



## **Food and Nutrition Services**

August 2018

Dear Parent/Guardian:

City Academy is committed to serving healthy meals to our students. We know that good nutrition has an effect on the educational success of children. To accomplish this goal and satisfy our parents we serve foods that are healthy and nutritious; to satisfy our students we serve foods that are tasty and popular.

In order to make good decisions about the foods our students eat, they need two things: healthy choices and the insight to choose wisely. We go beyond the cafeteria and support nutrition education in the classroom, setting the stage for a lifetime of smart decisions that will help them live long, healthier lives. We strive to create an environment where our students are able to take a break from their busy schedule and socialize with friends over a nutritious meal.

### **School Meal Requirements**

City Academy participates in the National School Lunch Program/School Breakfast Program. These programs require the following:

- All students are required to include 1 cup of fluid milk\* with their meal in order for it to be a complete meal.
- For breakfast, students have 1 cup of fruit (in addition to the grain and meat/meat alternate components) added to their plate for it to be a complete meal.
- For lunch, students are required to have ½ cup of fruit and ¾ cup of vegetables (in addition to the grain and meat/meat alternate components) on their plate for it to be a complete meal.
- The amount of food and calories offered at each meal will be based on two different age groups: Junior Kindergarten and Kindergarten-6<sup>th</sup>. The food offerings are the same, but portion sizes and recipes are designed to meet the specific age groups.
- Limitations on how much meat/meat alternate (cheese, yogurt) and grains we can serve.

### **Currently our meals offer:**

- More than half of all grains served are whole grain rich
- Reduced fat cheeses and dressings
- Reduced sodium
- Only low fat or fat-free milk (daily choice of unflavored and flavored)
- Pizza with whole grain dough and low fat cheeses
- Reduction of foods served containing high fructose corn syrup as an ingredient

### **What you will see in our meal offerings:**

- Variety of recipes and menus
- Foods served by recommended portion size
- Vegetarian meal option offered daily

- Vegetables served from the following groups each week: dark green, orange/red, beans, starchy, and other vegetables.

**What you will not see in City Academy’s meal offerings:**

- Fried foods: all items are baked, steamed or served fresh
- Artificial trans fats
- Salt packets or MSG
- Sugar packets, donuts, pastries

**How you can help:**

- Encourage your child(ren) to try new foods at home and school
- Join your child for lunch and/or breakfast

**\*Fluid Milk Substitutions**

Milk is recognized as a valuable contribution to a student's diet. All students are required to have one serving (1 cup) of fluid milk with breakfast, lunch and snack (if offered for snack).

If your student has a medical or special dietary need for a fluid milk substitution (see attachment), a completed **Medical Statement for Student Requiring Special Meals** form must be on file completed by a parent/legal guardian or a medical authority identifying the student's need. Parents/guardians must provide the fluid milk substitution that is required for the student. Because the nutrients found in milk are very important to the development and growth of students, the fluid milk substitution must meet the established nutrient standards:

Nutrient Per Cup	
Calcium	276 mg.
Protein	8 g.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

Parents, when you purchase a milk substitute, please ensure it has the above-listed minimum nutritional requirements. **Almond or cashew milk is not an acceptable substitution.** Attached please find a list of suggested milk substitutions.





If you have questions or concerns, please feel free to contact us. We're here to help!

Sincerely,







*Marilyn Hawkins*

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**Fluid Milk Substitutions in the School Nutrition Programs:  
Non-Dairy Beverages Meeting USDA Substitution Criteria**

	<b>USDA Criteria Per Cup</b>	<b>Pacific Natural Ultra Soy Milk, <u>Plain</u> Per Cup</b> 	<b>Pacific Natural Soy Milk, <u>Vanilla</u> Per Cup</b> 	<b>Kikkoman Pearl Organic Soymilk: <u>Creamy Vanilla</u> Per Cup</b> 	<b>Kikkoman Pearl Organic Soymilk: <u>Chocolate</u> Per cup</b> 
Calcium	276 mg	284 mg	284 mg	341 mg	388 mg
Protein	8 grams	10 grams	10 grams	9 grams	8 grams
Vitamin A	500 IU	500 IU	500 IU	578 IU	613 IU
Vitamin D	100 IU	100 IU	100 IU	118 IU	110 IU
Magnesium	24 mg	52 mg	52 mg	80 mg	96 mg
Phosphorus	222 mg	254 mg	254 mg	401 mg	456 mg
Potassium	349 mg	380 mg	380 mg	410 mg	550 mg
Riboflavin	.44 mg	.5 mg	.5 mg	.75 mg	.77 mg
Vitamin B12	1.1 mcg	1.47 mcg	1.47 mcg	1.58 mcg	1.54 mcg
Vendors Carrying Product	Geographical differences in availability may exist. Best to call school food distributor or local vendors.	<a href="http://www.pacificfoods.com/where-to-buy">www.pacificfoods.com/where-to-buy</a>		<a href="http://www.kikkomanusa.com/product_locator/">www.kikkomanusa.com/product_locator/</a>	
Container Size/ Packaging		32 oz. tetra carton	32 oz. tetra carton	24/8.25 oz. boxes	24/8.25 oz. boxes
Shelf Stable		Yes, 365 days	Yes, 365 days	Yes, 365 days	Yes, 365 days
Storage Tips	Check " <i>Use by Date</i> "	Refrigerate after opening. Use within 7-10 days.	Refrigerate after opening. Use within 7-10 days.	Refrigerate after opening	Refrigerate after opening

**Fluid Milk Substitutions in the School Nutrition Programs:  
Non-Dairy Beverages Meeting USDA Substitution Criteria**

	<b>USDA Criteria Per Cup</b>	<b>8<sup>th</sup> Continent Soy Milk <u>Original</u> Per Cup</b> 	<b>8<sup>th</sup> Continent Soy Milk <u>Vanilla</u> Per Cup</b> 	<b>8<sup>th</sup> Continent Soy Milk <u>Original</u> Per Cup</b> 	<b>8<sup>th</sup> Continent Soy Milk <u>Vanilla</u> Per Cup</b> 	<b>8<sup>th</sup> Continent Soy Milk <u>Original</u> Per Cup</b> 	<b>8<sup>th</sup> Continent Soy Milk <u>Light Chocolate</u> Per Cup</b> 
Calcium	276 mg	300 mg	300 mg	300 mg	300 mg	311 mg	332 mg
Protein	8 grams	8 grams	8 grams	8 grams	8 grams	8 grams	8 grams
Vitamin A	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU
Vitamin D	100 IU	100 IU	100 IU	100 IU	100 IU	100 IU	100 IU
Magnesium	24 mg	24 mg	24 mg	24 mg	24 mg	24 mg	24 mg
Phosphorus	222 mg	250 mg	250 mg	250 mg	250 mg	303 mg	336 mg
Potassium	349 mg	360 mg	460 mg	360 mg	460 mg	360 mg	440 mg
Riboflavin	.44 mg	.51 mg	.51 mg	.51 mg	.51 mg	.50 mg	.50 mg
Vitamin B12	1.1 mcg	1.2 mcg	1.2 mcg	1.2 mcg	1.2 mcg	1.2 mcg	1.2 mcg
Vendors Carrying Product	Geographical differences in availability may exist. Best to call school food distributor or local vendors.	<a href="http://www.8thcontinent.com/product-finder/">www.8thcontinent.com/product-finder/</a>					
Container Size/ Packaging		Half gallon carton	Half gallon carton	32 oz tetra carton	32 oz tetra carton	8 oz carton	8 oz carton
Shelf Stable		No	No	Yes, 365 days	Yes, 365 days	No	No
Storage Tips	Check "Use by Date"	Requires refrigeration. Has an extended shelf life.	Requires refrigeration. Has an extended shelf life.	Refrigerate after opening.	Refrigerate after opening.	Requires refrigeration. Has an extended shelf life.	Requires refrigeration. Has an extended shelf life.