

Foodservice
Report on Wellness Policy
May 2009

Hot Lunch Program

The Hot Lunch Program has followed all federal program regulations and nutrition standards. The Dietary Guidelines for Americans recommends incorporating whole grains in meals. This school year the foodservice has offered only whole grain bread, dinner rolls, hamburger buns, hoagie and hot dog buns. During the 2009-2010 school year we will begin purchasing entrée items that are made with whole grains. One of these items will be pizza made with a whole grain crust. We will reformulate our various muffin recipes to replace a portion of the white flour with whole wheat.

In the 2008-2009 school year we began serving whole grain pasta. We have found that some products have a high acceptance level with the students and others do not. No less than 50% of all pasta items served during the 2009-2010 school year will contain whole grain.

The Dietary Guidelines for Americans also recommends a diet that contains not more than 30% of calories from fat. In the effort to meet these guidelines, the foodservice has switched from regular to reduced fat dressings for students in grades k-12. Some new, lower in fat, breaded chicken products have been made available by the district's foodservice distributor. These have replaced the chicken items that were offered prior to this school year.

À la Carte

All snack and beverage items sold in ala carte meet the requirements of the Wellness Policy. Recipes for all items sold in ala carte have been standardized and are kept on file. Whole grain hamburger, hot dog, and hoagie buns are being served with all hot sandwiches. Sandwiches made with whole wheat wraps, whole grain sub buns and whole grain bread are offered daily. Homemade cookies and desserts are prepared using whole grains as well.