

# *“Did You Know”*

## *Facts about the Gwinnett County School Nutrition Program*

- *Our menus are analyzed for nutritional content by a Registered Dietitian. Our program is held to Nutrition Standards set forth by the USDA and we adhere to the Dietary Guidelines for Americans.*
- *We participate in the National Farm to School program and offer a variety of locally grown fruits & veggies throughout the year.*
- *More than half of our grain products are Whole Grain.*
- *We offer Low Fat and Fat Free Milk daily in a plain white or chocolate. Calcium is SO GOOD for our bodies that the small amount of sugar added to flavor the milk is trumped by the GREAT NUTRITION. Especially if it gets kids to drink it!*
- *The Nutritional Content of our foods is available on our website via a Virtual Cafeteria called NutriCafe.*
- *With a Chef on our team, we are able to re-create healthier versions of what our students are seeing in the retail segment. We strive to stay on trend with innovative products and ideas.*
- *We serve a Specialty Vegetarian Entrée every day.*
- *We DON'T fry anything. All of our food is steamed, baked or grilled.*
- *We serve Fresh Whole Fruit every day.*
- *We serve a variety of Fresh & Steamed Veggies every day.*
- *Some of our products are All Natural and Organic including our chicken nuggets, raisins & dried fruit strips.*
- *Our Hamburgers and Mini Burgers are 100% Beef.*
- *Our Pizza is made with a Whole Grain Crust, Reduced Fat Mozzarella Cheese.*
- *We offer Silk Vanilla and Chocolate Soy Milk every day.*
- *We offer Premium Roasted Chicken & whole muscle filets.*
- *Our Salad Dressings are low fat & fat free.*
- *Our Macaroni and Cheese is made with Reduced Fat Cheese and is reduced in Sodium.*
- *All of our potato products are Reduced Sodium and are baked.*
- *The Ham in our Subs, Wraps, and Chef Salads is actually made from Turkey. So are our pepperoni, sausage and bacon.*
- *Our Cinnamon Roll served at Breakfast is Whole Grain dough that we proof and bake fresh.*

# Gwinnett County School Nutrition Program

## Monthly Topic

## Monthly "I Tired It"

Farm 2 School

Watermelon

It All Began with a Seed

Cucumber

Eat It All Up

Apples

Georgia Farm Animals

Sweet Potato

Georgia Vegetables

Broccoli

Georgia Herbs

Herbs

High Tech Farming

Hydroponic Greens

Nuts About Georgia

Carrots

Georgia Grains

Strawberries

Georgia Fruits

Peaches

Take the worry out of "lunch money"

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Meal	Elementary	Middle High	Reduced
Breakfast	\$1.25	\$1.25	30¢
Lunch	\$2.00	\$2.25	40¢
Milk	40¢	40¢	