

Foodservice
Report on Wellness Policy
May 2012

Hot Lunch Program

The Hot Lunch Program has followed all federal program regulations and nutrition standards. During the 2011-2012 school year, all pasta and bread items offered contained whole grain. To increase the variety of vegetables being offered by Becker Schools, potatoes were offered not more than once per week. French fries were offered once per month. Vegetables that were added this school year were sweet potatoes, cucumbers, fresh sliced and diced tomatoes, jicama sticks, roasted bell peppers, banana peppers, and yellow carrots. Fresh broccoli, cauliflower and celery were offered more frequently than in the past. Additional varieties of dried beans were added which included lima beans, garbanzo beans, and lentils.

In the 2011-2012 school year, the Hot Lunch Program began incorporating the nutrition standards that will be mandatory for the National School Lunch Program at the beginning of the 2012-2013 school year. Grades k-5 were offered $\frac{1}{2}$ to $\frac{3}{4}$ c. fruit per day with fresh fruit being offered 2 to 3 times per week. The amount of fruit offered daily was increased to 1 c. for grades 6-12. For these grades fruit was offered in the form of $\frac{1}{2}$ c. canned fruit and $\frac{1}{2}$ c. fresh fruit per day. Our vendor made available canned fruit that was packed in fruit juice. We served this along with the commodity canned fruit which is packed in light syrup. Next year the commodity fruit will be packed in fruit juice. The amount of vegetable was increased to $\frac{3}{4}$ c. per day for k-5 and 1 c. per day for grades 6-12. In regards to vegetables, at least one cup of dark green (counted as $\frac{1}{2}$ c), one half cup of orange and one half cup legumes was offered each week. In an attempt to increase the consumption of fruits and vegetables, fruit and vegetable bars were added to the Intermediate and High School. These bars contained fruit and vegetable items that were in addition to the amounts that were mentioned above. Next year we plan to purchase a fruit and vegetable bar for the Middle School.

Next school year the USDA Commodity Foods Program will offer ground beef that does not contain "lean finely textured beef" as an ingredient. We will be using this ground beef and will only purchase ground beef that does not contain "lean finely textured beef" as an ingredient.

A la Carte

All snack and beverage items sold in ala carte meet the requirements of the Wellness Policy. 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. In an attempt to increase the consumption of fruits and vegetables, fresh cucumber slices, cherry tomatoes and grapes were offered regularly this year. Ala carte continued to offer black beans, pinto beans and refried beans on their menu.

