

A note from Mrs. Metzler in regards to...

Recommended Standards for Extra Food at Lunchtime and After-School Snacks

The St. Monica School Lunch Program provides plenty of opportunities for our students to eat well within the current recommendations for healthier school lunches. We provide 2-3 times a week fresh fruits and vegetables whether they are served directly on the lunch tray or offered at the salad bar. We provide low fat (1%) and fat free milk. Most of the pasta we serve is whole grain as are most of the breads and some desserts. We incorporate brown rice frequently in our whole grain offerings. We try to serve lowered-sugar and lowered-fat content foods as well. The yogurt offerings are low fat.

Upon closer review of the extra food we sell, not the “seconds” from the serving line, but the packaged food , it has been brought to my attention even more that we could do better in offering foods that are more in line with the current recommendations.

Starting April 25th, the extra food available will include fresh vegetables and fruit, low fat yogurt, low-fat and low-salt whole grain crackers or chips, low sodium whole grain bars and more foods that are within the current recommendations.

We will stop selling the ice cream and other non-recommended ala carte foods once the inventory has been depleted.

The Extended Day Program Snacks will also be updated to fit within these recommendations.

Please take the time to review the IOM (Institute of Medicine) Nutrition Standards so that you and your family can do a review of your current snack attack habits and together we can help fight childhood obesity and other diseases. The standards can be obtained at this link:

http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition_factsheet_parents.pdf