



What makes your school's cafeteria the right choice for your child? Of course there's the great price and not having to pack food each day. But it's more than that! The cafeteria is serving up options that may look unhealthy but are far better for your kids than you might think. Check out below and make your choice.

BREAKFAST

Loaf Breads, Mini Pancakes, French Toast Sticks, Assorted Cereals, Pan Dulce, Bagel, Cinnamon Toast, Muffins, Breakfast Pizza, Apple Frudel, Yogurt Parfait

****all made with WHOLE GRAINS, contain more fiber than the non-whole grain version, and have lower amounts of sugar and sodium****

LUNCH

Bean & Cheese Burrito: Made with a whole grain tortilla, an excellent source of fiber, and is lower in sodium, fat, and saturated fat.

Cheese Pizza: Made with a whole grain crust.

Cheese Quesadilla: Made with a whole grain tortilla and reduced sodium cheese.

Chicken Tenders: Made from whole muscle pieces with a whole grain breading.

Chicken Sandwich: Made with a whole muscle patty with whole grain breading, on a white whole wheat bun.

Corn Dog: Made with chicken, a whole grain crust, is a good source of fiber, lower in fat, and is reduced sodium.

Fish Taco: Made with Alaskan Pollock in a whole grain breading, is low in saturated fat, on a fresh made whole grain corn tortilla.

Hamburger: Made with a low sodium, low fat beef patty on a white whole wheat bun.

Hot Dog: An all natural beef frank, no added nitrites, nitrates or added fillers on a white whole wheat bun.

Pepperoni Pizza: Made with a whole grain crust, 100% mozzarella, and reduced fat pepperoni.

Pizza Crunchers: Made with a whole grain crust and low fat cheese.

Taco Salad: Made with a reduced fat turkey taco filling and whole grain tortilla chips.

This school year, we are reinforcing our commitment to the new USDA guidelines for even healthier meals for your kids.

There are some major differences from the previous year, but it is all in an effort to provide the most nutritious meals possible.

For Breakfast, students are required to take at least 3 items. Of these 3 items, student must choose at least one serving of fruit or vegetable to be counted as a complete meal. Each day 3-4 types of fruits are offered for your kids to choose from.

For lunch, students are required to take at least 3 of the 5 components offered: Meat/ Meat Alternate, Grains, Fruits, Vegetables, and Milk. Of these 3 components, 1 component must be at least one serving of fruit and/or vegetable. Each day there are 6 types of fruits and 4 types of vegetables making it easier for your kids to choose something they like.

We only serve 51% or more whole grain bread products in our cafeterias.

In the 2012-13 school year, chocolate milk was taken off the menu and replaced with 1% white milk and nonfat white milk for your kids to select from.

Putting these changes into place over the past couple of years has required careful planning on our part. Though, the end result is healthier meals for our kids -- and well-nourished kids do better in school.

EAT HEALTHY