

OROVILLE UNION HIGH SCHOOL DISTRICT

Facts About School Meal Programs

Healthy Meals for Healthy Kids



The Role of Parents

- Encourage healthy eating and lifestyles at home for you and your students (actions speak louder than words...)
- Review the cafeteria menu with your students to help them plan for a balanced meal
- Join your students for school lunch or school breakfast
- Communicate any concerns or special diets your students may have

Meal Prices

Student Breakfast— \$2.00 Full Pay Price

\$.30 Reduced Price

Student Lunch—\$3.00 Full Pay Price

\$.40 Reduced Price

On-Line Prepay available:

<http://www.ouhsd.org>

- All students at our schools may purchase meals through the school breakfast and lunch program. Families may be eligible to receive meals free or at a reduced price. Meal applications are available on line at:

<http://www.ouhsd.org>



A la Carte Foods and Beverages Meet State Nutritional Guidelines

- Our a la carte food and beverage offerings meet state and federal nutrition regulations. Snack foods contain less than 35% fat, less than 10% saturated fat, and less than 35% sugar and are artificial trans fat free. There are calorie restrictions by age/grade level.
- The only beverages that can be sold at school are water, milk, vegetable/fruit juice, and electrolyte replacement beverages.



CALIFORNIA SCHOOL NUTRITION ASSOCIATION

OROVILLE UNION HIGH SCHOOL DISTRICT

Food Service Department
2380 Las Plumas Ave.
Oroville, CA 95966
(530) 538-2316

OUHSD SCHOOL MEAL PROGRAMS

School Meals Programs

Today, students are offered healthy, tasty and appealing choices:

- Fresh fruits and vegetables
- Whole grains
- Reduced Trans Fats
- Pizza with whole wheat crust, low-fat cheese
- Whole grain pasta
- Baked items rather than fried
- Vegetarian food items
- Healthful cooking/preparation techniques

School Meals are Balanced and Healthy

Meals that are part of the National School Lunch and Breakfast Programs must meet nutrition guidelines including:

- Limiting fat and saturated fat in meals
- Providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C for lunch and one-quarter of the RDA for breakfast
- Meeting the dietary guidelines
- Serving in age appropriate portion sizes and provide the right balance of protein, dairy, whole grains, fruits and vegetables.

School Meals Help Kids Maintain a Healthy Weight

- Students who eat school meals provided through the NSLP and the SBP are more likely to be at a healthy weight.**
- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.*
- This benefit is especially relevant for kids and their parents in today's climate of heightened awareness of obesity issue.
- Students are less likely to gain weight during the school year when in school then during the summer when school is out.

School Meals Help Students Do Better in School

- Research has shown that students who eat school meals perform their best academically.
- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.*
- Healthy eating correlates with less trips to the school nurse and less absenteeism.
- Providing nutritious school breakfast on testing days leads to improved test scores.

**Source: USDA*

***Source: Archives of Pediatric and Adolescent Medicine, August 2003*



School Meals are Safe

- USDA commodities used in meal programs are safe and part of a nutritious school meal.
- School nutrition professionals have rigorous training in food safety and have implemented a HACCP Plan.
- School kitchens are subject to two health inspections annually conducted by the local health department.
- According to the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

Wellness Policies

Our school district has guidelines for

- School meals
- A la carte cafeteria sales
- Vending machines
- Student stores
- Concession stands
- Classroom parties and special events
- Fundraising events

OUHSD Wellness Policy
<http://www.ouhsd.org>

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