

FALCON SCHOOL DISTRICTS NUTRITION SERVICES DEPARTMENT

Child nutrition is the top priority for the Nutrition Services Department in the Falcon School District. At first glance that might seem an easy task; that task is becoming more of a challenge every day with all the federal regulations that have to be met within the National School Lunch program

We are bound by the USDA standards for fat, trans-fat, protein, sodium, fiber and caloric intake which varies by age level. Breakfast is to equal 1/4th of the daily caloric intake and lunch is to be 1/3rd. For an elementary student that equals 648 calories at lunch and for a secondary student it is 865.

Nutrition department's are also tasked by the federal government to operate as a self-funded enterprise within a school district. This simply means that Nutrition Services does not take any tax-payer's funds from the district to operate the lunch program. We have a no-charging policy in place at all secondary's and a three lunch charge at the elementary level (through spring break after which that is eliminated). This policy is in place to ensure our ability to collect all outstanding balances which allows us to maintain an affordable lunch price for all families.

Rising food costs are something that everyone is having to deal with in today's world including Falcon's Nutrition Services. We strive every day to get the best value for your children while maintaining a high level of integrity in the menu. We use whole wheat and whole grain products and we offer fresh fruits and vegetables as often as the menu requirements will allow (at the secondary they are offered daily). We strive to use only fruits and vegetables that are in season to keep the cost reasonable and the produce at the highest quality.

We do serve products that by name would make one wonder "how can that be healthy". Our lunches have to be marketed to a very sophisticated group of kids that are used to places like the mall's food court, fast food chains etc. To use all their marketing dollars in our favor we menu items like chicken nuggets and pizza. The nuggets and pizza that can be sold on a school line are not the same nuggets you get at McDonalds or the pizza you get from Domino's. The products we use are specially formulated for the Child Nutrition program; these products contain whole grains, high fiber, low fat, low sodium, etc. As we in the nutrition department like to say "if they knew how healthy it is they wouldn't eat it".

Thank you for allowing us the opportunity to share in your child's life by serving them a nutritious meal.

Best Regards,
Monica Deines-Henderson, SNS
Nutrition Services Supervisor