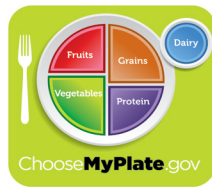
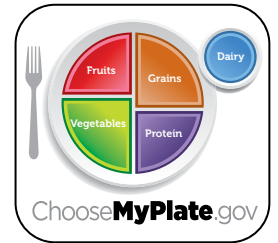


10 tips

Nutrition Education Series



the **School Day**
just got
Healthier
United States Department of Agriculture



Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the U.S. Department of Agriculture. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.

1 healthier school meals for your children

Your children benefit from healthier meals that include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat. Talk to your child about the changes in the meals served at school.

2 more fruits and vegetables every day

Kids have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.



3 more whole-grain foods

Half of all grains offered are whole-grain-rich foods such as whole-grain pasta, brown rice, and oatmeal. Some foods are made by replacing half the refined-grain (white) flour with whole-grain flour.



4 both low-fat milk (1%) and fat-free milk varieties are offered

Children get the same calcium and other nutrients, but with fewer calories and less saturated fat by drinking low-fat (1%) or fat-free milk. For children who can't drink milk due to allergies or lactose intolerance, schools can offer milk substitutes, such as calcium-fortified soy beverages.



5 less saturated fat and salt

A variety of foods are offered to reduce the salt and saturated fat in school meals. Main dishes may include beans, peas, nuts, tofu, or seafood as well as lean meats or poultry. Ingredients and foods contain less salt (sodium).



6 more water

Schools can provide water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water is available where meals are served.

7 new portion sizes

School meals meet children's calorie needs, based on their age. While some portions may be smaller, kids still get the nutrition they need to keep them growing and active.

8 stronger local wellness programs

New policies offer opportunities for parents and communities to create wellness programs that address local needs. Talk with your principal, teachers, school board, parent-teacher association, and others to create a strong wellness program in your community.

9 MyPlate can help kids make better food choices

Show children how to make healthy food choices at school by using MyPlate. Visit ChooseMyPlate.gov for tips and resources.



10 resources for parents

School meal programs can provide much of what children need for health and growth. But for many parents, buying healthy foods at home is a challenge. Learn more about healthy school meals and other nutrition assistance programs at www.fns.usda.gov.

October 2013 High School Menus

The five components for menu planning are:
 ● Grains ● Protein ● Fruit ● Vegetable ● Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.				
Week 1 (10/1,10/14,10/28) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
Week 2 (10/7,10/21) ●●Pancakes	●●Breakfast Pocket~	●●Sausage Biscuit~	●●Chocolate Chip Waffle	●●Breakfast Bites~
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.				
Helpful Information Nutrition Services Office 316-973-2160 www.nutrition.usd259.org	1 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●Potato Puffs	2 ●●Nachos^ ●●Burrito ●Spicy Beans	3 ●●Chicken Nuggets ●Green Peas	4 ●●Cheeseburger on Bun ●●Corndog ●Potato Puffs
7 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	8 ●●Buffalo Chicken on Bun ●●Grilled Chicken on Bun ●Baked Fries	9 ●●Frito Chili Pie ●●BBQ Turkey Sliders ●Celery Sticks ●Baked Potato	10 District Inservice Day	11 Nonteaching Duty Day
<div style="border: 2px solid red; border-radius: 15px; padding: 5px; background-color: #d9ead3;"> <p>Breakfast \$1.45 Reduced Breakfast \$.30 Visitor Breakfast \$1.90 Extra Milk \$.35</p> </div>		<div style="border: 2px solid red; border-radius: 15px; padding: 5px; background-color: #d9ead3;"> <p>Lunch \$2.35 Reduced Lunch \$.40 Visitor Lunch \$3.30</p> </div>		
14 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●General Tso Chicken & Rice	15 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●Potato Puffs	16 ●●Quesadilla^ ●●Burrito ●Tortilla Chips ●Refried Beans	17 ●●Chicken Nuggets ●●Chicken Sticks ●Green Beans	18 ●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●Baked Fries
21 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	22 ●●Buffalo Chicken on Bun ●●Corndog ●Potato Wedges	23 ●●Soft Taco ●●Taco Burger ●Tortilla Chips ●Spicy Beans	24 ●●Chicken Nuggets ●Green Peas	25 ●●Cheeseburger on Bun ●Potato Puffs
28 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	29 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●Baked Fries	30 ●●BBQ Rib Sandwich ●●BBQ Turkey Sliders ●Celery Sticks ●Baked Potato	31 ●●Chicken Nuggets ●●Steak Fingers ●Golden Corn	Helpful Information Online Meal Application www.nutrition.usd259.org Prepay for School Meals www.MyPaymentsPlus.com 1-866-736-9007
Daily Entrée Choices				
●●Pizza, ●●Turkey Deli Sandwich, ●●Ham Deli Sandwich~, ●●PBJ Sandwich^, String Cheese^ & Fish Crackers, ●●Turkey Chef Salad, ●●Chef Salad^, ●●Hummus^ & Pita, ●●Yogurt^ & String Cheese^ with Pretzel				
Daily Side Choices				
●Broccoli &Cauliflower Salad ●Garden Salad ●Lettuce & Tomato ●Sandwich Toppings ●Sliced Pears ●Fresh Fruit	●Fresh Carrots ●Baked Beans ●Lettuce & Tomato ●Sandwich Toppings ●Pineapple Tidbits ●Fresh Fruit	●Chocolate Chip Cookie ●Spinach Dip ●Broccoli & Cheese ●Lettuce & Tomato ●Sandwich Toppings ●Sliced Peaches ●Orange Juice	●Dinner Roll ●Mashed Potatoes ●Lettuce & Tomato ●Sandwich Toppings ●Applesauce ●Fresh Strawberries ●Fresh Fruit	●Cooked Carrots ●Lettuce & Tomato ●Sandwich Toppings ●Tropical Fruit ●Fresh Fruit

^Vegetarian ~Pork ~~~Menu Subject to Change

www.nutrition.usd259.org



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