

- ◆ A variety of fruits and vegetables rich in vitamins A and C are served several times per week, as these two nutrients are often found to be lacking in the diets of our school children.
- ◆ The school lunch program includes five components:
 - 1) Meat/meat alternative
 - 2) Bread/bread alternative
 - 3) Vegetable
 - 4) Fruit
 - 5) Milk

OFFER vs. SERVED

Students must select at least three components, including at least 3/4 cup of fruits or vegetables and the minimum daily serving of at least two other components . The lunch price will remain the same. Students do not need to take food items which they will not eat. However, all students are encouraged to take the entire lunch.



WHAT'S IN YOUR WALLINGFORD SCHOOL'S LUNCH?

Carbohydrates (grains, milk, fruit) and fats are the major source of energy in the American diet. Nutritionists recommend that the Americans increase their consumption of complex carbohydrates and decrease their intake of fats.

Calories from complex carbohydrates such as whole grain breads, cereals, fruits and vegetables include important nutrients as well as fiber. Fiber is essential to balanced diets.

In order to limit simple carbohydrates (sugar), desserts are often replaced by fruit. Baked goods are made with whole grains which add fiber to the diet. All of our grains are whole grain products with the exception of pastas.

A variety of foods are needed to create a balanced diet. Students need more calories than adults because they are growing. Most teens' caloric needs are higher to allow a steady source of nutrients for growth and daily activities. School lunches are designed for growing students. They may provide excess calories for adults.



SCHOOL LUNCH 101

ANSWERS FOR PARENTS



**Wallingford
Public Schools
We Are Proud**

Wallingford Food Services
100 South Turnpike Road
Wallingford, CT 06492
Tel: (203) 294-5926

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School Nutrition Director
David Mensher



BUYING LUNCH AT SCHOOL IS NOW SEAMLESS

- ◆ The school lunch provides a nutritionally balanced meal for your child. More variety (using an established dietary guideline) is easier to achieve through the production of school meals.
- ◆ A school lunch is less expensive than a lunch of equal nutritional value packed at home.

LUNCH PRICES

Wallingford Public Schools Lunch Program is non-profit and lunches are offered at the lowest costs possible:

\$2.65 Elementary Schools

\$2.90 Middle Schools

\$3.05 High Schools

- ◆ Federal and state reimbursements along with government commodities help to offset the cost of lunches for students.
- ◆ A la carte prices are higher as those do not get reimbursement. These food items are offered especially for those who need more food for sports or extracurricular activities.

- ◆ No reimbursement is received for adult meals and therefore the prices have to be slightly higher.
- ◆ Prices are set by the Board of Education and are adjusted occasionally to reflect fluctuating costs and federal and state subsidies.

OUR UPDATED LUNCH MENU

- ◆ All foods are prepared in our school kitchens with special effort to make as many high quality food items as possible. Wholesome ingredients like whole grains are used in our baked goods. Leaner proteins include ground turkey or grilled chicken are also incorporated in to the lunch menu.
- ◆ We take pride in serving your students safely and take into account any special dietary needs.
- ◆ Carbohydrate counts are provided for each entrée to assist students in selecting a balanced meal.
- ◆ Lunch menus are designed to include student favorites, as students are the “target audience” and customer.
- ◆ The lunch menu is published weekly in the Record Journal newspaper and the menu for the month is sent home with the students. The menu can also be found online on the school’s website.
- ◆ In addition to the regular lunch menu, other lunch choices are available at each school daily:

Elementary :

Pizza, Bagel & Yogurt , Cereal Meal, SunButter Sandwich

Middle School Lunch Choices:

Hot & Cold Sandwiches,, Salad Meal

High School Lunch Choices:

Alternate Entrée Lunch

Salad Meal, Panini’s,

Assorted Hot/Cold Sandwiches

- ◆ All lunches include fruit, vegetables, milk and bread.

A LA CARTE ITEMS

In addition to the lunch choices, a number of food items are available. These food items are intended to supplement NOT replace the school meal as we encourage students to choose from the selection of lunches available.

WHAT IS THE LUNCH PROGRAM TRYING TO ACCOMPLISH?

The goal of the Wallingford Public School Lunch Program is to provide students with high quality, student friendly, nutritious meals at a reasonable cost. Eligible students receive meals free or at a reduced price.

NUTRITION STANDARDS AND SCHOOL LUNCH GUIDELINES

- ◆ The school lunch program is governed by the federal (United States Department of Agriculture) and state (Department of Education) regulations. All menus must meet meal pattern requirements for the 2017-2018 school year.
- ◆ Meals are planned with the goal of providing students with one third of the recommended dietary allowances (RDA) for key nutrients and calories.
- ◆ Meals are planned to offer a balanced lunch with modifications to fat, sugar and salt, while catering to the student palate.