

# School Meals: A Nutritious Choice for Your Students!



School nutrition professionals are serving healthy, well-balanced meals that help America's students succeed in the classroom. The Healthy, Hunger Free Kids Act of 2010, limits the calories, saturated and trans fats, and sodium in school meals, and require cafeterias to offer a wider variety and larger servings of fruits, vegetables and whole grains. Brandywine Heights Area School District was awarded the 6 Cent Certification that acknowledges compliance with all federal nutritional guidelines in school year 2012-13. Since that time we have continued to improve our food offerings and introduced many new "made from scratch" items.

The introduction of a "Fruit and Vegetable Bar", along with the existing Salad Bar, available to all students purchasing lunch, offers a daily variety for fresh fruits and vegetables including black bean salsa, roasted corn, tomato basil salad and a choice of raw vegetables and fresh fruits.

The department has incorporated a wider variety of herbs and spices into their recipes to cut back on the use of sodium. The Brandywine Heights Area Schools serve primarily whole wheat breads, pasta and brown rice. A la carte items include yogurt parfaits, baked chips and homemade muffins made with reduced sugars and fruit. All snacks and beverages are single serving sizes with less than 35% added sugar, while dairy products are only nonfat and low-fat.

Pizza served with school lunch is made with a whole grain crust, low fat cheese, reduced sodium sauce and served with sides of fruits and vegetables – far different from the options available in some fast food counterparts. A recent review by the PA Department of Education validated BHASD Food Service Department's compliance with all federal regulations for their menus, while the Local Wellness Policy regulate the sale of food products outside of the cafeteria. Foods offered in vending machines and in classrooms must also meet strict nutritional standards.

"Fed Up" is a feature length documentary on the topic of childhood obesity, opening in select theaters nationwide and through video on demand starting on May 9. The film is produced by Katie Couric and Laurie David, known for producing Oscar winning "An Inconvenient Truth." We understand the film is highly critical of the food industry, contains a 10 minute segment that negatively portrays foods and beverages sold in schools. We support the need to lower childhood obesity and can assure you the Brandywine meal program far exceeds that which is portrayed in the film.

Brandywine is proud of the student acceptable, healthy food choices it offers in the cafeteria for breakfast and lunch. Be sure and have the facts about Brandywine's meals. Please come and visit us.

**SCHOOL MEALS**  **are HEALTHY MEALS™**