Great Schools Successful Kids

FULLERTON SCHOOL DISTRICT

Nutrition Services Newsletter

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Inside This Issue:

Fullerton School District Continues to Focus on Student Wellness

Fullerton School District Educational Services and the Nutrition Services Department are continuing to be focused on our students' health and wellness.

There are several committees that focus on nutrition, health, and safety of students. In addition, there are many wonderful events and activities at all school sites throughout the year.

One of the committees focused on student wellness is the Wellness and Safety Committee.

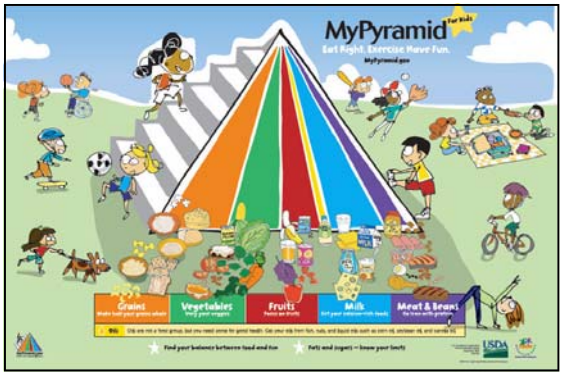
This committee is comprised of teacher representatives from each of the District schools, administrators, parents, and community members. The committee focuses on healthy school environments to help reverse the childhood obesity epidemic.

The other committee at the Fullerton School District is the Wellness Advocacy Committee.

This committee is a collaboration of District teachers, administrators, parents, and community members brought together to strengthen and expand healthy student measures in nutrition, health education, and physical activity by making decisions regarding best practices for implementing our District's Wellness Policy.

The Wellness Advocacy Committee has focused their first few meetings of this school year on revising the District's Wellness Policy.

New nutrition regulations will be included, along with updated Recommended Daily Allowances (RDA's) for students once they are completed by the USDA.



The Wellness and Safety Committee has also spent some time reviewing the Wellness Policy and has been able to offer its input and contributed to improving this critical document.

The Wellness and Safety Committee has also been involved in researching and providing input on how Fullerton School District can be involved in Michelle Obama's *Let's Move!* campaign and the Healthier U.S. School Challenge.

Fullerton School District events and activities are occurring throughout all schools to encourage student activity and healthy eating.

In February, **Woodcrest School** hosts Radio Disney and works with Nutrition Services to provide a special A-Z Salad Bar for lunch.

Laguna Road School also will offer a special A-Z Salad Bar for lunch on February 2, 2011. This day is full of activities like their Jump Rope for Heart event.

Hermosa School is having a 5K walk to encourage fitness and fundraising this year also.

Rolling Hills Education Foundation sponsors the Rockin' Roadrunner Run/Walk Challenge on March 27, 2011. This is an obstacle course like no other. You can go to Active.com or www. rockinroadrunner5K.com to register.

Richman Elementary School is partnering with St. Jude Medical Center to implement the Richman Healthy for Life Program. This program helps children increase the amount of physical activity each day and

(*Continued on Page 2*)

Wellness (Cont.)

encourages healthy eating at school and at home. Students and parents receive ongoing healthy lifestyle messages as well as notification of upcoming family activity events.

Raymond School has composed a Healthy Snack Letter which they have sent to parents, reviewed at Kindergarten Orientation, Back to School Night, and after school programs. They noticed a dramatic change during Halloween in how they celebrated such special events with healthy snacks for treats instead of cupcakes and candy .

Fisler School runs an after school sports program every third and fifth Wednesday each month. The sports played rotates and approximately 60 students participate each time.

Valencia Park has re-worked their entire lunch period so students are playing first then eating lunch. Students really seem to like playing first and are eating more of their lunch instead of rushing to get to the playground.

Compliant Snacks

Looking for some snacks for your school fundraisers or class parties that are healthy and compliant with all the State and federal regulations?

Check out the Nutrition Services website under Menus and click on Compliant Snacks.
You'll find a list of items ranging from $0.25 to $1.00 that meet all requirements.

To order, please give us two weeks advance notice.

Food Labels: Solving the Mystery

Food labels can be tricky to read. It seems like the more you read and try to research what is going into your body the harder it gets.

Here are some tips and areas to watch from the USDA.

The sample nutrition label to the right (this is not an item served by Nutrition Services) breaks down the areas of the highest importance. The items are numbered in the order in which the USDA recommends reading a nutrition label.

The first step is to check the serving size and number of servings per container. Once you've located how many servings are in a container, ask yourself how many servings you are eating (half, one, two). This will determine how many of the nutrients you are eating.

If you ate this entire package of macaroni and cheese, you would be eating double the calories, fat, etc. listed because the nutritional information provided is for one serving.

The second place to look is at the calories. Calories provide a measure of how much energy you get from a single serving of food.

The third and fourth areas to check out are the nutrients. In the sample label, the nutrients in section 3 are ones that should be limited. Eating too many of these nutrients can lead to chronic diseases such as heart disease or high blood pressure.

Section four includes nutrients essential for a healthy lifestyle. These nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, enough calcium can reduce the risk of osteoporosis.

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2 (1)

Amount Per Serving	
Calories 250 (2)	Calories from Fat 110
	(6) **% Daily Value***
Total Fat 12g	18%
Saturated Fat 3g (3)	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A (4)	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

(5) Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Section five is the footnote. This section explains that the Percent Daily Value (%DV) is based on a 2,000 calorie per day diet. This statement is required on all food labels by the USDA.

Section six is the part of the nutrition label that shows the %DV one serving contains of each specific nutrient. The percentages are a good indicator that the food is high or low in each nutrient. A quick guide for the %DV is that 5% or less is a low percentage, and 20% or more is high.

The daily values are also good when comparing products because you can quickly see whether one product is higher in those areas you want to keep on the low end of the scale.

Pilot Testing for Fresh Fruits and Vegetables

Nutrition Services will be partnering with St. Jude's Hospital beginning in January to provide additional fresh fruits and fresh vegetables at Richman and Woodcrest Schools.

Each month will feature one fresh fruit and one fresh vegetable in addition to what is already on the elementary school lunch menu. Students will be able to have the items on the menu plus the featured fruit or vegetable.

St. Jude's will be offering education and information for students and parents on the fruits and vegetables that are being offered.

These pilot tests will provide excellent data on student likes and dislikes along with information that will assist Nutrition Services in expanding our offerings of fresh fruits and vegetables to all schools within the District.

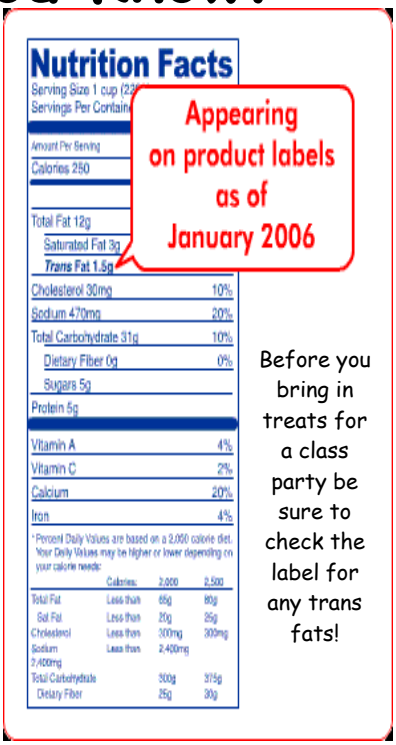
Trans Fats: Did you Know?

Trans Fats have slowly been eliminated from school lunches and will soon be disappearing from other food facilities.

As of July 2008, no trans fats have been allowed in school lunches.

In July of 2009, State regulations banned trans fats from any food that was sold or given to students at schools. This includes classroom parties and fundraisers. (Ed Code 49430, 49431.2, 49431.7, California Code of Regulations 15575, 15577, 15578).

Beginning Jan. 1, 2011, no food containing 0.5 grams or more of artificial trans fat per serving may be stored, distributed, served by or used in the preparation of any food within a food facility. (Assembly Bill 97)



MEAL APPLICATION INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICED MEALS MAY BE PICKED UP AND PROCESSED AT:

389 West Truslow Avenue
Fullerton, CA 92832
Phone: 714-447-7435
Hours : 8:30 a.m. - 11:00 a.m and 1:00 p.m. - 3:30 p.m.
*Each day school is in session

STUDENT MEAL ACCOUNT INFORMATION

MAKE PAYMENTS ON-LINE AT:

WWW.MYSCHOOLBUCKS.COM BY CREDIT CARD

PAYMENTS ACCEPTED AT SCHOOL OFFICES:
Pay by cash or check using the prepaid meal envelopes. Indicate student's full name, grade, and identification number. Money will be credited the same day.
Fees will apply if we receive notification of non-sufficient funds or "bounced checks".

CATERING

MENU ONLINE AT:

WWW.FSD.K12.CA.US UNDER NUTRITION SERVICES LINK. WE CAN PROVIDE FOR STUDENT CLASSROOM PARTIES, STAFF AND PTA CELEBRATIONS. WE DELIVER DAILY TO ALL SITES.

For Orders:

Email: Amanda_colon@fsd.k12.ca.us
Phone: 714-447-7437
We can accommodate gatherings up to 100 people.

FOOD ALLERGIES

FORMS* ARE AVAILABLE ONLINE OR IN SCHOOL OFFICES.

*Physician's signature is required

CHILD CARE & PRESCHOOL APPLICATIONS

PLACE: CHILD CARE OFFICE
1401 W. Valencia Drive
Fullerton, CA 92833
Phone: 714-447-7858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs.

December 2010 — Elementary Breakfast — Fullerton School District

Breakfast Price: $1.80
Reduced-Price: $0.30

All products are Trans Fat free.
☆Denotes pork.

Breakfast is served at the following sites:
Commonwealth, Hermosa Drive, Maple, Orangethorpe, Pacific Drive, Raymond, Richman, Rolling Hills, Valencia Park, and Woodcrest.

Online payments can be made at myschoolbucks.com

If paying by check, make checks payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Reduced-Fat Breakfast Pizza ☆ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	2 Benefit Banana and Chocolate Chunk Breakfast Bar Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	3 Whole Grain Cinnamon-Glazed French Toast Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
6 Whole Grain Muffin and Low-Fat Yogurt Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	7 Chorizo and Egg Breakfast Burrito ☆ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	8 Whole Grain Apple Bear Claw Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	9 Breakfast Tac-Go Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	10 Mini Pancakes Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
13 Reduced-Fat Breakfast Pizza ☆ Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	14 Turkey and Egg Sunrise Stick Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	15 Apple Cinnamon Frudel Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	16 Reduced-Fat Cinnamon Roll Or Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese	17 Reduced-Sugar Cereal with Whole Grain Crackers or String Cheese
20	21	22 **Winter Recess** **No school K-8**	23	24
27	28	29 **Winter Recess** **No school K-8**	30	31

Menu subject to change.

USDA and NSD are equal opportunity providers and employers.

December 2010 Lunch Menu Fullerton School District

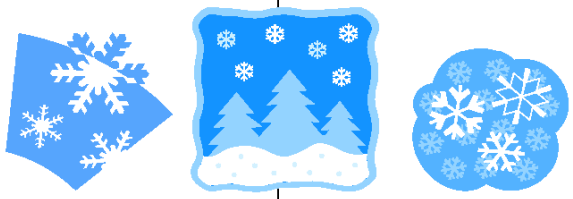
Lunch Price: $2.55
Reduced-Price: $0.40

All products are Trans Fat free.
] Denotes pork.

Lunch menu is served at all K-6 schools, Beechwood K-5, and Fisler K-5

Online payments can be made at www.myschoolbucks.com

If paying by check, make checks payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Analysis
		1 TYSON CHICKEN SANDWICH ON WHOLE WHEAT BUN Perfect Peas Fresh Banana Pizza Hut: Acacia	2 ORANGE CHICKEN Steamed Brown Rice Applesauce Fortune Cookie Pizza Hut: Valencia, Pacific Drive	3 ITALIAN DUNKERS WITH MARINARA DIPPING SAUCE Celery Sticks Fresh Pear Gingerbread Kid Cookie Pizza Hut: Beechwood	Avg. Nutrients / Target Calories 664 / 100% Cholesterol (Mg) 46 Sodium (Mg) 1218 Fiber (g) 7.8 Iron (Mg) 3.6 / 102% Calcium (Mg) 507 / 177% Vitamin A (IU) 2518 / 225% Vitamin C (Mg) 16.7 / 111% Protein (g) 30.5 / 18.4% of Cal Carb (g) 102.5 / 61.8%of Cal Total Fat (g) 15.1 / 20.4%of Cal Saturated Fat (g) 4.7 / 6.3%of Cal
6 TYSON ALL NATURAL CHICKEN NUGGETS Oven Potatoes Diced Pears Pizza Hut: Richman	7 HAMBURGER ON A WHOLE WHEAT BUN Lettuce and Pickle Baby Carrots Crisp Apple Jungle Crackers Pizza Hut: Golden Hill	8 MAX PIZZA QUESADILLA Celery Sticks Apple Cutie Pie Pizza Hut: Hermosa Drive	9 SUPER TURKEY NACHOS Salsa Fresh Pear Pizza Hut: Fisler	10 MINI CHEESEBURGERS Corn Fruit Jell-O Chocolate Pudding Pizza Hut: Laguna Road	Avg. Nutrients / Target Calories 676 / 102% Cholesterol (Mg) 57 Sodium (Mg) 1259 Fiber (g) 6.2 Iron (Mg) 3.8 / 110% Calcium (Mg) 474.8 / 166% Vitamin A (IU) 2449 / 219% Vitamin C (Mg) 19.2 / 128% Protein (g) 32.9 / 18.4%of Cal Carb (g) 97.2 / 61.8%of Cal Total Fat (g) 18.3 / 20.4%of Cal Saturated Fat (g) 5.9 / 6.3%of Cal
13 WHOLE GRAIN CHICKEN CORN DOG Green Beans Diced Peaches Mini Rice Krispie Treat Pizza Hut: Rolling Hills, Fern Dr.	14 TERIYAKI CHICKEN Steamed Brown Rice Celery Sticks Orange Smiles Pizza Hut: Maple, Orangethorpe	15 RAINBOW TROUT TREASURES Oven Potatoes Corn Applesauce Pizza Hut: Commonwealth/Raymond	16 TURKEY AND GRAVY Mashed Potatoes Fresh Banana Holiday Wreath Cookie Pizza Hut: Sunset Lane, Woodcrest	17 SACK LUNCH Turkey Sandwich on Wheat Bread Baby Carrots Fresh Apple Raisins	Avg. Nutrients / Target Calories 668 / 101% Cholesterol (Mg) 52 Sodium (Mg) 1260 Fiber (g) 6.8 Iron (Mg) 14.0 / 401% Calcium (Mg) 480.7 / 168% Vitamin A (IU) 1795 / 160% Vitamin C (Mg) 16.2 / 108% Protein (g) 30.2 / 18.4%of Cal Carb (g) 95.5 / 61.8%of Cal Total Fat (g) 19.3 / 20.4%of Cal Saturated Fat (g) 5.8 / 6.3%of Cal
20	21	22	23	24	
Winter Recess No School (K-8)					
27	28	29	30	31	
Winter Recess No School (K-8)					

Menu subject to change.

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Holiday Catering

Have a last minute party or need to bring a healthy compliant snack for a classroom party? Check out the Nutrition Services website for some seasonal specials.

You can find the catering menu and specials at http://fsd.k12.ca.us/menus/BusSvcs/Food%20Services/index.html#Menus, then click "Catering" or "Holiday Specials" to pull up the available offerings.

Happy holidays from Nutrition Services!

Start the Day with Breakfast

Breakfast is the most important meal of the day. It provides numerous benefits and should be a priority for all students.

According to the California Department of Education's Food Research and Action Center:

Students who eat school breakfast at the start of the school day show a general:

- increase in math and reading scores;
- Students who increase their participation in the school breakfast program improve their math grades;
- Children who eat a complete breakfast, versus a partial breakfast, make fewer mistakes and work faster in math and number-checking tests; and,
- Children who eat breakfast at school closer to class and test-taking time perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Providing breakfast to mildly undernourished students at school improves their speed and memory in cognitive tests.

Breakfast Provides Benefits… Make it a Priority!

Fullerton School District schools offering breakfast are: Commonwealth, Hermosa Drive, Maple, Orangethorpe, Pacific Drive, Raymond, Richman, Rolling Hills, Valencia Park, and Woodcrest.

The School Breakfast Program falls under the regulations and restrictions of the National School Lunch Program. Similarly, students who choose to eat breakfast can select from the options available each day and must eat the food in the designated area, not take food with them to class, or save it for recess.

There are two breakfast entrées daily. One is always a reduced sugar cereal. The other options range from whole grain or reduced-fat breakfast breads to breakfast wraps with egg and turkey ham.

Either a fruit option or 100% juice is also available daily along with 1% low fat white milk.

Students are encouraged to take at least two of the three items to ensure the minimum recommended daily allowances are met nutritionally.

Fast Facts from Nutrition Services

Meal Applications

- Can be turned in any time during the school year
- Accepted by mail or in person at our office
- Can be mailed to your home….just request one by phone or email
- Nutrition Office is open to the public every day school is in session, 8:30 a.m. to 11:00 a.m. and 1:00 p.m. to 3:30 p.m.

Meal Accounts

- View purchases and make payments by credit card at mySchoolBucks.com
- Need to make automatic payments? Arrange them at mySchoolBucks.com
- Payments can be made in school offices (cash or check) or online (credit card).

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