

# Gateway School District Food & Nutrition Services



Martin Lorenzo, Director of Food Service

- Gateway offers the National School Lunch & Breakfast Programs
  - Offers healthy meals daily to its students, following USDA guidelines for recommended levels of fat, saturated fat, calories, grains, protein, fruits and vegetables.
  - New **USDA Meal Regulations** require all participating districts to serve healthier and more nourishing meals to your children.
    - Must choose at least one fruit or vegetable serving with both breakfast and lunch.
    - Greater selection and variety of fresh fruits and vegetables- 1 cup of each offered for lunch on a daily basis and a minimum of 2 fruit/ veggie offerings for breakfast
    - The average of all grains offered must be whole grain rich meaning that it's made up at least of 51% whole grains including pizza crusts
    - Only low fat milk and fat free flavored milk without high fructose corn syrup and added BGH may be offered.
    - Continuing the gradual reduction of the sodium content in the foods being served
  - As a Community Eligible Program (CEP) for the 2018-19 School Year unless otherwise notified, both **Evergreen and CSE students receive all meals at NO CHARGE.**
- Statistics show that well-nourished children do better in school.
  - Research also supports the importance of **eating a healthy breakfast at school** with regards to a child's performance at school.
    - Eating breakfast improves test scores
    - Breakfast eaters make fewer mistakes
    - Kids who eat breakfast have improved attention spans and show improved behavior
    - Breakfast eaters are less likely to become overweight
- **Special diets/ Allergies**
  - There are specific USDA regulations that state how schools are permitted to respond to a student with allergies.
  - If your child has a condition which is considered a "disability", schools can make modifications to the meal menu. This requires a form filled out by a physician and must state the substitutions to be made. Forms are available here today for you to take should you have this situation. Only in the case of a disability do we modify a menu.
  - For milk allergies and/or intolerances, parents may specify a substitution for milk. We ARE NOT permitted to substitute water or juice for milk UNLESS a physician specifies the condition as a disability. The required Medical Plan of Care form is posted on the district website.
- **"Service with a Smile!"**
  - Food & Nutrition Associates are expected to make sure that each customer who comes through our service lines feels special and is offered high quality food within pleasant surroundings by compassionate people.



## HOW MAY WE SERVE YOU?

