

PROCEDURE WSD318

WINOOSKI SCHOOL DISTRICT

FOOD SERVICE PROGRAM

1. The food service program will strive to offer meals that meet the “U.S. Department of Health’s Dietary Guidelines for Americans.” To do this the following standards are used in menu planning and meal preparation:
 - a) Menus will emphasize low-fat main dish protein items.
 - b) Fresh produce will be used as much as possible. At a minimum a fresh fruit or vegetable is offered at least three days per week. A fruit is always offered as a dessert choice.
 - c) Fresh and frozen vegetables are preferred over canned. They will be prepared by steaming whenever possible.
 - d) Desserts, other than fruits, will be limited. Whenever served, sweet desserts shall contribute essential nutrients to the meal.
 - e) Breads and bread alternates used will usually be made with whole grains. School baked breads will always contain whole grains.
 - f) The use of salt will be limited to recipes where it is an essential ingredient.
 - g) Foods will not be deep fat fried.
 - h) Menus will be planned a month in advance to assist in providing needed nutrients over the long term.
 - i) Vermont products will be used whenever possible.
2. The food service program will participate in the “offer versus serve” method of meal service. A wide variety of healthful foods will be offered and students will be encouraged to make wise food choices. Good food habits will be encouraged through the modeling of appropriate portions, suitable variety and preparation techniques that emphasize high quality nutrition.
3. The cafeteria will be a pleasant and inviting place. The cafeteria atmosphere will be monitored regularly to ensure that meal times are relaxed and pleasant.
4. Nutrition education will be an essential part of the curriculum. Teachers and food service personnel, as well as students, will frequently up-grade their knowledge of this rapidly changing field.
5. Parent, student and community involvement in the school nutrition program will be encouraged through regular opinion surveys, the Food Service Advisory Committee and an open invitation to the community to visit at breakfast and/or lunch.

Reviewed and Updated: November 12, 2007