

# FOOD SERVICES PRINCE WILLIAM COUNTY PUBLIC SCHOOLS

## **OUR VISION:**

Children in Prince William County Schools shall be well nourished and therefore able to take full advantage of the educational opportunities provided to them.

## **OUR MISSION:**

Prince William County School Food Services shall provide wholesome, enjoyable, high quality nutritious meals and food items served in an efficient, friendly manner at a price customers can afford.

## **NUTRITIONAL INTEGRITY**

Food Services shall ensure children have access to adequate and healthy foods while in school by adhering to these standards:

Lunch menus shall be planned in accordance with nutrient standards based on the Dietary Guidelines for Americans with the goal of providing an average of one-third of the RDA for calories, protein, calcium, iron, Vitamin A and Vitamin C.

Breakfast menus shall be planned in accordance with nutrient standards based on the Dietary Guidelines for Americans with the goal of providing an average of one-quarter of the RDA for calories, protein, calcium, iron, Vitamin A and Vitamin C.

Lunch and breakfast menus shall be planned with the goal of providing an average of no more than 30% total fat and 10% saturated fat.

Lunch and breakfast menus shall be planned to include adequate amounts of fresh fruits, fresh vegetables, whole and enriched grains and beans to meet fiber guidelines as developed by the American Health Foundation.

Gradual changes shall be made to bring sodium content of menus to a moderate level as recommended in the Dietary Guidelines for Americans.

Foods shall be prepared in ways that provide optimal nutrition and student acceptance.

Menus shall include a variety of foods. Students shall be given the opportunity to make their menu selections from multiple entrees and side dish choices, exposing them to over 40 different entrée choices and 45 different side dish choices within a one-month period.

A variety of milk is offered daily, including low fat and skim options. Whole milk is available only on special request.

Snacks provided to kindergarteners and participants in after school programs shall include milk, grains, fruits, vegetables and meat/meat alternates.

Elementary a la carte items shall provide a minimum of 5% of the RDA for calcium, iron, Vitamin A, Vitamin C, and fiber per 100 calories of product, while providing no more than 30% calories from fat or 35% sugar by weight. No single a la carte item will provide more than 300 calories.

Middle and high a la carte items shall provide a minimum of 5% of the RDA for calcium, iron, Vitamin A, Vitamin C, and fiber per 100 calories of product, while providing no more than 40% calories from fat or 40% sugar by weight. No single a la carte item will provide more than 300 calories.

A la Carte beverages shall be limited to water, 100% juice, or milk.

Menus and prices shall be structured to encourage the purchase of complete meals versus a la carte selections.

Student acceptance shall be a major factor used in menu planning and recipe development.

Continuous professional training shall be provided for all food service staff.

