

EATING FOR GOOD HEALTH

Douglas School Child Nutrition program is pleased to announce that the nutritional analysis for the DUSD menu meets the nutritional guidelines for each age group. Breakfast provides $\frac{1}{4}$ the RDA (Recommended Daily Allowance) for breakfast and $\frac{1}{3}$ the RDA for lunch. The weekly average provides 100% of the recommended calories, protein, iron, calcium, vitamin C, vitamin A and fiber and salt. The total fat of breakfast and lunch is less than 30% of the calories and saturated fat is less than 10% of the calories. We have made several changes in the menu in order to provide healthier meals.

Whenever possible, meat is purchased with vegetable protein, reducing the fat content. Hot dogs, corn dogs and lunchmeats are turkey based in order to reduce the fat content. Low fat recipes are used in food preparation and no foods are fried.

Each school encourages students to eat at the salad bar with generous portions of fruit, lettuce, broccoli, baby carrots, and other items. Parents should encourage their children to eat 5- 9 servings of fruit and vegetables per day and to taste new items.

Bread products including rolls and buns are made from whole grains. The pizza crust, corn dogs and chicken nuggets also contain whole grain and it has been well received by the students.

Breakfast choices include the main item, eggs 3 days per week, a variety of cereals, milk, and juice or fruit. All the milk served is 1% fat and includes chocolate & strawberry flavors. Skim milk is also available at each meal, as well as soy milk and lactose-free milk. Please let the staff know if you need milk alternatives. Fresh fruit is being served daily at breakfast because it provides more fiber than juice. Several choices are offered daily in order to increase customer satisfaction.

Sun butter is a healthy safe alternative to peanut butter and is made from sunflower seeds instead of peanuts in order to avoid allergic reactions in the elementary and middle schools.

Breakfast is free for everyone regardless of income. It has been documented that students who eat breakfast are more attentive in class, are absent less often and show greater improvement on test scores. Lunch is \$1.85. Please see the student handbook for policy regarding payments.

Free & reduced students will remain on that status for 30 days while your new application is processed. Please be sure to submit an application every year even if you choose to not eat the school meals. These applications allow the school to qualify for grants for new technology and & other beneficial programs. It is never too late to apply.

The Douglas School Child Nutrition Program is committed to providing optimal nourishment and customer satisfaction for your children in order to facilitate learning and good health. Parents are always welcome to visit the school cafeterias. If you have any concerns, you may call Beverly Jackson at 364-2447 X 2180