

Arlington Heights School District 25 Food Service

New USDA regulations concerning nutritional requirements in the National School Lunch Program.

The United States Department of Agriculture (USDA) has published its final ruling revising the meal patterns for the National School Lunch Program. Arlington Heights School Food Service is a leader in recognizing the nutritional benefits of a well balanced meal. Over the past few years we have implemented a number of the revised USDA regulations as we continuously pursue opportunities to improve our program.

The ruling requires schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk in school meals. Arlington Heights food service determined serving whole grains was in the students' best interest and has been purchasing those products for a number of years. We elected to purchase fat-free chocolate milk at the beginning of the 2012 school year. Three years ago we introduced salad bars to all of the elementary schools which provide students with many options of fruits and vegetables. In addition, we have requested more fresh fruits and vegetables from the USDA for the next school year. We will begin mandating that each student must choose a fruit or vegetable serving with each meal starting April 2, 2012.

Arlington Heights School District Food Services goals and objectives are to feed the students with the most nutritional meals possible. We will continue to look to the future and implement changes which we think are in the best nutritional interest of our students.