

# School Menu Planning

FWCS menus are planned by registered dietitians to meet the nutrition goals established by USDA's *School Meals Initiative for Healthy Children*. These nutrition goals are based on:

- The Recommended Dietary Allowances
- Children's calorie requirements
- The recommendations of the Dietary Guidelines for Americans

Nutrition Services uses a food-based approach to menu planning. Following USDA guidelines, FWCS meals:

- Maintain an average daily calorie range established by the USDA
- Provide meals with less than 10% saturated fat
- Provide increased vegetable servings daily with a variety of choices from 5 subgroups
- Eliminate non-naturally occurring trans- fat from all food items
- Provide only low-fat and skim milk options

In light of growing concerns about childhood overweight and obesity, Nutrition Services has improved the content of school meals and a la carte items, by:

- Offering many fruit and vegetable choices daily
- Offering bakery items made with whole white wheat flour, such as cookies and carrot cake
- Providing whole grain hamburger buns, hot dog buns, English muffins and whole grain pastas
- Reducing sodium content by offering reduced sodium ingredients when available
- Reducing sugar content by providing fruits processed in juice rather than syrup
- Limiting a la carte portion sizes to one serving per package and limiting fat to 8 grams or less per packaged item

FWCS Nutrition Services is supportive of farm to school efforts in our community. Nutrition Services uses local vendors, which source local produce when possible, to provide fresh produce to our schools.