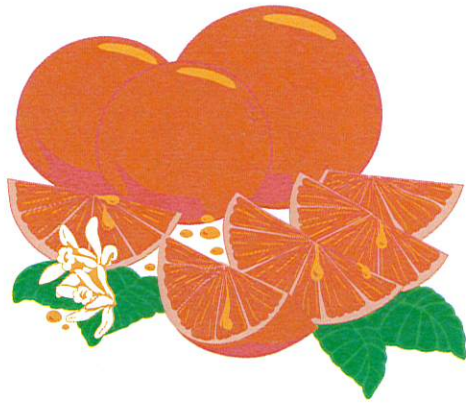


Other Services

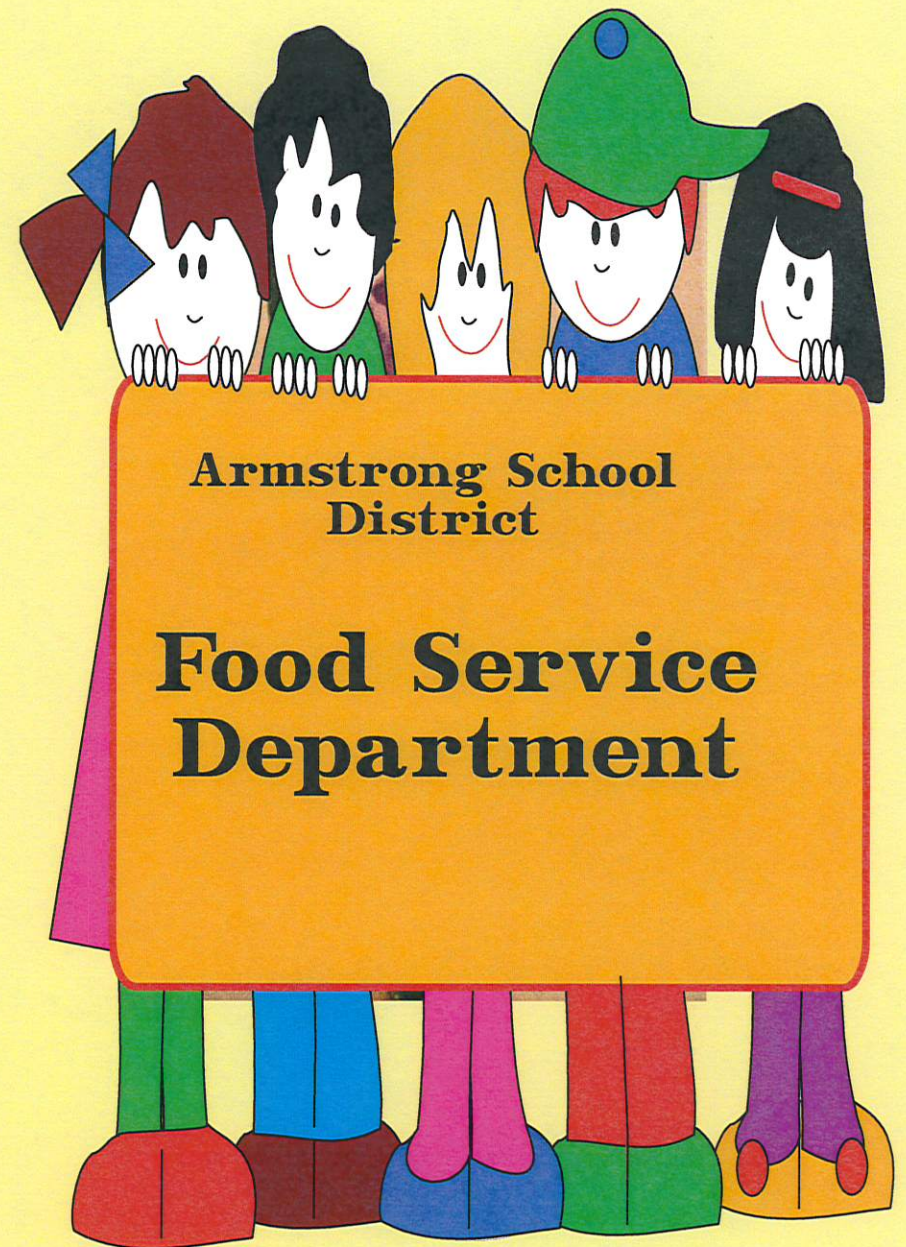
The Armstrong School District Food Service is available to assist school groups any way we can. We are also available for school catering, fund raising and other events requiring nutritional services.

Please call (724) 548-7200 if we can be of any assistance.



The Armstrong School District is an equal opportunity education institution and will not discriminate on the basis of race, color, national origin, age, sex and handicap in its activities, programs or employment practices in accordance with federal and state regulations.

For information regarding civil rights, grievance procedures, services, activities and facilities that are accessible to use by handicapped persons, contact the Title I Coordinator, 181 Heritage Park Drive, Suite 2 Kittanning, PA 16201



Overview and History of School Food Service

School food service is the world's largest food service business, serving more meals a day than the fast food industry. School lunch has often been referred to as the original fast food operation: serving millions of lunches across the United States in a time span of 1 1/2 hours.

The National School Lunch Act of 1946 established the National School Lunch Program to safeguard the health and well being of our nation's children. Studies found that the overall health of Americans was poor and many were malnourished. Minimum nutritional requirements were defined. Prior to 1946, school lunches were done primarily by volunteer groups serving mostly cold lunches.

School Meal Initiative

The third addition of the Dietary Guidelines for Americans was released in 1990 and triggered the new guidelines for school meals. The School Meal Initiative is designed to meet 1/3 of the dietary guidelines for children for lunch. All school lunches have an age appropriate calorie allowance, with less than 30% of the calories from fat and 12-15% of the calories from protein.



THE ARMSTRONG SCHOOL DISTRICT WELLNESS POLICY CAN BE FOUND ON THE DISTRICT WEB PAGE
[HTTP://WWW.ASD.K12.PA.US](http://www.asd.k12.pa.us)

Dietary Guidelines

* The Goal for Total Fat is based on the Dietary Guidelines for Americans recommendation that less than 25 to 35% of total calories consumed come from fat.

*The Goal for Saturated Fat is based on the Dietary Guidelines for Americans recommendation that Americans consume less than 10% of total calories consumed come from saturated fat.

*The Goal for Cholesterol is based on the Dietary Guidelines for Americans recommendation that Americans consume less than 300mg per day.

*The Goal for Sodium is based on the Dietary Guidelines for Americans recommendation that Americans consume less than 2300mg per day.

*The Goal for Total Carbohydrate is based on the Dietary Guidelines for Americans recommendation that 45-65% of total calories come from carbohydrates.

*The Goal for Protein is based on the Dietary Guidelines for Americans recommendation that 10-30% of total calories come from protein.

*The Goal for Vitamin A, Vitamin C, Calcium, and Iron is based on the RDA for age and gender.

For more information on the dietary guidelines visit www.healthierus.gov/dietaryguidelines

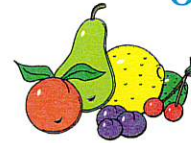
At the Armstrong School District, we believe that the breakfast and lunch programs are part of the educational system. We are responsible for teaching children nutrition and offering new and exciting food items. We strive to make the lunch menus appealing, encouraging the children to eat meals at school. We closely monitor food preferences while trying to introduce new foods.

School Lunch Guidelines

The Average Lunch:
600 to 650 Calories
Less than 10% Saturated Fat
Less than 1230 mg Sodium
A good source of Vitamin A, C and Iron

Each School Lunch Includes:

One-half pint milk
One to two ounces meat or meat alternate
At least 1/2 cup of fruit
At least 3/4 cup of vegetable
One serving bread or bread alternate



In addition a 1/2 cup of dark green,
3/4 cup of red orange, 1/2 cup of
legumes, 1/2 cup starchy
vegetables per week



Nutrition Information on all menus and food items sold in the cafeteria is available on our web site : www.asd.k12.pa.us
Under Food Service Department
Nutrition Information

Monthly menus are posted on the District Web Page
<http://www.asd.k12.pa.us>

Community Eligibility Program

All Armstrong School District
Elementary Schools qualify for the
Community Eligibility Program where all
children receive a free breakfast and
lunch daily.

The School District uses a computerized program to record meals and meal and snack payments. School Cafe is our on line payment system. For a small fee you may make an online payment into your child's account using a credit or debit card at www.schoolcafe.com.

If you do not wish to put money on the account using the online system, please send a check or money with your child. Checks should be made out to Armstrong School District Food Service.