

# WEST GADSDEN HIGH SCHOOL

## Food Service Program

“Serving Wholesome Breakfasts and Lunches Daily”



### **Mission and Belief Statement:**

West Gadsden High Food Service Program is committed to protecting and enhancing its students' health and well-being. One important way in which our staff contributes is by providing nutritious breakfasts and lunches daily. Our mission is to be an integral part of the school environment. We believe that nutrition influences a student's development, lifelong health status, and potential for learning. Our program achieves this goal by providing students with delectable and appetizing meals served courteously, in a sanitary and pleasant dining environment. Nutrition education activities in our physical education, culinary arts, and science classrooms and the dining room support the comprehensive school health education program.

**Debra Brown, Cafeteria Manager**

### **School Breakfast Program**

All students at WGHS start their day right with a free healthy school breakfast. School meals must meet USDA nutrition requirements based on the most recent Dietary Guidelines for Americans including the following: age/grade appropriate calorie range, all bread products are at least 51% whole grain, no more than 10 percent of calories are from saturated fat, no trans-fat and appropriate ranges of sodium. School breakfast offers three components: milk, fruit or juice, and grains. A student must choose at least three of the components to have a reimbursable meal. The following menu components are offered daily for breakfast. A student must select at least 3 food items including at least ½ cup of fruit or fruit juice:

- Fruit and Fruit Juice (1 Cup)
- Grain (2oz)
- Milk (8 oz.)

\*May have one or two servings or one of each.

### **National School Lunch Program**

Our students also participate daily in the district's free lunch program. School and Community Nutrition Services uses food-based menu planning, which requires school meals to offer servings from specific food groups, with minimum serving sizes. A school lunch includes five food components:

- meat/meat alternate
- fruit
- vegetable
- grains
- milk

A student may choose three (3), four (4), or all five (5) components to have a reimbursable meal. Students must choose a fruit or vegetable. Starting in school year 2014-15, school lunches will meet additional standards requiring:

- All bread products must be at least 51% whole grain.
- Limited amounts of sodium averaged by week.

Our dining facility also offers an array of a la carte and meal sales to students and adults. Adult meals and visitors meals are not subsidized and are sold at a price that covers all costs.

### **Summer Food Service Program**

This summer students can have nutritious meals at no charge at any of the District's Summer Meal Sites. All students must be 18 years of age or younger and eat the meal at the site. Adults will not be served.

School's Monthly Menu

## **Nutrition Sites**

<http://www.choosemyplate.gov/index.html>

<http://www.letsmove.gov/>