

# School Lunch News

## Welcome Back!



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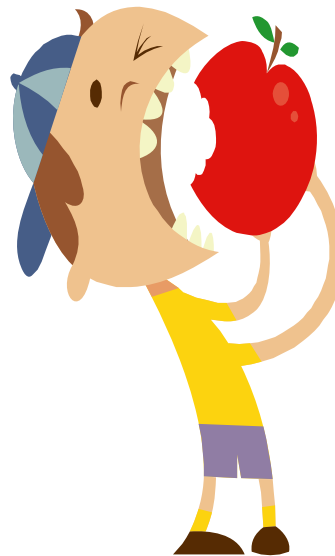
The Archdiocese of Detroit School Foods Program would like to welcome everybody back for a new school year. This year we would like to welcome four new schools to the lunch program. Immaculate Conception in Ira Township, Detroit Cristo Rey High School (formerly Holy Redeemer High), St. Isaac Jogues and St. Dunstan. As we begin a new school we would like to make some requests that will hopefully make everyone's job easier.

- Counts and condiment orders need to be called into the School Lunch Office by 2:00

every Tuesday.

- Please complete your weekly lunch order form and production on a daily basis and send to our office every Friday. If you have any questions about filling these sheets out. We will be happy to assist you.
- Make sure you have a ticket or roster system in place for claiming of student meals.
- Contact our office when you have a visit by the Health Department. The State of Michigan needs the dates on file.

We thank you for your continued cooperation and we look forward to working with you throughout the year. Thank You!



### Special points of interest

© Election Day Snacks are November 4



© We do provide breakfast and snack programs, if your school is interested please call us for more information.

© The school lunch office has Team Nutrition and My Pyramid Kid posters to hang in your lunchroom. If you are interested please contact us.



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## Be a Fit Kid



There's a lot of discussion these days about fit kids. People who care want to know how to keep kids more fit. Here are five rules to live by, if your a kid who wants to be fit.

1. Eat a variety of foods, especially fruits and

vegetables.

2. Drink water and milk often.
3. Listen to your body
4. Limit screen time (TV, Video Games)
5. Be active



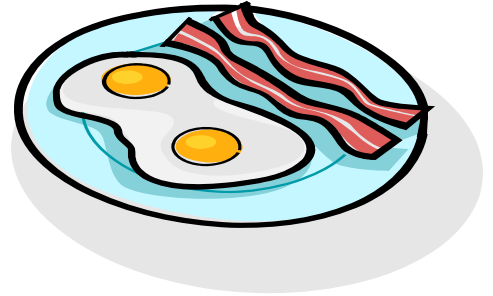
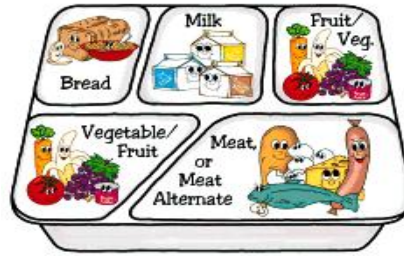
# What is Offer Vs Serve?

Offer versus Serve (OVS) is a system designed to decrease food waste and give students greater flexibility in choosing what to eat for school breakfast or lunch. Students must take at least 3 of the 5 food items. This is the minimum under federal program regulations. Students may take smaller portions of the declines food items. The meal must be priced as a unit. That is, a student who takes 3, 4, or 5 food items, or smaller portions of some items, pays the same price. Concepts:

- Students can make food selections, and will more likely eat

what they select.

- Students may refuse any food item.
- Students may take any combination.
- We encourage students to select all foods offered.



### DID YOU KNOW?

Eating breakfast boosts student achievement and helps kids learn more

Students who skip breakfast are more likely to be absent or tardy to class

Eating breakfast helps to prevent being overweight

Kids who eat breakfast are more likely to meet their daily nutritional needs

Eating a good breakfast in the morning is like filling your gas tank before going on a long trip. Your body needs fuel to make it through the morning

## Little Bits of Wellness Wisdom

✓ Don't go longer than four hours without eating. Regular meals with bread, tortillas and other grains keep you energized and help prevent over eating.

✓ Don't desert desserts! Indulge in small desserts or split a dessert with a friend. Life's about enjoyment and you don't have to deprive yourself-just be sensible.

✓ Get your fiber for reasons than what you think! Fiber does more than keep your digestive tract running smoothly. Research shows that foods containing fiber can lower blood cholesterol, improve blood sugar levels and may protect against cancer.

✓ Take the stairs.



## Lunch Box Jokes



Why did the man in the orange juice factory lose his job?

He couldn't concentrate

What did the teddy bear say when the boy offered dessert?

No thanks, I'm stuffed

Why did the golfer take a spare pair of pants?

In case he got a hole in one

Does it take longer to run from first base to second base or second base to third base?

Second to third because there is a shortstop



## Fun Facts about America

The highest elevation is Mt. McKinley in Alaska

The lowest point is in Death Valley, California

The White House is also called the Executive Mansion.

George Washington never lived in the White House. President John Adams was the first to move in.

