



East Baton Rouge Parish Schools Continuing to Improve School Meals For Students

Goal: To offer nutritious, appetizing and affordable meals to all EBR students and staff.

Students who eat school meals learn the following:

- * Get ready for class by eating breakfast
- * Use portion control with no super sizing.
- * Eat fruits/vegetables with each meal.
- * Drink milk twice a day for strong bones.
- * Eat whole grain rich foods regularly.

How the Child Nutrition Program is increasing the nutritional value of school meals for the upcoming school year:

- * Beginning August 2012, all flavored milk will be made with fat free skim milk. Prior to this, flavored milk was made with 1 % low-fat milk.
- * 100% dark green Romaine lettuce will be used to prepare salads.
- * Black Eyed Peas have been added to the menus increasing the number of times bean and peas are offered on the menus which will increase fiber and nutrients.
- * Foods used in EBR shall contain zero grams of trans fat per serving with the exception of a small amount of naturally occurring trans fats.
- * Saturated fats will be limited to 10 % or less of total calories on weekly menus.
- * Specific vegetable groups will be offered on school menus weekly. Dark green, Red/Orange, Beans/Peas/Legumes/ Starchy and other vegetables will be offered.
- * Beginning August 2012, USDA has required that students choose a minimum of 1/2 cup fruit or vegetable with their meal for the meal to be counted as reimbursable.
- * Both fruits and vegetables will be offered every day on menus which will provide more healthy choices for students and encourage them to choose fruits and vegetables with their meal.
- * Some of the fresh fruits and vegetables that will be offered are: Strawberries, Red Grapes, Cantaloupe, Watermelon, Apples, Oranges, Baby Carrots, and Broccoli Florets.
- * New USDA requirements for lunch state that the average daily amounts of calories for a 5 day school week must be (Pre- K-5) 550-650 calories; (Grades 6-8) 600-700 calories; and (Grades 9-12) 750-850 calories.
- * Sodium in meals is being reduced and must meet a particular target level. Items such as nachos with cheese and pickles have been removed from menus in a effort to reduce sodium in school meals.
- * Many whole grain rich bread products will be offered on school menus and by school year 2014-15, all bread products offered will be whole grain rich.
- * Hamburger and Hot Dog Buns will be 100% whole wheat products.
- * Other whole grain rich bread products include: Sliced Bread, Brown Rice, Whole Wheat Rolls, Whole Wheat Pizza Crust and Whole Grain Fresh Baked Cookies.

Summary: EBR has been improving school menus for several years, making them healthier. The healthy additions of more fruits, vegetables, and whole grain rich foods to next years menus will continue to improve menus for the students in EBR. We will continue to make foods that kids like to eat, healthier!