

**NUTRITION SERVICES MOVING TOWARDS
HEALTHIER CHOICES**
Changes from 2003 - 2009

2003-05

1. Eliminated unhealthy snacks at South as a pilot program; pilot program included the administration at South asking parents and students not to bring in the junk food.
2. Soup and Salad Bar four days a week instead of three days at South
3. All elementary and middle schools had to begin selling healthier ala carte items
4. Fresh produce on menu more
5. Defined the type of fresh fruit on menu to introduce new items to the students such as kiwi, fresh pears, etc. (traditionally, fresh fruit meant apples and oranges)
6. Snack bar closed at two middle schools: East and Mrachek
 - a. Mrachek only sells main dish ala carte items and drinks
 - b. East opened another Type A meal line in her snack bar
7. Iowa Elementary discontinued selling ala carte items
8. Reduced number of times french fries, tator tots and tri tators appeared on the elementary menu
9. Introduced milk vending in all of our middle schools and high schools (No longer at North due to low sales)
10. Bakery tested applesauce in buns, rolls, etc. and reduced fat by half
11. Added soup and sandwich to the menu
12. New menu items: Chicken fajita, sesame chicken with rice, oven baked chicken, larger percentage breast meat on some chicken patties, bread sticks
13. October 2004: Participated in the Integrated Nutrition Education Program at Lyn Knoll

2005-06

1. Eliminate fryers in the high schools
2. Reduce number of times french fries, tator tots and tri tators appear on the secondary menu
3. Eliminate ala carte french fries in high schools
4. Increase price of main dish ala carte to the price of a meal
5. Train cashiers to recognize main dish ala carte items as a meal by offering the missing component
6. Introducing Big Daddy pizza in our high schools, which is healthier than the brands we bring in to the schools such as BlackJacks, Pizza Hut, etc.
7. Set specific standards for ala carte
 - a. Fat: no more than 35% of total calories (goal is 30% but items are too limited at this point)
 - b. Saturated Fats and Trans Fats: 10% or less of total calories
 - c. Added Sugars: no more than 35% by weight of total calories (goal is 25% but items are too limited at this point)
 - d. Sodium: no more than 150 mg per serving
8. High Schools: oven baked french fries no more than 3 times per week
9. East discontinued ala carte line

2006-07

1. High Schools: fresh fruit offered daily
2. Elimination of all French Fry Bars (Changed to Potato Bar)
3. Also offer Taco Bar, Pasta Bar and Salad Bar
4. Cereal: lower sugar content and went to whole grain
5. Chicken sausage links with lower fat
6. Yogurt on menu
7. Bagels offered

06/10/08

8. Addition of baked potatoes on menu
9. Use of frozen vegetables instead of canned as much as freezer space will allow
10. Marketing to both parents and students
11. Adding Elkhart to Integrated Nutrition Education Program
12. South discontinued ala carte line
13. North discontinued ala carte line

2007-08

1. Adding Laredo Elementary and Peoria Elementary to Integrated Nutrition Education Program
2. Elementary ala carte items: offer milk, 100% juice, water, fresh fruit, vegetables, yogurt, side salads only instead of chips and other snack items
3. Continue to look for new and more nutritious items for student
4. Work with the Coordinated Health Team to develop regulations to support the district wellness policy
5. Post nutritional information on the Nutrition Service web page
6. Offer turkey sausage patties which are lower fat
7. Currently support 40 breakfast schools with expectation of adding the remaining 3 by year end.
8. Support recess before lunch.

2008-09

1. Adding Montview, Boston, Kenton, & Paris to the Integrated Nutrition Education Program.
2. Work with Coordinated School Health Team to develop activities that promote total student health.
3. Continue to look for new & more nutrition items for students.
4. All schools but one are now on the National School Breakfast Program.

5. Promote fruits & vegetables through the \$10,000 Hidden Valley grant that was awarded to Crawford Elementary.
6. Two new menu items.
 - The first item is variety vegetables. Schools must offer a minimum of 1 fresh and 1 hot vegetable daily.
 - The second item is seasonal fruits. Schools must offer a minimum of 3 fresh fruits and 1 canned fruit daily.