions. The fact that fruits and vegetables are being served with the school meal is no guarantee that children are eating them. Parents are welcome to eat a meal with their children. It is important for parents to go to the school and find out first hand what the choices are.

District Food Services

MYTH'S AND FACTS

MYTH

Schools serve fried, greasy foods and "junk food" as meals.

FACT

Schools may serve French fries, chicken nuggets or pizza at times. However, the foods are baked, not fried and made with low-fat or lean ingredients.

Pizza on school menus is not the same as the delivery pizza. The dimensions of slices may be smaller; it may include whole-grain flour in the crust, and low-fat cheese and meat toppings. Also, note that school lunches are served with fruits and vegetables.

Cost-wise school meals win out. The average school lunch is \$1.63 while the lowest cost of a fast food meal of hamburger, fries and a soda is \$3.15 or so. Schools are increasingly using fresh, attractive ingredients and offering fresh fruits and vegetables. these meals contain more nutrition for the money.

MYTH

Schools receive low-quality, high fat, processed government commodities.

FACT

USDA currently offers:

- 60 types of fresh fruit and vegetables, canned fruit packed in light syrup, water or natural juices.
- Beef patties with only 10% fat, 97% fat free ham, 95% fat-free turkey ham, and turkey taco filling.

- Reduced fat cheese
- Whole grain foods: brown rice, rolled oats, whole wheat flour and pastas.

MYTH

School nutrition programs are responsible for all food on school campus.

FACT

While school meals must meet federal nutrition standards, other foods in schools are not required to meet these standards. Many school nutrition professionals have no control over most food and beverages offered outside the cafeteria.

MYTH

Sack lunches from home are healthier than school meals.

FACT

Research has shown that school lunches contain three times as many dairy products, twice as much fruit and seven times the vegetables as lunches brought from home.

Goal: The primary goal of the District Wellness Policy is to promote, encourage, and support a healthy lifestyle and Healthy School Environment.