

## What You Need to Know About School Nutrition

### The Facts About School Meals

***School meals have come a long way! No more mystery meat!!***

Today, kids are offered healthy, tasty and appealing choices:

- Fresh fruits and vegetables
- Whole grains
- Reduced Trans Fats
- Salad Bars
- Pizza with whole wheat crust, low-fat cheese
- Whole grain pasta
- Baked items rather than fried
- Healthful cooking/preparation techniques

### ***School meals are balanced and healthy***

Lunches like Colonial's, which is part of the National School Lunch Program, (NSLP) must meet nutrition guidelines based on Dietary Guidelines for Americans including:

- containing no more than 30% of calories from fat and less than 10% from saturated fat.
- providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C
- NSLP lunches are served in age appropriate portion sizes and provide the right balance of protein, dairy, whole grains, fruits and vegetables.

### ***School Meals help kids maintain a healthy weight***

- Students who eat school meals provided through the NSLP and the SBP are more likely to be at a healthy weight.\*\*\*
- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.\*
- This benefit is especially relevant for kids and their parents in today's climate of heightened awareness of obesity issue.
- Students are less likely to gain weight during the school year when in school then during the summer when school is out.

### ***School meals help students to do better in school***

- Research has shown that students who eat school meals perform their best academically.
- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.\*
- Healthy eating correlates with less trips to the school nurse and less absenteeism.
- Providing nutritious school breakfast on testing days leads to improved test scores.

\*Source USDA

\*\*Source: Weekly Reader Research, 10/19/2006

\*\*\*Source Archives of Pediatric and Adolescent Medicine, August 2003



**• School meals are safe**

- School meals are safer than brown bagged lunches, as foods are held at proper temperatures
- School nutrition professionals have rigorous training in food safety. The head cook in each of our kitchens is Serv-Safe certified.
- School kitchens are subject to two health inspections annually conducted by the Montgomery County Health Department.
- According to the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.



**Every School Lunch Includes Five Great Choices:**

- Milk-Fat free or 1% flavored or regular
- Vegetables-raw or cooked
- Fruit-canned or fresh
- Grains-includes whole grains
- Meat or meat alternate-chicken, lean beef, turkey, etc.

--Students must choose 3 out of the 5 offerings to count as a meal.

**How to Get Involved**

- Review the cafeteria menu with your kids to help them plan for a balanced meal
- Join your kids for school lunch or school breakfast
- Communicate any concerns or special diets your kids may have
- Volunteer to be part of our Nutrition Committee

**Food Service Director:**  
**Lori McCoy 610-834-1670 ext. 2125**

**Food Service Secretary:**  
**Pat Hughes 610-834-1670 ext. 2124**

<http://hub.colonialsd.org>

**School Lunch: Good for Kids and Your Wallet**

*As the cost of everything increases, there is one meal that is still a great value: both nutritionally and economically! School lunch is still a bargain at the following prices:*



	<b>Breakfast:</b>	<b>Lunch:</b>
<b>Elementary:</b>	<b>\$1.15</b>	<b>\$2.65</b>
<b>Middle:</b>	<b>\$1.40</b>	<b>\$2.85</b>
<b>High School:</b>	<b>\$2.10</b>	<b>\$2.95-\$3.70</b>

*\*Classroom Breakfast Scores High in Maryland, Maryland Meals for Achievement. October 2001*