



HEALTHY SCHOOL MEALS

Under the National School Lunch Program, school lunches must include a choice of milk, fruits and vegetables, grains and proteins, and these meals are required to meet federal nutrition standards limiting fat and portion size.

In Forestville Schools, we are meeting all these requirements and going the extra mile to make school meals healthy and enticing for students by trying new menu items such as turkey cheesesteak subs at the Middle & High School and Meatball dippers at the Elementary School. We also use locally grown apples so we have the freshest fruit available.

We're even making kid favorites more nutritious, like our Taco Tuesdays feature tacos made with ground turkey mixed with refried beans and a blend of lettuce and spinach for our chef salad and salad plates. Children don't even realize they are eating healthier foods!

FOOD SAFETY

At Forestville Central Schools, we work hard to ensure that the food served to our students is safe. Our food safety program is designed to identify and eliminate foodborne hazards through every step of meal preparation.

For example, we take internal temperatures from each batch of food being cooked; Monitor and record the cooking, cooling, and reheating temperatures throughout the food preparation process; Pre-chill all salad ingredients to help maintain cold food temperatures, etc. Our staff receives food safety training to help them adhere to these strict policies. We also receive two inspections from the Chautauqua County Health Department each school year.

Food safety breeches can occur anywhere – including in local grocery stores and restaurants – but our food safety policies have helped Forestville Central School maintain a great safety record.

PARENTAL SUPPORT FOR SCHOOL MEALS

School nutrition programs need the support of parents and families to succeed! Whether you join your students for school lunch or make time to talk with them about the food they eat at school, taking an interest in a child's eating habits can lead to a lifetime of good choices. And when children have tried new fruits and vegetables at home, they are more likely to pick up those items when they walk through the school lunch line. To get the facts about school meals and share your ideas, visit www.TrayTalk.org.

Learn about school meals. Share your ideas. www.traytalk.org



FLAVORED MILK

In Forestville Schools, low-fat or fat-free, plain or flavored milk is served with every school meal to help our students get their recommended daily allowance of nutrients critical for strong bones and healthy diets.

Leading health and nutrition organizations, including the American Academy of Pediatrics, American Heart Association, American Dietetic Association, the National Medical Association, and School Nutrition Association, have all expressed their support for low-fat and fat-free milk in schools, including flavored milk. The groups cited studies demonstrating that children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.

The Institute of Medicine, in their recommended nutrition standards for school meals (*"School Meals: Building Blocks for Healthy Children"*), also supported keeping fat-free flavored milk in schools because of the critical nutrients that flavored milk provides.

For more information about any of the above topics, fun activities and recipes you may go to the following websites.

www.letsmove.gov/eat-healthy

www.choosemyplate.gov

www.cnpp.usda.gov/DietaryGuidelines

Karen Giardina
Cafeteria Manager
Forestville Central School
965-6530