



Child Nutrition News

www.fortsmithschools.org

September 2009

Calcium-Rich Milk

Milk served in Fort Smith Public Schools is high in protein and calcium, and low in fat. Only non-fat and 1% low-fat milks are served.

Recommended servings from the milk food group:

Ages 2 - 8: 2 cups
Ages 9 +: 3 cups

got milk?[®]

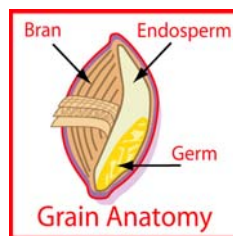
Students bringing a “sack” lunch from home often consume a less nutritious meal than students eating a school lunch. The missing food is milk. Without milk in the sack, students may not receive enough calcium, and high-quality protein. For only 30 cents, your child can purchase a nutritious milk to drink with their sack lunch.

Free & Reduced-Price Meals

Eligibility for free and reduced price meals can be established through an application process. The household submits an application to the school district for approval. Meal applications are available at your child’s school office, or the Child Nutrition office.

The “Whole” Grain Story

What is “whole” grain bread? Many students are learning that whole wheat bread is made with flour that contains the complete wheat kernel. The three parts are the bran, endosperm, and germ.



Whole grain foods are naturally rich in vitamins, minerals, and fiber. When shopping for whole grain bread, look for the word “whole” in the ingredient list.



School meals are based on USDA guidelines. The meals provide no more than 30% of calories from fat, and less than 10 % of calories from saturated fat in a five-day meal plan. Lunch menus are planned to meet 1/3 of recommended dietary allowances (RDA) for the following nutrients:

- Protein
- Calcium
- Iron
- Vitamins A & C

EZSchoolPay **.com**

The school district offers an easy, convenient, and secure method of managing your child’s meal account. To open an EZSchoolPay account, go to ezschoolpay.com, or contact Phillip Garcia, Child Nutrition Coordinator, at 785-2501, ext. 1285.



Thank You!

The dedicated cafeteria staff of the child nutrition department is committed to serving nutritious, flavorful meals every school day. The child nutrition department welcomes your questions and feedback. Thank you for choosing school meals for your child.

Donna Turnipseed
Child Nutrition Director

Phillip Garcia
Child Nutrition Coordinator

Tim Regan
Nutrition Education Coordinator

Today... and ...



in the **Future**