



WAYNE TOWNSHIP

CHILD NUTRITION SERVICES

- All schools now receive reimbursable school breakfast and lunch at no charge.
 - o This is through the Community Eligibility Program (CEP) where 40% or greater of students meet income eligibility guidelines every 4 years.
- Our menus follow the USDA Dietary Guidelines
 - o Not more than 35% of calories from fat
 - o Less than 10% of calories from saturated fat
 - o All foods are trans-fat free
 - o No more than 35% of weight from total sugar
 - o Lunches must provide at least 10% daily value of calcium, potassium, vitamin D, and fiber every day
 - o Grades K-5 average 350-500 calories at breakfast and 550-650 calories at lunch
 - o Grades 6-8 average 400-550 calories at breakfast and 600-700 calories at lunch
 - o Grades 9-12 average 450-600 calories at breakfast and 750-850 calories at lunch
- We serve fresh fruits and veggies every day at all of our schools
- Students can take up to 2 servings of different fruits AND 2 servings of different vegetables with their lunch.
- Over half of our grain products are whole grain.
- Only nonfat and low fat milk is served. All of the flavored milk are low fat (except for child care).
- We do not fry any foods in the elementary schools.
- Secondary schools are only allowed fried French fries a maximum of one time per week.
- Self-service lines are in place at our elementary schools. The students come through the line and choose their own menu options.
- We use Share Tables and Offer vs Serve in the cafeteria to decrease hunger and food waste.
- The USDA After School Snack Program is available at most of our elementary schools.
- Wayne Township participates in the USDA Summer Feeding Program with 20+ sites in the community. This program provides free breakfast (limited sites) and lunch to anyone under 18 years of age and younger.
- Stout Field, Maplewood, Rhoades, and Garden City offer a free fruit and vegetable snack every school day funded by the USDA's Fresh Fruit and Vegetable Program.
- The 2019-2020 school year is our 11th year offering this program!
- Most 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, Westlake, Bridgeport, Lynhurst 7th/8th Grade Center, 9th Grade, BDHS participate in the supper program.

*Nutrition Education or Questions?

We have 2 full time registered dietitians on staff. Feel free to call 317-988-7955 with questions or special diet concerns.

