

LUNCH CHOICES

When students choose to buy lunch, the Ventnor Educational Community Complex follows the State recommended procedure of allowing children to choose from a menu of foods offered for lunch. According to State law for school lunch, students may choose as many as five items or as few as three from the following list in the proportions indicated:

- Protein Entrée, Alternate Protein Entrée - Choose one (1)
- Fruit - Choose one (1)
- Vegetable - Choose One (1)
- Whole Grain Bread / Pasta - Choose One (1)
- Skim, 1% White, FF Chocolate or FF Strawberry - Choose One (1)
- Fruit Juice .. When available .. Choose (1)

STUDENTS MUST TAKE A FRUIT OR VEGETABLE WITH THEIR LUNCH. The five food components (including milk) make up a lunch that provides about one third of a child's daily nutritional needs. In addition to the required food choices, the food service department sells a variety of healthy snacks, 100% juices and bottled water that meet the new child nutritional guidelines. While water is a healthy alternative, it is not considered one of the five components of lunch; therefore, it may not be substituted for milk.

To encourage children to take the entire lunch, Congress has mandated that the price of lunch remain the same whether a child chooses the entire lunch or refuses one or two items.

Healthy eating is our business! It is our foremost priority. The Food Service Department offers a large selection of fresh fruit and vegetables daily. Many years ago, before we were mandated to do so, our menu stated that 'our cafeteria is a no-fry zone' and we still stand by that phrase. Our foods are baked not fried and low fat items are used whenever possible. We offer healthy salads daily to our "customers" and are committed to providing a healthy diet for all.

Theresa Cohen, Food Service Director