



VALDERS AREA NUTRITION SERVICES

School Meals Provide



FRUITS AND VEGETABLES GALORE!

Each week schools are required to offer fruits and vegetables from five different subgroups. Most schools offer salad bars that include fresh fruits and vegetables every single day.

WHOLE GRAINS

Schools now offer whole grain-rich options for breakfast and lunch!

LOW SATURATED FAT AND NO TRANS FAT

All school meals contain less than 10% saturated fat and NO trans fat.

DAILY LEAN PROTEIN OPTIONS

Schools today offer chicken, beef, fish, pork and vegetarian options.

DEDICATED TO PROVIDING QUALITY MEALS THAT ARE DELICIOUS & NUTRITIOUS.

*Child nutrition programs throughout Wisconsin take pride in selecting the healthiest kid-approved items for menus. All breakfast and lunches offer a variety of options for every student. Our district offers a salad bar that highlight fresh fruits and vegetables often showdasing Wisconsin grown produce.

*All meals meet the Healthy Meals School Lunch Regulations mandated by the USDA and the State of Wisconsin.

*Our district offers student accounts for school lunch payments that allow parents to add money at the school site or through an online payment system. These systems also allow parents to view meal purchases and create low balance notifications.

*We are eager to discuss new menu items, redcipe preparation techniques, school meal regulations, and ways to enhance the program and increase student satisfaction. They are committed to working with parents and school to assure high-quality service and nutritious food to support academic success!

*School meals provide all the nutrition necessary for healthy bodies and minds!



Valders Area Nutrition Services
Sabrina Bilski
(920)775-9500 Ext. 5008
sbilski@valders.k12.wi.us



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School Breakfast

Student Breakfast Benefits



*Students who ate school breakfast attended an average of 1.5 more days of school than their meal-skipping peers.

*Students who regularly eat breakfast get significantly higher scores in verbal and performance IQ tests.

*Students who eat breakfast are more attentive in class and their math scores also average 17.5% higher.

*Eating breakfast every day reduces trips to the nurse's office and improves student attendance

Morning Nutrition to Start the Day on the Right Track!

*Nutrition and learning go hand in hand and a healthy breakfast can provide students with the energy necessary to be successful in the classroom.

*To start the day off right, school nutrition programs offer wholesome and healthy breakfast options. All items are low in fat, sugar, and contain no trans fat. All meals meet regulations mandated by the USDA and the State of Wisconsin.

*School nutrition programs that serve breakfast often offer students a variety of entree choices, low fat or fat free milk, and fruit or fruit juice.

*School breakfast programs are quick, convenient, and a cost effective option for parents and students on the go!

Nutrition Requirements for a School Breakfast:

Calorie range	350 600*
Saturated Fat	Less than 10% of Cal.
Sodium	Less than 500 mg*
Trans Fat	0 grams

** Varies based on grade level*



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School Lunch

A Closer Look at Lunch and Its New Standards:



- * All meals meet age-appropriate calorie limits
- * Larger servings of fruits and vegetables
- * Fat-free or 1% milk options
- * More whole grains
- * Low in saturated fat, no trans fat, and less sodium

Lunch at School Has Never Been So Cool (& Healthy)!

- * What we serve our students is a big deal! We are committed to providing high quality, nutritious, and cost-effective meals to ensure that students have the fuel they need to succeed in the classroom.
- * School meals are healthy meals that are required to meet science-based, federal nutrition standards limiting unhealthy fat and calories and requiring that schools offer the right balance of fruits, vegetables, milk, grains, and protein with every meal.
- * All meals meet the Healthy Meals School Lunch Regulations mandated by the USDA and the State of Wisconsin. Schools must offer a wide variety of vegetables, including at least a weekly serving of legumes, dark green and red or orange vegetables
- * Children can be notoriously picky eaters, but school nutrition directors are always working to find new healthy recipes that children are willing to eat. Many conduct student taste tests and involve students in menu planning.

Nutrition Requirements for a School Lunch:

Calorie range	550 - 850*
Saturated Fat	Less than 10 g
Sodium	Less than 740 mg*
Trans Fat	0 grams

* *Varies based on grade level*



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