

MT VERNON COMMUNITY SCHOOL CORPORATION FOOD SERVICES

CAFETERIA SURVIVAL GUIDE

BALANCE IT OUT



Whole Grains

- Contain a wide array of nutrients, especially dietary fiber & iron, which are not found in refined grains
- Grains served at MVCSC, including rice and pasta, are certified to contain at least 51% whole grains, the recommended intake by USDA



Vegetables

- Provide essential vitamins & minerals in addition to a myriad of health benefits that vary across different types of vegetables
- MVCSC offers a variety of both fresh and hot veggies daily from all the five vegetable subgroups



Fruits

- Colorful assortment of fresh fruits served daily to provide nutrients including dietary fiber, potassium, and vitamin C
- Only 100% fruit juice without added sugars are served and limited to 1 juice/day



Low-Fat Milk

- Fat-free & low-fat (1%) dairy products provide the same nutrients but less fat/calories than higher fat options (2% and whole milk)
- MVCSC serves 1% unflavored milk and a variety of non-fat flavored milk to cater to students' preferences



Lean Protein

- MVCSC offers a variety of meat and meat-alternative foods in nutrient-dense form.
- Proteins served at MVCSC are selected within limits of sodium, saturated fats, added sugars, and total calories

BUILD A MEAL

Choose any combination of **3-5 meal components** listed above, with one choice being **at least 1 fruit and/or vegetable** item.

- Purchase of main entrée is not required – may grab just a milk + fruit + veggie to complete a meal. Alternative entrée options also available: Fresh Salads and Grab & Go meals, including new peanut-free Wowbutter & jelly sandwiches!
- Students may take up to 2 fruits and 2 vegetables.
- Free water is available at all the schools; students are not required to take a milk.

ADVANTAGES OF SCHOOL LUNCH MEALS



Cost Effective

- Economic Pricing for age-appropriate portions
- Free/Reduced available for those who qualify



Balanced, nutritious meals

- Meets USDA nutritional requirements for school meals
- Based on the current Dietary Guidelines for Americans



Convenient and Reliable

- Do not worry about buying items for lunch at grocery store
- Save time packing lunch in morning

SCHOOL PAY

Easy and convenient online payment system allows you to:

- Check cafeteria balances
- Load funds into student account
- Review purchase history
- Receive low balance notifications
- Set up automatic payments



SchoolPay®

REFERENCES



2015-2020 Dietary Guidelines for Americans:
<https://health.gov/dietaryguidelines/2015/guidelines/>

MVCSC Food Services:
<http://www.mvcsc.k12.in.us/Administration/8>