

Empowering Life-Long Learners

PENNCREST School District

DISTRICT ADMINISTRATIVE OFFICES

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April 29, 2008

Dear Parents/Guardians,

PENNCREST School District has adopted and implemented The Pennsylvania Department of Education Nutrition Standards to have a positive effect on your children's nutritional habits while they are in school. The administration provides oversight of implementation through the district Student Wellness Committee in accordance with district Policy#246, Student Wellness. The Nutrition Standards and policy can be viewed on our website at www.penncrest.org. This is the second letter in a series to help inform parents, students and staff of the changes that will occur during the 2008-2009 school term. The focus will be on à la carte offerings.


In regards to à la carte offerings during breakfast and lunch, changes have been made over the past 2 years to provide healthier offerings. A majority of the a la carte snacks do not contain sugar as the first ingredient, provide minimal to no trans fatty acids and contain less than 35% calories from fat and less than 10% of calories from saturated fat. In addition, fresh fruits and vegetables are available daily in the breakfast and lunch lines along with whole grains. We continually strive to provide a wide variety of healthy snacks and beverages and introduce new items periodically. In this current school year, there is no limit on the amount of a la carte items a child in any grade may purchase; however, this will change for 2008-2009.

Next year, elementary students will only be able to purchase one à la carte item and this item cannot duplicate the entrée taken with the breakfast or lunch. For example, if an elementary student receives a lunch consisting of chicken nuggets, bread slice, tossed salad, applesauce and milk, the child could not purchase another order of chicken nuggets, but could purchase the other entrée selection on this day. In addition, if the elementary student purchases an additional entrée, he/she would not be able to purchase any other a la carte item (for example, low fat ice cream) except for vegetables, fruits, milk or water.

On the other hand, there is no limit to the amount of à la carte items secondary students may purchase. The only limit is that a secondary student can only duplicate the entrée once. For example, if a high school student receives a lunch consisting of pizza, fresh vegetables, apple and milk, he/she could purchase one additional piece of pizza, but not two additional slices. However, he/she could have the one additional slice of pizza and another entrée offered on that day.

Please keep in mind that these changes will not begin until the 2008/09 school year. In conclusion, since our goal is to provide parents and students with healthy breakfast and lunch ideas along with nutrition education, more specific information will be included on the back of future lunch menus. We sincerely appreciate your cooperation in this endeavor. If you have any questions regarding the nutrition standards, please contact the school principal.

Sincerely,



Richard A. Borchilo
Superintendent of Schools