

The Child Nutrition Department aims to do the best we can to offer affordable, yet tasty meals that provide our students with the nutrients they need to be healthy individuals.

Research indicates that children who participate in the School Lunch Program have much better nutritional intakes than those who do not participate.

Here are some of the steps we have taken to make our meals healthier!

- All meals must meet or exceed federal nutrition guidelines
- Lunch options always include a source of protein (animal or plant), fresh fruit and vegetables from our Green's and Things salad bar, whole grains and low fat dairy
- Plantbased and/or *Plantforward entrees offered at all schools
 - * Plant-forward include 50\50 % of animal and plant proteins.
- A variety of vegetables are offered including dark green, red/orange & legumes
- Many of our fruits & vegetables are California grown
- All fluid milk is 1% milk fat or less & low fat white milk contains 15 grams of sugar & our non fat chocolate contains 19 grams of sugar
- Students have multiple meal choices. Meals must include at least 1 serving (1/2 cup) of a fruit or vegetable
- Items may appear to be the same as store bought products, but many of our retail brands have been specifically formulated for schools with whole grains, reduced sodium & fewer calories
- We do not serve fried foods. An example would be our Baked Wedge Fries.
- Any of our pizza's feature a whole grain crust and low fat cheese.
- We provide whole grain and reduced sugar (5-9 grams) cereals per serving ounce.
- Increased the use of whole grain and whole wheat products in breads, pizza crust, pastas, breakfast & lunch entrées, cereals and many snacks while reducing the levels of sodium and saturated fat.
- We serve 100% fruit juice.
- Sodium range limitations per age based on grade groupings. Your child may notice that some items may have a slightly different taste profile with the reduced sodium preparation methods and manufacturer product reformulation being implemented to meet the new sodium guidelines.
- Any snack or beverage offerings must meet USDA restrictions.
- Our Child Nutrition team utilizes a menu planning program that calculates the nutritional values of all meal offerings to ensure they meet or exceed USDA standards
- Removal of harmful ingredients on as many food products as possible, such as Trans Fats, Hydrogenated oils, High Fructose Syrup and other known harmful additives.

We currently serve approximately 5000 meals per day within the 36 schools.

We are starting the 2019 – 2020 school year offering a variety of new items and will continue to add to that variety throughout the year.

We encourage parents to pre-pay for student meals. Parents are also encouraged to check their student's account balances to ensure funds are available.

Did you know that your KINDERGARTEN or T-K child can participate in your schools lunch program?

Thank you for your patronage. We are constantly striving to improve the food and services provided to the students.

Please contact our department at SRVUSDEATS@srvusd.net for more information.

**Nutrition –Because We Care....
About our Students, Environment and Planet**