

The 411 on Lee's Summit R7 Nutrition Program

Your child is offered daily:

- Increased serving sizes of fruits & vegetables
- A large selection of vegetables including dark green, red & orange varieties and legumes.
- Fat-free flavored/unflavored milk or 1% unflavored white milk
- Age appropriate calorie ranges
- Whole grain-rich products
- Reduced sodium entrées and snacks

Each meal consists of 5 components: fruits, vegetables, milk, grains, and meat/meat alternates.

For a USDA compliant meal:

- Students must select at least 3 out of the 5 components
- One of those components must ½ cup of fruit and/or vegetable.
- The addition of sodium was eliminated 6 years ago. We season with Mrs. Dash, salt free seasonings and herbs.
- Our salad dressings are Low Fat or Fat Free and Low Sodium
- Gravies are low-fat and low sodium
- All condiments are lower sodium
- All bread, breadings, pizza crusts, tortillas, etc. are 51% whole grain
- Cheeses are lower sodium and lower fat
- Many of our items are enriched with vitamins and minerals
- None of our items served are fried, they are all baked or steamed.
- Belfonte reformulated our ice cream products so they would meet the Smart Snacks Guidelines
- Our packaged bread items for breakfast (muffins, donuts, pancakes, waffles, etc.) are all specially made for school foodservice. They meet calorie requirements, enriched with vitamins and minerals, low in fat, higher in fiber and tastes good!!
- The glazed long johns we offer for breakfast are whole grain (you cannot purchase them at a donut shop or a grocery store!) baked not fried, 6 grams of sugar, 2 grams of fiber and 5 grams of protein. We make a homemade glaze which does not add a significant amount of sugar.
- We carry Trix and Cocoa Puffs cereal; they are 25% less sugar than regular cereal with 110 calories for a 1 cup serving with 7 grams of sugar, which is lower than Raisin Bran.
- Our chicken nuggets are all white meat, baked, have whole grain breading and a serving of 5 provides 170 calories, 8 grams of fat and 15 grams of protein!
- Pretzels and cheese and Nachos/Cheese are a favorite, but always questioned by parents about the nutrition end. The pretzels are 51% whole grain, no added salt and we use white corn tortilla chips that are low in sodium. Both of these meet the grain requirement. The cheese we use is from land o lakes and is formulated to be high in protein and low in fat and sodium for schools. A 3 oz. serving provides 125 calories, 10 grams of protein and provides 25% RDA for calcium and 6% for Vitamin A and 2% for iron.
- We offer fresh, frozen and canned fruits. Blueberries, strawberries, cherries, apricots, pears, apples, oranges, cuties/clementines, peaches, grapes, kiwi, melons when in season, the list goes on.
- We offer fresh, frozen and canned vegetables. Green beans, corn, carrots, sweet potatoes, spinach, broccoli, cauliflower, celery, cherry tomatoes, Broccoli Normandy, baked fries, the list goes on.
- For legumes we offer black beans, kidney beans, garbonzo, black eye peas, baked beans, pinto beans and red beans.