

MORE THAN YOU NEED TO KNOW ABOUT SCHOOL WAY CAFÉ (SWC) AND THE FEDERAL GUIDELINES WE FOLLOW

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Concerned about the nutritional adequacy of SWC breakfasts and lunches? Concerned about nutrition and learning, especially during testing week? Does sugar make children hyper? I am the registered dietitian at your Volusia County's School Way Café and will answer all those questions and more below.

FEDERAL REQUIREMENTS



**United States
Department of
Agriculture**



Our menus are analyzed to meet USDA requirements for:

- ✓ Fats
- ✓ Sodium
- ✓ Sugar
- ✓ Calories

For **Breakfast** we must offer:

- ✓ Grain Item
- ✓ Fruit Item
- ✓ Lowfat and Fat-Free Milk

For **Lunch** we must offer:

- ✓ Grain Item
- ✓ Protein Item
- ✓ Vegetable Item
- ✓ Fruit Item
- ✓ Lowfat and Fat-Free Milk

In addition, most of our grain products contain 50% or more whole grain.

SCHOOL WAY CAFÉ MENUS



Menus are created for Elementary, Middle, & High Schools. They are planned on a cycle and analyzed by the week for nutrient compliance.

The foods we offer are the lowfat, low sodium versions of items available on the market & in restaurants.

- ✓ Offer at least 4 entrée options daily at elementary schools.
- ✓ Offer at least 5 entrée options daily at middle and high schools.
- ✓ Offer 2 vegetables daily, portions are larger than specified by the USDA guidelines.
- ✓ Offer at least 2 fruit items daily, portions are larger than specified by the USDA guidelines.
- ✓ Fresh fruit is offered daily.
- ✓ Flavored milk is fat free and low sugar.
- ✓ Students choose what they want; they cannot be forced to take items, not even the entrée, except that they have to have at least 1 fruit and/or 1 vegetable for the meal to count.
- ✓ Nothing is fried. (A few High schools have fryers but are only allowed to fry French fries.)
- ✓ Food cannot be restricted or withheld as punishment.

Menus are posted on the SWC Homepage.

A LA CARTE

snacks

A la carte offerings must meet requirements for calories, fat, sodium, and sugar per serving.

- ✓ During the school day, snack sales outside of SWC must meet smart snack guidelines.
- ✓ SWC does not operate and is not affiliated with school vending machines.
- ✓ In elementary schools, **snack** purchases are limited to no more than 2 items per day. Water, milk, fruit, & vegetables can be sold **in addition** to the 2 snack items each day.
- ✓ Parents can add funds, limit spending, and monitor choices for their children by signing up at

www.MySchoolBucks.com

Contact SWC managers for details.

ADULT MEALS



Adult meals are higher priced because SWC does not receive reimbursement for those meals.

- ✓ SWC is a Federally Funded program.
- ✓ Funds received are based on student meal status.
- ✓ Reimbursement for free student meals equals the difference of the cost of an adult meal.
- ✓ Adults who purchase a full meal may receive a 16.9 oz. bottled water, tea, or lemonade, where available instead of milk.

SWC BREAKFAST

What makes up a nutritious breakfast? It should contain:

- ✓ Carbohydrate for quick energy.
- ✓ Protein for staying power,
- ✓ And Fat to pick up the slack between meals when our bodies have used up the carbohydrate and protein.



Our breakfast always contains **milk** which provides protein as well as large amounts of calcium and not much fat. The sugar in the flavored varieties is very minimal.



They also contain **whole grain items**, whether it is cereal, toast, bagel, or French toast sticks. Grains are carbohydrates for energy, are low in fat and provide B vitamins.

Students wouldn't eat the unsweetened cereals so we offer the **lower sugar** ones they would eat.



Students have to choose a **fruit** if they want a reimbursable meal. Fruits provide carbohydrate, for energy, fiber, and many nutrients. They are nutritious in any form, fresh, frozen, canned, dried, 100% juice.

Most days we provide an **extra** item from the protein group: yogurt, chicken patty, pancake sausage wraps, eggs, etc.

We offer at least 4 items daily & students must take 3, one being a fruit item.

Student breakfasts are complimentary this year!

SWC LUNCHES

We must offer 5 components at lunch & students must take at least 3, one being a fruit and/or vegetable.

- ✓ Grain
- ✓ Protein (Meat)
- ✓ Fruit
- ✓ Vegetable
- ✓ Milk



- 🍷 Students **DO NOT** have to take an entrée.
- 🍷 Students **DO NOT** have to take a milk.
- 🍷 Students may choose to take 1 or 2 fruit.
- 🍷 Students may choose to take 1 or 2 vegetables.
- 🍷 Vegetables from the following group must be offered weekly: **Dark Green; Red/Orange; Beans/Peas; Starchy; Other.**
- 🍷 Soy milk is available for students with a milk allergy or intolerance. Students with a note from a medical authority will receive it with their meal if they want it; all others may purchase it.
- 🍷 Students may request vegetarian salads daily.

BREAKFAST AND TESTING



Every Spring there is a big push for a nutritious breakfast during testing time, but research shows that eating a good breakfast for a short period of time is not effective for overall good health and

long-term achievement. **Children need to start the day the healthy way with a good breakfast!**

That said, it is definitely important to make sure they fill their "engines" the day of the big test, that is why we have been offering free breakfasts to students who are taking a test.

Rest assured, SWC breakfasts are nutritious, delicious, and will always meet their needs.

SUGAR MAKES KIDS HYPER?



Sugar definitely has a "bad rap". Everywhere you turn, parents, teachers, administrators, even SWC employees say that "sugar makes kids hyper!" Unfortunately, it is difficult to convince most people that this is false, but I will try.....

- ✓ For over 20 years, studies supported by the Food and Drug Administration, the New England Journal of Medicine, and the American Dietetic Association, have been unable to support these claims.
- ✓ Research concludes that it is **perceived** that sugar causes hyperactivity because it can make kids appear "jittery" – for a short period of time. But that effect is extremely small and fleeting, lasting only a few minutes & doesn't show any change in behavior in any of the studies.
- ✓ In fact, being jittery is most common when people feel the need to eat. Once the person has eaten, within 20 minutes, the jitteriness will go away. The sugar in the meal causes people to become calm, or even sleepy, which is an effect caused by sugar raising the level of calming brain chemical called serotonin.
- ✓ Parents, teachers, and others should consider the possibility that the situations in which such foods are consumed (child is hungry, lunch at school, parties, holidays, etc.) may be the contributing factor to increased activity levels rather than the foods themselves.
- ✓ Sugar is not a villain and does not cause diabetes, heart disease, or anxiety.
- ✓ Sugar does not "cause" weight gain; too many calories causes weight gain. Unfortunately, many of the delicious high calorie things we like to eat have sugar in them.

So, what is sugar? A quick source of delicious energy that provides no nutrients other than carbohydrates; too much may cause cavities and definitely provides empty calories.