

What's going on in food service?

Our menus offer:

- **Less than 32% calories from fat.**
- **A variety of fresh fruit every day, in every building.**
- **Vegetables every day in all buildings.**
- **Grains every day including brown rice and whole wheat spaghetti.**
- **A balanced breakfast, including low sugar cereals, every day in every building.**
- **Milk at every meal.**
- **A variety of kid friendly foods.**
- **Food bars (taco, potato, soup and salad, pasta and wraps))are offered for grades 5-12.**
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Look what we've done with ala Carte (grades 5-12):

- **Lower fat-higher fiber bosco sticks (cheese-filled bread stick) used, only 1 per serving**
- **Rice Krispie treats)**
- **Juices are 8 oz or less for 5-12 (still using 6.5 oz 100% juice at 5-8)**
- **Using 16 oz milk chugs at HS.**
- **Chocolate chex bars and trail mix.**
- **100 calorie packs of cookies, more choices of graham crackers (bug bites, cinnamon flavored, Teddy Grahams, snacks, etc).**
- **Crunchy granola bars.**
- **Fresh fruit cups for grades 8-12. We offer melons, apples with caramel sauce, and kiwi.**
- **Low-fat yogurt parfaits for grades 5-12.**
- **Baked chips instead of fried offered for grades 9-12.**
- **Re-discovered that students really like breakfast foods for lunch.**
- **We value student input and will continue to work with them in 2009-2010.**

For more information on Food Service, visit our website at www.OregonSD.org and click on "Parents" tab on top, then "Food Service" on the side bar.