

Standards and Guidelines

- *The NSLP (National School Lunch Program) is governed by federal and state regulations.
- *All menus must meet the dietary guidelines for Americans
- *Nutrient standards are set for calories, protein, calcium, iron, vitamin A and vitamin C.
- *Meals are planned to moderate fat, cholesterol, sugar and salt.
- *Fruits and Veggies are offered everyday

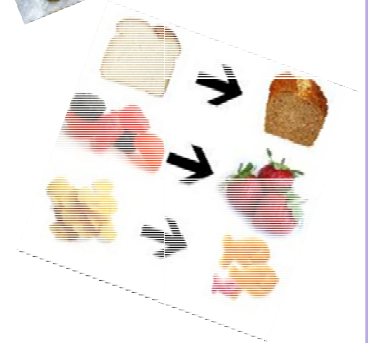


For more Information please visit:

<http://www.cheshire.k12.ct.us/foods--nutrition/school-lunch-menus>

Cheshire Elementary Schools

Lunch Program



“Eat Healthy, Be Happy”

Build- A-Tray Program:

At the start of the lunch line, your child picks up a pre-marked tray with the numbers 1-5. Each number corresponds to a shape and color:

- Purple Star = Protein
- Orange Triangle = Grains
- Green Clover = Veggies
- Red Circle = Fruits
- Blue Square = Milk



Lunch Menu:

- Every week, the lunch menu is put in local newspapers and a large monthly menu is kept in the cafeterias.
- The lunch menu is also available through the Cheshire Public Schools website.
- Children are offered two main hot lunches to choose from and allowed to choose one fruits such as fresh fruit, canned fruit, 100% fruit juice, etc. and one veggie.
- Different kinds of milk also come with lunches daily: skim, 1% and non fat flavored milk.

Healthy Classroom Celebrations:

Due to of the allergies and unhealthy snacks, the school discourages birthday snacks such as cupcakes, cookies, etc. Instead they are allowing fruit platters and Yogurt Parfaits.

Allergies:

If parents are worried about their children’s allergies in school, they should come in to the school cafeteria or the Foods and Nutrition Services Office located at the Board of Education to read food labels prior to any food being served. (www.foodallergy.org) Is a good source of information regarding food allergies .

Healthy Snacks:

- * Fruits
- * Veggies
- * Yogurt



*Healthy Certified District means that the district has been checked and got the “ok” for serving healthy ala carte choices.

Payment Options:

Cash on Account: Put money in your child’s account ahead of time either by check or cash, he/she is able to buy anything from the Cafeteria with that money.

Prepaid Meals: The money put on your child’s account is only for a school lunch, if he/she wanted snacks, they would have to pay those in cash.

Prepaid Meals and Cash on Account: This option makes it possible for your child to buy a lunch and be able to purchase snacks also.

