

School Lunch News

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Foods Program
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Why should I choose a school lunch?

The Archdiocese of Detroit School Lunch Program has many years experience in feeding children in schools and know the important part that school lunches play in the whole school day. A good quality balances lunch will help your child concentrate during lessons and let off steam at play times and recharge their batteries for the afternoon.

Benefits of a school meal

There are many benefits in your child having a school meal we've listed a few;

- Time saved in the morning not having to prepare lunch, plus

there's no worry about keeping the food fresh and hygienic until lunch-time.

- Children benefit from sitting down and eating together at a table and are encouraged to try new foods.
- Meals are balanced and healthy and there is variety from one day to the next
- Enjoy the Theme nuggets on a monthly basis.

The Food We Use & How We Use It

- We only used approved suppliers and manufacturers.

- We do not use salt in our foods.
- All food is baked and not fried.
- We comply with the Nutritional Standards for school lunches..

The Archdiocese of Detroit School Lunch Program is committed to delivering the highest standards of quality and service. School meals are excellent value for money they not only provide great food but are great fun too! "So why not treat your child to a school meal."



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Special points of interest

- ☉ February 14th is Heart Nugget Day
- ☉ March 13 is Reading Awareness Nugget Day
- ☉ Milk Flavors now available through Prairie Farms Dairy are: white, chocolate, vanilla and strawberry. A new flavor was introduced Oct. 8th —Cookies and Cream, yum!!!



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What is the Food Guide Pyramid?

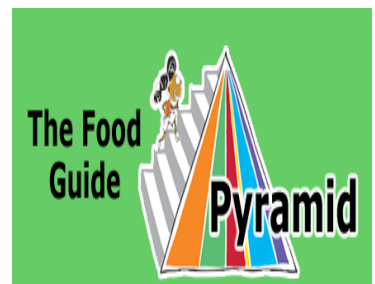
The Food Guide Pyramid is one way for people to understand how to eat healthy. A rainbow of colored, vertical stripes represents the five food groups plus fats and oils. Here's what the colors stand for:

- Orange-grains
- Green-vegetables

- Red-fruits
- Yellow-fats and oils
- Blue-milk and dairy
- Purple-meat, beans, fish, and nuts

The U.S. Department of Agriculture (USDA) changes the pyramid in spring 2005 because they wanted to do a

better job of telling Americans how to be healthy. The agency later released a special version for kids. Notice the girl climbing the staircase up the side of the pyramid? That's a way of showing kids how important it is to exercise and be active everyday. The school lunch program has posters available in the office.



What is going on with the Wellness Policies?

The wellness policy was written and schools took steps last year to start in implementation. Can you just put it on the shelf now and forget about it? The answer to that is short. "No". If we are truly interested in the health and well-being of students, staff members and even on into the community, we should not even want to consider that. Keep working to implement the policy, make changes to the policy as needed, plan for the measurement and evaluation of what has been accomplished and toot your horn about what has been done – whether it is a small step or a leap. The USDA has developed wellness-resources, as a part of the Team Nutrition website. The Local Wellness Policy web pages

are a clearinghouse for information, with web pages on policy requirements. The School Lunch Office can also assist you to more resources like signs and posters that are available in our office. If interested in Nutrition posters. Please call our office at (313) 883-8755. We are always here to help.



How Nutritious is Flavored Milk?

Like all flavored milk, flavored milk is a rich source of calcium, protein, vitamin D, Vitamin A, vitamin B12, phosphorus, riboflavin, potassium, and niacin. Milk's nutrients, especially calcium, are necessary for developing strong bones and teeth. Flavored milks contain less table sugar per 8-ounce serving than cola drinks. According to scientific research, sugar does not cause hyperactivity or mood swings in children. What comments have we had from parents? We've had very few. With our New Look of School Milk, parents have gotten the message that our offerings are nutritious and about the importance of drinking milk. We let parents know that when kids drink flavored milk, they're still getting the protein, the energy, the vitamins and the minerals that they need and get from white milk. As an alternative, if they drink soda, they get sugar with no nutrition.

Silly Jokes and Humor from the Lunch Program

Why Couldn't the car play football?

Because it only had one boot

Why did the boy come first in the 100 metre sprint?

He had athlete's feet

What's an insect's favorite game?

Cricket.

What would happen if you took the school bus home?

The police would make you bring it back!

Why did the little vampires stay up all night?

They were studying for a blood test,



DID YOU KNOW?

Tootsie Rolls was the first wrapped penny candy in America... The tootsie Roll company produces more than 16 million lollipops a day!

Did you know that butter is one of our oldest foods?

Did you now that the average American drinks 25 gallons of milk per year.

Did you know that cabbage is 91 percent water.

Would you like to win Merry Moose, donated by Global Foods, just tell us your favorite school lunch and mail in your entry form!

More entry forms available:

www.aodonline.org/aodonline/lunch



Entry Form

Must be submitted by 2/29/08

School _____

Name: _____

Grade _____

What is your favorite school lunch, besides pizza?

Please mail to :

School Lunch Program:

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