

School Lunch – The Facts



Making the right food choices, together.

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Rocklin Unified School District Food Service Department

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School Lunch – The Facts



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- What is a School Lunch?
- NSLP Requirements
- Healthier Choices
- Changes RUSD Has Made

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School meals are healthier than ever!

Kids are offered healthy, tasty and appealing choices:

- Fresh Fruits and Vegetables
 - Pro Pacific Produce – Sacramento, CA
 - Vendor purchases locally grown whenever possible
- Whole Grains
- Reduced Fat and Low Sodium Cheese
- Reduced Fat Turkey and Beef Products
- Reduced Sugar Products

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National School Lunch Program

- USDA Nutrient Standard Menu Planning
- 5 Components Offered Daily
 - Meat/ Meat Alt
 - Fruit
 - Vegetable
 - Bread
 - Dairy
- NSLP/USDA Requirements:
 - Minimum – Entrée + 1 additional component.
 - Students are allowed and encouraged to take all components but are not required to due to Federal regulations.



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School meals are balanced and healthy!

- Lunches that are part of the National School Lunch Program (NSLP) must meet USDA nutrition guidelines and the California State requirements including:
 - limiting fat and saturated fat in meals.
 - limiting sugars, including naturally occurring and added.
 - providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C.
- NSLP lunches are served based on age with minimum requirements for nutrient and calorie levels.

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Nutrition Standards Averaged Over the School Week

Minimum Requirements for Nutrient and Calorie Levels

Category	Grades K-6	Grades 7-12
Calories	664	825
Total Fat	<30%	<30%
Saturated Fat	<10%	<10%
Protein (g)	10	16
Calcium (mg)	286	400
Iron (mg)	3.5	4.5
Vitamin A (RE)	224	300
Vitamin C (mg)	15	18

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Healthier Food Choices!

- Pizza, French Bread Pizza and Flat Bread Pizza
 - 51% Whole Grain Crust
 - Low Fat and Low Sodium Cheese
 - Reduced Fat Turkey Pepperoni
- Chicken Nuggets, Popcorn Chicken and Chicken Patty
 - Whole Grain Breading
 - Secondary-All White Meat / Elementary-Both White and Dark
 - Low Sodium and Baked
- Bread Products
 - Most are 51% Whole Grain White
- Garden Bars Available at Every Site

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Nutritionals	Papa John's Pizza	RUSD Pizza	Difference
Serving Size	1/10 slice	1/10 slice	
Calories Per Serving	340	340	
Calories from Fat	130	110	- 20
Total Fat	14g	13g	- 1g
Saturated Fat	6g	5g	- 1g
Trans Fat	0g	0g	
Cholesterol	30mg	20mg	- 10mg
Sodium	900mg	590mg	- 310mg
Potassium	-----	320mg	+ 320mg
Carbohydrates	40g	38g	- 2g
Dietary Fiber	2g	2g	
Sugar	5g	4g	- 1g
Protein	13g	19g	+ 6g
Vitamin A	4%	6%	+ 2%
Vitamin C	6%	0%	- 6%
Calcium	15%	20%	+ 5%
Iron	15%	20%	+ 5%
Whole Grain	-----	7g	+ 7g

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Nutritionals	McDonalds Nugget	RUSD Nugget	Difference
Serving Size	4.5 oz	4.5oz	
Calories Per Serving	371	300	-71
Total Fat	23g	16g	- 7g
Saturated Fat	4g	4g	
Trans Fat	0g	0g	
Cholesterol	49mg	63mg	+ 14mg
Sodium	704mg	625mg	- 79mg
Carbohydrates	23g	17g	- 6g
Dietary Fiber	2g	1g	-1g
Sugar	0g	-----	
Protein	18g	19g	+ 1g
Vitamin A	-----	2%	+ 2%
Vitamin C	4%	0%	- 4%
Calcium	0%	0%	
Iron	4%	10%	+ 6%

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Garden Bars

Elementary



Secondary



Variety Offered Daily

- **3 fresh vegetables**

- Salad, Mini Carrots, Sugar-Snap Peas, Broccoli, Cauliflower, Jicama, Celery & Cherry Tomatoes

- **3 fresh fruits and cupped fruits**

- Apples, Bananas, Kiwi, Strawberries, Nectarines, Mandarins, Watermelon, Cantaloupe, Grapes & Oranges

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Healthier Food Choices Cont'!

- Milk Products
 - White - 1% Low Fat
 - Chocolate - Fat Free and Reduced Sugar
- Menu Monthly Treats – Offered Tuesday's/Thursday's
 - Apple Cookie - Whole Grain, ½ cup Fruit, Low Sugar and Fat
 - 164 calories, 7g fat (meets 1 bread serving / ½ fruit serving)
 - Birthday Cupcake - Low Sugar and Fat
 - 120 calories, 3.5g fat (meets ½ bread serving)
 - Pudding - Fat Free and Low Sugar
 - 90 calories, 0g fat, 15g sugar
 - Sherbet and Minute Maid Juice Bars
 - 100% Whole Fruit or Juice – Meets ¼ to ½ cup Fruit

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Nutritious Improvements Over the Last 5 Years

- Pepperoni, Sausage and Deli Meats are turkey based products and the Deli Meats are also 99% fat free. All beef products are low fat and 75% of chicken products are all white breast meat. All cheese are reduced fat and low sodium.
- 75 % of our bread and breaded products are 51% whole grain. Bread servings are now only 5 to 7 servings per week compared to 25 to 30 offered 5 years ago.
- Garden Bars are now offered daily at every site with a variety of low sodium vegetables and fresh fruit.
- Milk has changed from 2% products to 1% Low Fat White and Non Fat Chocolate milk and lowered sugars.

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Menu Improvements Over the Last 5 Years

- Entrée choices:
 - Elementary offers only 5 packaged items out of 36 items available. We serve a wide variety of choices such as Spaghetti, Penne with Chicken Alfredo, Fish and Chicken Tacos and Rice Bowls to introduce them to a variety of healthy food options.
 - Secondary offers only 2 packaged entrees out of 17 available, which include a variety of fresh salads, deli and hot sandwiches, chicken wraps and rice bowls.
 - Bread servings are now only 5 to 7 servings per week compared to 25 to 30 offered 5 years ago.
 - Potatoes are only offered as a choice on an average of 1 to 2 times a week at elementary level and are not offered at secondary at all cutting them by more than half.
 - A la Carte is no longer offered at Middle Schools; High School choices are limited to reduced fat, low sugars and whole grains.

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We have professional nutritionists working daily within the Food Service Industry to formulate our foods to meet and exceed the USDA and State guidelines.

Please share this information with your staff and parents.

