



Did You Know...

The Truth About Our Healthy School Meals?

- We do not fry ANYTHING at our elementary schools. All of our entrees and hot side dishes are baked or steamed
- We only offer WHOLE GRAIN buns and breads
- We serve BEANS/LEGUMES at least once a week
- Most of our pizza varieties are made with LOW FAT mozzarella cheese & meat toppings & WHOLE GRAIN crust
- We serve fresh fruits and veggies EVERY DAY at all of our schools
- We are increasing serving sizes of our fresh fruits & veggies to students at no extra charge
- Self-service lines are in place at our elementary schools. The students come through the line & choose their own fruits & veggies
- A variety of SPECIALTY salads & fruit and yogurt parfaits are served on a regular basis in Wayne Township
- Only BAKED chips are served at ALL schools
- We only serve French Fries once a week at our secondary schools
- Only NONFAT and LOWFAT milk is served. All of the delicious flavors are NONFAT milk
- Chicken and Turkey (LOW FAT meats) are served on a regular basis. Wayne Township students consume a total of nearly 135,000 pounds of chicken per school year
- Our menus follow the USDA Dietary Guidelines
 - Not more than 35% of total fat from calories
 - Not more than 10% of total calories from saturated fat
 - All foods are trans fat free!
 - Lunches must provide at least 10% Daily Value of Calcium, Potassium, Vitamin D, and Fiber every day
 - Lunch entrees now contain no more than 480 mg of sodium
 - Snacks and sides now contain no more than 200 mg of sodium





Did You Know...

The Truth About Our Healthy School Meals?

- All schools receive breakfast at no charge
- Elementary students choose from 4 different entrees for lunch Mon-Thurs & 3 different entrees on Friday
- Secondary schools experience a "food court" type of atmosphere. We offer a homestyle line, a Mexican foods line, a "Giant's Favorite" line, an Italian food line, cold subs, cold sandwiches, and PBJ everyday
- 7th and 8th Grade Center students choose from 7-9 different entrees daily
- Ninth Grade Center students choose from 10 to 11 different entrees daily
- Ben Davis High School students choose anywhere from 11 to 13 entrees daily

Other news

- The USDA After School Snack Program is available at most of our elementary schools
- Wayne Township participates in the USDA Summer Feeding Program. This program provides a free lunch to anyone under 18 years of age & younger!
- Stout Field, Maplewood, Rhoades, Garden City, Chapel Glen, and Chapelwood Elementary offer a free fruit and vegetable snack every day funded by USDA's Fresh Fruit & Vegetable Program. The 2014-2015 school year will be our 6th year offering this wonderful program to students!
- ALL elementary schools participate in the Weekend Back Pack Food Program. Students in need are sent home on Fridays with 2 breakfasts, 2 lunches, 2 dinners, and 2 snacks for the weekend.
- North Wayne Elementary, Westlake Elementary, and Bridgeport Elementary participate in the YMCA Supper Program.

***Nutrition Education or Questions?**

Wayne Township has a full-time dietitian on staff. Feel free to call with questions or special diet concerns.
Natalie Hesler, RD (317)988-7961

