

Bernards Township Schools

ARAMARK Education K-12 Food Service

Program Update

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Did You Know?

1. All milk selections are hormone- and antibiotic-free and contain 1% fat or less.
2. A vegetarian "burger" is available daily as an option, as well as hummus and hard-cooked eggs.
3. Students are encouraged to select from a variety of fresh fruits and raw vegetables every day.
4. A tossed green salad is available daily as a side dish, and Chef Salads are available as an entrée.
5. The salad bar at RHS features 4 types of salad greens, including maché and baby spinach, and a variety of vegetables and vegetable salads such as pickled beets, chickpea salad, etc.
6. K-8 Students are encouraged to select all 5 components of a meal: meat / meat alternate; Bread / grain; fruit; vegetable; milk.
7. A wheat bread basket is available daily. Sandwich and Dinner rolls, when offered, are wheat, not white.
8. Every effort is made to incorporate whole grains into our menus: pizza shells, sandwich rolls, pasta.
9. Potato Starz are offered only once a week in the elementary schools, to encourage children to "Eat their Colors"
10. No fryers are used in grades K-8.

Wellness Wise

At RHS we have:

Switched to whole wheat dough for our homemade pizzas and strombolis, and from whole-milk mozzarella to part-skim.

Added a Smoothie station with fruit smoothies made to order.

Introduced an action station with Chicken Caesar Wraps and other sandwiches made to order.

Eliminated the sales of fried chips, candy, doughnuts, soda and snack cakes from the HS.

Switched to Zero Trans fat shortening for our frying at the HS.

Moved our sandwich selections to wheat rolls.

Reduced the size of our fresh-baked muffins from 6 oz to 3, and switched to a low-fat muffin mix.

Switched to reduced fat and whole grain cookies, baked fresh daily.

This year we are:

Sourcing as much *Jersey Fresh* produce as possible.

Offering roasted sweet potatoes, squash, broccoli and tomatoes.

Featuring *Barilla Plus* as our pasta of choice

Offering our "Premium Fruit and Vegetable" program in the K-8 schools