



Did You Know??? The Truth About Our Healthy School Meals:

- We do not fry ANYTHING at our elementary schools. All of our entrees & hot side dishes are baked or steamed.
- We only offer **whole grain** buns & breads.
- We are increasing the amount of times we serve beans/legumes to all students.
- Most of our pizza varieties are made with **lowfat mozzarella cheese & meat toppings & whole grain crust**. Eating healthy can be scrumptious!
- We serve **fresh fruits AND fresh veggies everyday** at ALL of our schools.
- We are increasing serving sizes of our fresh fruits & veggies to students at no extra charge.
- Self-service lines are in place at our elementary schools. The students come through the line & choose their own fruits & veggies.
- A variety of **specialty salads** (popcorn chicken salad, chef salad, Italian deli salad, oriental chicken salad, garden salad, and taco salad) & fruit & yogurt parfaits are served on a regular basis in Wayne Township.
- Only **baked chips** are served at ALL schools.
- We only serve French Fries once a week at our secondary schools.
- Only **1% lowfat milk** is offered. We have a variety of delicious & nutritious flavors - skim, 1% white, 1% chocolate, 1% strawberry, and 1% vanilla!
- Chicken & turkey (low fat meats) are offered on a regular basis. Wayne township students consume a total of nearly **135,000 pounds of chicken per school year**.
- **Our menus follow the USDA Dietary Guidelines.**
 - Not more than 30% of total calories from fat
 - Not more than 10% of total calories from saturated fat
 - Lunches must provide (on average over each school week) at least 33% of the Recommended Dietary Allowance for protein, iron, calcium, and vitamins A & C.
 - Breakfast must provide at least 25% (on average over each school week) of the Recommended Dietary Allowance for protein, iron, calcium, and vitamins A & C.



- All elementary students, Chapel Hill, & Lynhurst Center, and Ben Davis University students receive breakfast at no charge.
- Elementary students choose from 4 different entrees for lunch Mon - Thur & 3 different entrees on Friday.
- Secondary schools experience a "food court" type of atmosphere. We offer a homestyle line, a Mexican food line, a "Giant's Favorite" line, an Italian food line, cold subs, cold sandwiches, and PBJ everyday.
- Ben Davis High School students choose anywhere from 11 to 13 entrees daily.
- Ninth Grade Center students choose from 10 to 11 different entrees daily.
- 7th & 8th Grade Center students choose from 7 to 9 different entrees daily.

Other News:

- The USDA After School Snack Program is available at most of our elementary schools.
- Wayne Township participates in the USDA Summer Feeding Program. This program provides a free lunch to anyone 18 years of age & under.
- Stout Field Elementary offers a free fruit or vegetable snack every day funded by USDA's Fresh Fruit & Vegetable Program. The 2010-2011 SY will be our second year of offering this wonderful program to the students of SFE.
- Garden City Elementary & Stout Field Elementary participate in the Weekend Backpack Food Program. Students in need are sent home on Fridays with 2 breakfasts, 2 lunches, 2 dinners, and 2 snacks for the weekend.

Nutrition Education or Questions?

*Wayne Township has a full-time dietitian on staff. Feel free to call with questions or special diet concerns - Shannon Nesius, RD 988-7961



Steps to a Healthier You