FOOD SERVICE

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Nutritional Facts for School Meals

The Westlake City School District Food Service Department participates in several USDA Food and Nutrition Service programs, including the National School Lunch Program (NSLP). These programs help ensure students receive nutritious, well-balanced meals that support learning, growth, and healthy lifestyles.

USDA nutrition standards are based on current nutrition science and are designed to provide students with healthy, age-appropriate meals every school day.

Building a Reimbursable School Lunch

To receive a complete reimbursable meal, students must select at least three of the five meal components, including at least ½ cup of fruits and/or vegetables. Depending on the grade level.

The five meal components are:

- Fruits
- Vegetables
- Whole grain-rich grains
- Meat or meat alternate
- Milk

Fruits and Vegetables

Students are encouraged to fill their trays with a variety of colorful fruits and vegetables each day. Research shows that children eat more fruits and vegetables when they are offered a wider selection. Our menus include fresh, frozen, and canned options that meet USDA nutrition standards. Students must select a minimum of ½ cup of either fruit or vegetable component or a combination of both.

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Fruits and Vegetables (continue)
Each student must take a minimum of the following per day.

- Grades K-8: ½ cup fruit & ¾ cup vegetable
- Grades 9-12: 1 cup fruit & 1 cup vegetable

Whole Grain-Rich Foods
All grains served are whole grain-rich, providing important fiber, vitamins, and minerals that help students stay full, focused, and energized throughout the school day. Menu items include breads, rolls, pasta, rice, tortillas, and other whole grain-rich products.

Each student must take a minimum of the following per day.

- Grades K-8: 1 ounce whole-grain rich
- Grades 9-12: 2 ounces whole-grain rich

Lean Proteins
A meat or meat alternate is offered daily to provide the protein children need for healthy growth and development.

Each student must take a minimum of the following per day.

- Grades K-8: 1 ounce equivalent
- Grades 9-12: 2 ounces equivalent

Milk
Students may choose from 1% low-fat unflavored milk, fat-free unflavored milk, or fat-free flavored milk. Lactose-free milk options are available for students with dietary needs. New, flavored milk is now offered with limits on added sugar.

Sodium and Added Sugar
Westlake City Schools follows USDA requirements to reduce sodium and limit added sugars in school meals. We:

- Select lower-sodium foods whenever possible.
- Season foods with herbs and spices to enhance flavor.
- Offer breakfast cereals, yogurt, and flavored milk that meet USDA added sugar limits.
- Continue to meet evolving federal nutrition standards as they are implemented.

Smart Snacks in School
All snack items sold during the school day—including à la carte items, vending machines, and school stores—meet the USDA Smart Snacks in School nutrition standards. These guidelines help ensure students have access to healthier snack choices throughout the school day.

For additional information about USDA school meal nutrition standards and Smart Snacks, visit the USDA Food and Nutrition Service website. http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks.

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