

## Introduction

*Nutrition, Inc. is a food service management company that has been hired by your school district to provide nutritious school meals to students and promote a healthy school environment. This is accomplished through the prudent development of menus, the development and implementation of nutritional standards, and nutrition education.*



### Wellness Committee Mission Statement

As a professional food service management company, Nutrition, Inc. is concerned about the health and well-being of the customers we serve. Furthermore, we understand that proper nutrition is an important element of good health and readiness to learn. Therefore, Nutrition, Inc. is committed to achieving the following in our school food service accounts.

1. Promoting maximum participation in the National School Lunch and School Breakfast programs.
2. Ensuring that healthy, nutritious food choices are available to all of our customers.
3. Providing nutrition education to our customers, focusing on customers in grades kindergarten through third grade as well as other groups, as requested. Activities will include an educational component for parents.
4. Promoting good nutrition, along with physical activity, whenever possible in our food service operation.
5. Working with other vital district personnel, including the district's wellness committee, building administrators, physical education teachers, school nurses, and parents to promote good nutrition and physical activity throughout all aspects of the educational environment and promoting district-wide school nutrition councils.



## Food Service Program



**We are the company that does  
what we say we will do!**

Corporate Office: 1-800-442-2138

Eastern Regional Office: 570-271-2565  
Northern Regional Office: 814-382-3656

Website: [www.nutritionent.com](http://www.nutritionent.com)

## Menu Development

Nutrition, Inc.'s goal in the development of menus is to offer a variety of menu items that are acceptable to the customer. In an effort to accomplish this, many things must be taken into consideration including:

- ⇒ Students likes and dislikes
- ⇒ Nutritional value of items offered
- ⇒ Variety
- ⇒ Product quality and availability
- ⇒ Input from parents, students, and district employees
- ⇒ Guidelines of the National School Lunch and Breakfast Programs



## Nutritional Standards

Nutrition Inc. has developed and is implementing nutritional standards for food items in all of our school districts. These set standards include:

- ⇒ Having low-fat salad dressings available
- ⇒ Offering fresh fruits and vegetables on a daily basis
- ⇒ Offering healthier snack choices in vending machines and snack areas
- ⇒ Promotion of 1% and skim milk choices
- ⇒ Adjustment of recipes to improve nutrition values

## Nutrition Education

Nutrition Inc. strives to remain current on all food and nutrition related topics and to respond effectively to concerns. We make every effort to convey nutritional information to both students and parents by:

- ⇒ Providing nutritional information on monthly menus
- ⇒ Offering nutrition education classes to students in K-3rd grade
- ⇒ Placement of important nutrition information along the serving line to encourage wise food choices

## Offer vs. Serve

Many schools that Nutrition, Inc. services have instituted the Offer vs. Serve option. With Offer vs. Serve, the School District must offer five different food components at each lunch. However, the students need not take all of the items offered. This option provides the students with a choice. Also, there is less waste. In order to qualify for Offer vs. Serve:

- ⇒ All food group components must be offered
- ⇒ The serving size must equal the minimum required quantities.
- ⇒ The lunch must be priced as a unit. The student must take 3-5 items for that price
- ⇒ Students have an option to decline items they do not want

