

The Monessen School District Food Service Department is available to assist school groups any way we can. Ask about our birthday or catering services.

**Please call 724-684-3600
(Food Service Department)**



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)
If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.
Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



**Food Service
Department**



Overview and History of Food Service in School

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 1.5 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 **School Meals Initiative for Healthy Children (SMI)** was an initiative established by the United States Department of Agriculture in 1994 to revise and update nutrition standards for school meals and require them comply with the Dietary Guidelines for Americans for children over age two. It is designed to meet ½ 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

Dietary Guidelines

- *The Goal for Total Fat is based on the Dietary Guidelines for Americans recommendation that less than 30% 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 fats.
- * 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 2400mg.
- * The Goal for Total Carbohydrate is based on the Dietary Guidelines for Americans recommendation that 55-65% of total calories come carbohydrates.
- * The Goal for Protein is based on the Dietary Guidelines for Americans recommendation that 10-15% 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

School Lunch Guidelines



550 to 650 Calories Elementary
750 to 850 Calories Secondary
Less than 10% Saturated Fat

Each Lunch Includes:

- One Half Pint Milk
- Meat or Meat Alternate
- Grain (Bread)
- Vegetable
- Fruit

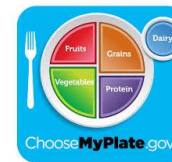


Nutrition Information on all menus, food items sold in the cafeteria and monthly menus are available on our web site:

www.monessenschooldistrict.com

Under the LUNCH MENU section

More information about our Food Service Department can also be found under DEPARTMENT & SERVICES – FOOD SERVICE



Participation in the National School Breakfast and Lunch Program makes meal benefits available to all students. The School District uses computerized cash registers to record breakfast and lunch or ala carte purchases.

Monessen School District believes that the breakfast and lunch programs are a big part of the educational system. Along with teaching the students about nutrition, we work with the food service department to offer new and exciting food items. We try to encourage the students to eat the school meals to have a wholesome breakfast or lunch while trying different things.

The Monessen City School District Wellness Policy can be found on the district web site www.monessenschooldistrict.com