

## Chartwells' Nutrition Standards

The Muskegon Heights Food Service Department (A division of Chartwells') aim over the next year will be to further improve the quality of our meals by strengthening our nutritional standards. Chartwells has established its latest Food and Nutrition Standards for all schools. Our comprehensive wellness program, Balanced Choices®, establishes nutrition standards that meet or exceed gold level status of the **HealthierUS School Challenge**. Our goal is to have all nutrition standards in place by the start of the 2011-12 school year.

**We will be making a number of changes right away. Our improvements include:**

Increasing Whole Grains: Increasing whole grains to a minimum of 3 servings per week, including hamburger buns; hot dog buns; sandwich breads; dinner rolls; pre-made pizza products; pizza dough products; pastas and rice. Our plan is to exceed the minimum and serve as many whole-grain bread and bakery products as are available.

Varied Vegetables: In addition to having more vegetables available, we will offer more dark green and orange vegetables at least 3 times per week. Richly colored vegetables are nutrient-dense, packed with vitamins and minerals, and low in calories.

Skim Milk District-Wide: We are providing skim milk, district-wide. We will continue to offer low-fat flavored 1% milk. The health benefits of milk, including flavored milk, are well documented. Milk contains Vitamins A and D, calcium, and protein, all essential to a healthy lifestyle. (Check out the National Dairy Council at [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) and read "Flavored Milk in Perspective.")

Sustainability Efforts: We will continue to purchase sustainable and environmentally responsible foods such as hormone-free milk (all of our milk is hormone-free), cage-free shell eggs, and antibiotic-restricted poultry (when available).

Local/Regional Purchasing: We will continue to purchase Michigan-grown produce whenever available and in season. We began this effort last year and were very pleased with the quality and variety of foods. Most of our produce purchases in the fall months of September and October (around 75%) are sourced from Michigan growers. We are able to serve some products, like Michigan apples, year-round.

Reducing Sodium: In addition to using more low-sodium products, we will reduce our use of cured, smoked, and salted meats, as well as reduce/eliminate pickled vegetables (pickles, peppers, olives). Commercially pickled and brined items have a high salt content as well as little to no nutritional value. Instead of pickles served with cheeseburgers, we will have lettuce and tomato available.

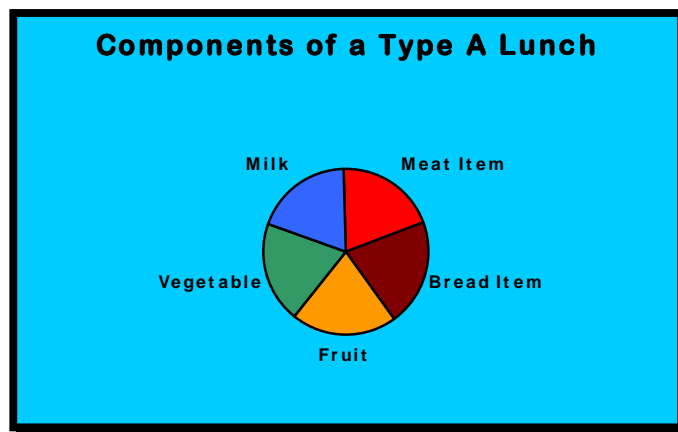
We Didn't Forget Breakfast: Our breakfast meals will also undergo some changes. We will eliminate all Pop-Tarts from our menus, as well as offering reduced sugar cereals exclusively in our Elementary schools. We will also be able to provide more variety for our continued successful breakfast in the classroom, which includes more whole grain and whole wheat products.

### **Fall Food Focuses**

This fall we will be focusing on the following foods: Peaches, Broccoli, Sweet Potatoes and Tomatoes. You will see more Broccoli and Sweet Potatoes on our menus this year. This is part of our effort to increase the amounts of nutrient-dense dark green and orange fruits and vegetables.

More Changes to come:

Along with the changes that are coming to the Elementary School, we are also strengthening our nutritional standards at our High School and Middle School levels. High School will no longer serve any fried foods; this is an effort to continue to reduce our Trans fat intake for a healthier body. Managing our school dining program is about more than just the food. It is about fueling the bodies and minds of children with Balance choices and engaging students in the total experience of trying something new and exciting to lead to a healthier lifestyle. We will also start our Breakfast in the Classroom program in our Middle School, providing our student with a nutritional start to the day. It is our continued effort to ensure that our students are being provided the excellent choices they need to fuel their day.



YOUR LUNCH INCLUDES:

- • **Meat Item:** (Often included in your main dish)
- • **Bread Item:** (Often included in your main dish)
- • **Fruit:** Fresh Fruit or Canned (or 4 oz Juice)
- • **Vegetable:** Hot or Fresh Vegetable or Side Salad
- • **Milk:** 8oz carton of White, Chocolate or Strawberry Milk (or 4oz. Juice)

You must select at least 3 of the 5 items.

BUT

You may take ALL of the items if you wish.

**If there are any questions please call 231-830-3644, Mrs. Arletha M. Banks, Director of Dining Services Muskegon Heights Public Schools (A division of Chartwells' Dining)**