

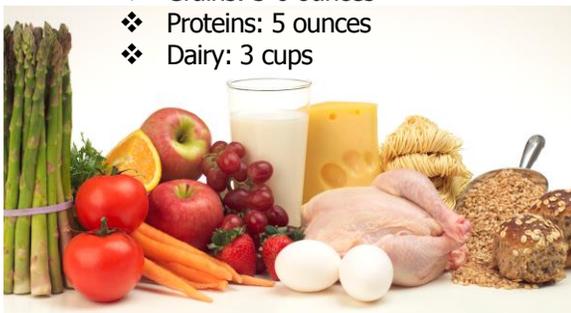
MyPlate

My Plate is a United States Department of Agriculture Program that illustrates the five food groups that are the building blocks for a healthy diet using a familiar image- a place setting for a meal.



This program recommends that half of a person's diet is fruits and vegetables, to go lean on the protein, and to make at least half of the grains consumed as whole grains. The USDA recommends that students ages 9-13 should get the following amount of the five main food groups each day (amounts depend on age and gender):

- ❖ Fruits: 1 ½ cups
- ❖ Vegetables: 2-2½ cups
- ❖ Grains: 5-6 ounces
- ❖ Proteins: 5 ounces
- ❖ Dairy: 3 cups



Food Allergies The Food and Nutrition Services Department recognizes the increasing prevalence of potentially life threatening food allergies among children. The kitchen staff at Dodd effectively takes precaution of food allergies to ensure the safety of students. Parents of students with food allergies should come in to the cafeteria, to read labels prior to any food being served. Please contact the nurse for an interdisciplinary meeting. For more information, visit www.foodallergy.org for information of common food allergens, recipes, allergy alerts, and more, or visit www.cheshire.k12.ct.us and click the link to the Cheshire Public Schools Food Allergy Policy.

Did You Know?

- ❖ The goal of Cheshire School Lunch Program is to provide students with attractive, wholesome, nutritious, reasonably priced meals that are consistent with the Dietary Guidelines for Americans.
- ❖ Low fat alternatives, such as lite mayonnaise and ground turkey, are incorporated into the lunch menu-along with fresh fruit, garden salads and raw veggies.
- ❖ Different choices of milk are offered to encourage the consumption of calcium. Calcium builds and maintains strong bones and teeth. For further information on the Dodd Middle School Lunch <http://www.cheshire.k12.ct.us/district-departments/foods--nutrition/school-menus>
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Dodd Middle School



Breakfast and Lunch Program

Dodd Middle School is a USDA Bronze Winner ranking in the top 5% of the schools in the nation for healthy meals.

Breakfast

Breakfast is served at Dodd Middle School daily for \$2.25. An ala carte 8 oz carton of milk costs \$.75. Reduced breakfast is \$.30 and Free breakfast is available for free eligible students.

Breakfast options include grab n go, healthy choices that students can eat in the homeroom class before their first class begins.



How to Pay

Best Method-Online Payment

Parents can view students' account balances and add money to accounts at www.mySchoolBucks.com.

Advanced Payment

Cash on Account- funds are deposited into a student's debit account and are available when purchasing lunch and/or a la carte items. There are no limitations on what can be purchased or how many purchases can be made, money is simply deducted from the account balance with each purchase.

With a check only: Prepaid Meals- money is put on debit account for student meals only and any number of prepaid meals can be put on account at a time. Cash must be used for any snack or a la carte items purchased.

With a check only Prepaid Meals and Cash on Account-this option ensures that your child receives a lunch while also allowing them to purchase A La Carte items as well.

Free or Reduced Meals

Free or reduced price meals are available to eligible students in any grade. Online family applications are available at <https://www.myschoolapps.com/> Families may apply any time of year.

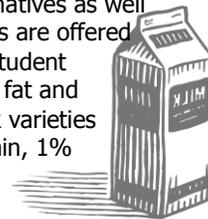
Lunch

Prices

Lunch options at Dodd cost \$3.25 including an Entrée with whole grains and protein, 8 oz milk, fresh or canned fruit, and two veggies.

Options

All lunch options are prepared in the Dodd kitchen. Low-fat alternatives as well as fresh fruits and vegetables are offered daily. These meals include student favorites while also reducing fat and increasing fiber content. Milk varieties include skim-non-fat, 1% plain, 1% flavored, and chocolate. Lactaid milk is also available.



Five a Day

Five a Day for Better Health promotes students to consume five fruits and vegetables each day to balance their nutrition. The Dodd lunch program allows students to select any 2 veggies and one fruit of the following:

- ❖ fresh fruit
- ❖ 100% fruit/veg juice
- ❖ canned fruit
- ❖ hot vegetable of the day



Also available are:

- ❖ Rainbow raw veggie tray
- ❖ garden salad

A La Carte Items

A number of snack items are offered in addition to the lunch choices. Whole grain reduced fat, reduced sugars chips, cookies, and frozen desserts are offered to accompany the normal lunch options.

Lines

In the Dodd cafeteria there are two hot lunch lines and a cold lunch station.

Healthy Certified District

The Connecticut Department of Education developed Healthy Food Certification as an incentive for districts to apply nutrition standards to competitive foods. Districts must opt in or out of Healthy Food Certification each year. Those districts that opt in must apply Connecticut Nutrition Standards to all foods sold to students. Dodd Middle School and the other Cheshire Public Schools participate in the Healthy Food Certification.

Nutritional Standards & School Lunch and Breakfast

Guidelines The National School Lunch Program (NSLP) is governed by federal and state regulations and all menus meet the dietary standards for Americans. The menu planning system of NSLP is designed to give students approximately one third of the key nutrients and calories they need according to the Recommended Dietary Allowances.

- ❖ Nutritional standards are set for calories ($\leq 30\%$ of calories from fat, $\leq 10\%$ of calories from saturated fat), protein, calcium, iron, vitamin A, and vitamin C.
- ❖ Meals are planned to moderate fat, cholesterol, sugar, and salt.
- ❖ A variety of grain products, fruits, and vegetables are offered daily.

