

Dear Students and Parents,

I hope you enjoyed your summer. As we transition into fall, I would like to bring to light some of the transitions we are making in the Lake George food service program. In an effort to encourage healthier meal choices, we now have a full salad bar at our elementary school as well as at the jr.-sr. high school. This allows us to offer all students a fresh vegetable alternative with our daily hot selections. Salad is also available as an entrée. Our team has been working toward introducing more seasonally-themed entrées using the ingredients and spices of the season. We are excited about the changes ahead this year and welcome any feedback that you may have.

I would like to mention a couple of important reminders. Under the Healthy Hunger Free Kids Act of 2010 there are required dietary components that must be selected in order to be eligible as a “meal” in the National School Lunch Program. Not only does this create a well-balanced, healthier experience for our students, but it also avoids costly “a la carte” charges for individual items (federal meal reimbursements make up the cost difference). This is especially important for our students who qualify for free or reduced meals.

The meal pattern consists of five food components:

- Fruits
- Vegetables
- Grains
- Meats/Meat alternatives (protein)
- Fluid Milk

All students at any grade level must take:

- At least 3 of 5 components AND
- ONE of the selections must be a fruit or vegetable component

In order to reduce the amount of food wasted, we have chosen to implement an “Offer versus Serve” approach to the regulations. Basically it allows the student to choose different options within the components that are more appealing to them compared to old-fashioned style meals where you only received what was served on that particular day. For example, the necessary fruit/vegetable component may be satisfied by choosing from either:

- Our assortment of fresh fruit
- Our assortment of canned fruit
- A 4-oz. fruit juice
- A side salad from our salad bar (available daily)
- The vegetable of the day
- A box of raisins

Our “My Plate” boards posted on all serving lines reference the available selections for the day in each category. With your help we can continue to strive towards providing higher quality food, with less waste, to help develop healthier students. Please feel free to contact me with any questions or suggestions.

Sincerely,

Jeff DeStefanis
Chef/Food Service Director
668-5452 Ext. 1214
destefanisj@lkgeorge.org