

Food & Nutrition Department Newsletter



Welcome to the School Meals program!

The L'Anse Creuse Food & Nutrition Department is committed to serving healthy school meals to students that provide excellent nutrition to enhance student learning. A wide variety of food choices are available each day that meet USDA nutritional guidelines for students.

Each lunch includes a main entrée, a variety of fruit and vegetable choices, and a choice of 1% white, 1% flavored milk & skim milk.

One of our goals is to keep you informed about our healthy meals.

Healthy menus are the main concern. We will be promoting Michelle Obama's "Let's Move" campaign to end childhood obesity within a generation.

If you have any questions regarding our program, please feel free to contact us.



How are we Doing?

Audits and Inspections:

Our kitchens are inspected on a regular basis by the Macomb County Health Department. These inspections are done on a random basis. We never know when they will be on site and all kitchens have passed this inspections. In addition to health department inspections, every month the kitchen manager completes a 24 point food safety audit of the school kitchen, along with a physical safety audit to reduce any employee accidents. All of our kitchen managers are *Serv Safe* Certified. This is a comprehensive food safety training and certification program that helps to protect the school from food borne-illness.

Serv Safe training and certification covers: Basic Food Safety, Personal Hygiene, Allergens, Cross-contamination, Time & Temperature, Cleaning & Sanitation.

In addition to all of the above we are inspected every six weeks by **SFSPac** Smart Systems. This company provides all of our cleaning supplies and completes a safety audit each time they visit.



Did you Know? ... School Lunch

1. Menu's are analyzed for the following nutrients: Calories, Sodium, Fiber, Iron, Calcium, Vitamins A & C, Protein, Carbohydrates, Total Fat and Saturated Fat.
2. Specialty Salads are served daily in the High School and Middle Schools and twice a week in Elementary. In addition all Elementary school offer a Healthy Offering Bar daily that includes an assortment of fresh salad lettuce, vegetables and fruits.
3. Healthy Us School Challenge is a program designed by the USDA to improve the health of students. We will be working with elementary building on the guidelines to meet the challenge.
4. Breakfast is served daily in all buildings.
5. You may apply for the Free and Reduced Meal Program at any time during the school Year.



Food for Thought

Apples for your Waist:

Americans who consume lots of apples, apple juice and applesauce have smaller waists and significantly less risk of metabolic syndrome—a cluster of health problems linked to cardiovascular disease and diabetes.

Those who have a large apple or a cup of apple juice or applesauce a day are 21% more apt to have a slimmer waist and 37% less apt to have high blood pressure.

National Health & Nutrition Examination survey 2009



Going Green

Join us in reducing your carbon footprint.

In most of our cafeteria's we are no longer using Styrofoam trays and reducing the usage of plastic disposable containers.

In Our efforts to be more **Green**, the menus are available on the district web site for all levels. We will be sending elementary menus home twice a year. This will reduce the paper usage.

What can you do to **Reduce, Reuse, Recycle!**

L'Anse Creuse Public Schools

Food & Nutrition Department



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