

# New Meal Patterns for the 2013/2014 National School Lunch Campaign

## (What does this mean?)

1. All Meals required specific calorie nutrient analysis to include all major components.
2. Components offered are five in total while students **must take the minimum of three.**
3. **One** of the three components chosen **must include** a fruit or vegetable.
4. All Bread components whether part of a Pizza Dough or served with the student lunch will be 50% whole grain and rice dishes will be Brown Rice.
5. Each day of the week will reflect one out of "5 a day rule" in colored categories to represent each of the 5 components in a single meal...as follows:  
Dark Green (vegetable), Blue (dairy) Red (fruit) Orange (grain) Purple (Protein) (please see MY PLATE.ORG)
6. Two choices of Fat Free Chocolate or Low Fat White Milk offered.  
**At Palencia we are committed to health and wellness:**
7. Students may have one dessert w/ Lunch, and most will reflect baked whole grain goodness or baked fruit such as a "Home-made Apple Crisp", Whole grain Brownie, Fresh Baked Home Made Cookie
8. Only Two snacks will be available for purchase; Whole Grain Kettle Corn or a Dried Fruit snack.
9. Other a la Carte items to include Greek Yogurt, Yogurt Parfait w/ fruit, Pickle Cup and Pretzels. We will alternate week to week according to availability and regulations.

### **Entrée' A la Carte Selections for lunch; Students will have the option to Purchase:**

*Baked Stuffed Potato/Baked Sweet Potato* (when seasonal) with toppings *A la Carte Garden Salad* to include: 5 rainbow colors of veggies/fruit added to dark green variety lettuces and cheese w/ low fat dressing.

\* A Meal Deal: Turkey and Cheese Sandwich served on WG bread, cold vegetable sticks , fruit/juice, & milk.

\*The Goal is to serve SEASONAL Salad/Vegetable Options from our local **CSA** Family Farms (**C**ommunity **S**upported **A**griculture) and supported by our own Staff of Garden Club Volunteers, Hydroponic system and Organic Vegetable Gardens on campus. These goals will help to familiarize students with foods not tried. Team Nutrition will have a link to "Super-kids" to help kids identify some varieties of fruits and Vegetables.

\* Growing season in Florida is Sept-February- (winter) Harvest Late Nov-Feb **&** Late Jan-May (spring) Harvest Mid April- Early June More about this to come; stay tuned 😊

Call Ms. Damiano Today for Garden volunteering, questions or concerns: (904) 547-4018

\*One food Item could have up to three components

\* A Meal deal is a **Purchased** *A La Carte* cold "bagged" lunch to go...These a la carte food choice must be ordered in the morning, as they are Freshly made every day! *A La Carte Choices are **not** part of the Free/Reduced meals offered by the USDA*

**Lunch \$2.35 Milk .60c 2<sup>nd</sup> Entrée \$2.00 Meal Deal \$2.20 Fresh Fruit .75c WG Dessert .60c Water .60c  
Yogurt .85c WG Kettle Corn .85c Whole Fruit Juice .75c Baked Potato w/butter \$1.50 Student Chef Salad \$3.00**