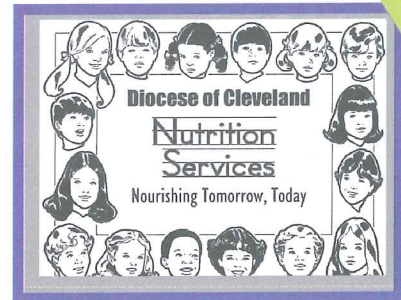


Lunch Room News

**Diocese of Cleveland
Nutrition Services**
1404 East 9th St.
Cleveland, Ohio
44114



It is a goal of Nutrition Services to provide students with a nutritious and delicious lunch on a daily basis. In order to provide information to parents and students alike, periodically we publish *Lunch Room News* to keep you updated on what is happening in the National School Lunch Program (NSLP) and in your cafeteria's meal service.

Did you know...

- ✓ Kid friendly lunch menus are planned by our central office staff and are analyzed to be healthy and meet the strict standards set by the government.
- ✓ Nutrition Services' lunch menus are low in fat. The average of weekly lunches offered does not exceed 30% calories from fat or 10% calories from saturated fat.
- ✓ Students are provided a reasonably priced, healthy and well-balanced meal which includes a protein rich entrée, two nutritious sides of fruits and/or vegetables, a grain serving and ½ pint low-fat or fat free milk.
- ✓ Carbohydrate and Sodium counts are available for every menu to help with the daily meal planning for those who are diabetic or on a low sodium diet. Future menu planning will ensure compliance with maximum sodium levels being phased in for the NSLP.
- ✓ Periodically it becomes necessary, without notice, to serve a substitute for an item on the menu. Every effort is made to substitute a similar product (ex: substituting popcorn chicken for chicken tenders).
- ✓ Ohio Senate Bill 210 has limited the a la carte offerings of food and beverages in your school. Items offered in the cafeteria and the entire school are affected by these guidelines.
- ✓ Just a reminder that in order to be healthier:
 - Side salads are offered daily (subject to availability) and Chef salads have been added to the monthly menus;
 - Turkey products are used for hot dogs, corn dogs and deli meats;
 - Taco meat, meat sauce, chili, sloppy joe and macaroni & cheese are all reduced fat products, and
 - All chip snack products are reduced fat and/or baked products.
- ✓ Watch for future editions for further info regarding healthy changes coming due to the NSLP Reauthorization!