

Foodservice
Report on Wellness Policy
May 2010

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 reformulated their various muffin recipes to replace a portion of the white flour with whole wheat flour.

During the 2009-2010 school year, no less than 50% of all pasta items served contained whole grain. The one area where the switch to whole grain has not been made is in the spaghetti noodles. Whole grain spaghetti noodles that were available in the past were not well accepted by the students. New bulk whole grain products are now available. Therefore, the foodservice will switch to whole grain spaghetti in the 2010-2011 school year.

Increasing the amount of fresh fruits and vegetables offered in all of the buildings has been a goal for the 2009-2010 school year. Factors such as the cost of these products and the amount of labor required to prepare these items are two areas that create limits. The amount of time students have to select and eat these items creates another obstacle in achieving this goal. The foodservice staff are committed to making this goal a priority and will work to add fresh fruits and vegetables when possible.

The USDA is encouraging schools to offer legumes and increase the frequency of dark green and orange vegetables. The foodservice program will add more of these food items to the menu for the 2010-2011 school year.

Ala 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. A greater variety of fresh fruits have been offered this year.

The USDA is encouraging schools to offer legumes and increase the frequency of dark green and orange vegetables. The ala carte program will also offer more of these food items for the 2010-2011 school year.