

Nutrition Nibbles from CPS Nutrition Services

Did you know?

- All of our cooked foods are baked or steamed, none are fried.
- Garden bars are available at most schools.
- All of our a la carte snack products meet [Smart Snack Guidelines](#).
- Allergy-friendly entrees are available with a [Meal Modification Form](#) on file.

School meals must meet the U.S Department of Agriculture (USDA) [federal nutrition standards](#):

Breakfast: Scholars must select three items and one item must be a fruit or juice.

Lunch: Scholars must select 1/2 cup fruit or vegetable and at least 3 of the 5 components (fruit, vegetables, meat/meat alternates, milk, or grain).

Fruits/Vegetables

- Scholars can select the fruits and vegetables they want from the garden bar. The garden bar includes a variety of salad mix, tomatoes, carrots, celery, broccoli, mini peppers, fresh fruit, granola, beans, Sunbutter, peanut butter, dried fruit, & sunflower seeds.
- We also offer a variety of fresh, frozen, & canned fruits & vegetables.

Meat/Meat Alternates

- Chicken tenders are baked and have whole grain breading.
- Hamburger patties are made with 100% beef and contain no fillers.
- Beans are offered at least two times a week (on the garden bar or on the menu).

Research shows that students who participate in school meal programs consume more whole grains, milk, fruit, and vegetables and have better overall diet quality compared to non-participants.^{1, 2}



Milk

- Milk is locally sourced.
- Cheese products are reduced-fat & reduced-sodium.
- Vanilla &/or chocolate organic soy milk is always offered as an alternative.
- Milk is available for purchase as an a la carte option.

Grains

- All bread, breading, pizza crusts, tortillas, etc. are at least 51% whole grain, except for biscuits.
- Rice is whole grain brown rice.
- Cereals are specially formulated to have more fiber/whole grains & 25% less sugar than grocery store counterparts.
- Packaged bread items for breakfast are all specially made for school foodservice. They meet calorie requirements, are enriched with vitamins & minerals, low in fat, & high in fiber.

References:

1. <https://www.fns.usda.gov/school-nutrition-and-meal-cost-study>
2. <https://pubmed.ncbi.nlm.nih.gov/31948795/>

Questions?

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CPS is an equal opportunity employer & provider.

