



## FOR ALL GRADES

**Total fat:** No more than 30 % of total calories should come from fat.

**Saturated fat:** Less than 10% of total calories.

It is also recommended that students have a minimum of 5g of fiber for school meals. More than 50% of our bread items are whole grain.



**Feeding Our Students**

**Feeding Our Future**

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On May 8, 2006 the Findlay City School Board adopted a Student Wellness Program.

Our Food Service goal is:

To Follow All USDA Requirements and Dietary Guidelines and Offer Healthy Food Choices.

- State Guidelines are met and compliance checks are conducted by the State of Ohio in accordance with the National School Lunch Program
- Recipes are developed to reduce the fat content
- More whole grain options are being offered for meals as well as snacks
- The following web address will take you to some interesting brochures with "Nutrition Nuggets" and "Teens Food and Fitness" all age appropriate. [www.findlaycityschools.org/food.html](http://www.findlaycityschools.org/food.html)

We encourage our students to read labels and make healthy food choices.



**Findlay City Schools  
Food Service Office**

1200 Broad Ave. Findlay, Ohio 45840

Phone: 419-422-7014  
Phone: 419-425-8208  
Fax: 419-420-7015

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## Findlay City Schools

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**Nutritional Wellness for our  
Students**

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District Director of Food Services

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Assistant Director of Food Services

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The Findlay City Schools food service department offers delicious and nutritious breakfast and lunches that meet the National School Breakfast and Lunch Program guidelines. Our district Wellness Policy is observed while planning the menus for our students.

The lunch program is designed to provide one third of the student's recommended daily allowance of nutrients.

At the **Primary** and **Intermediate** Schools, we offer 2 entrée choices every day.

At the **Secondary** Schools there is a variety of hot lunches, salads, pizza, vegetables, and fruits.



The USDA encourages more fiber in our diet by eating more whole grains. FCS incorporate more whole grains in our menus every year. Hamburger buns, bread, the breading on chicken nuggets, and pizza crust are just some examples of whole grain products on our menu.

**THE LUNCH MEAL PATTERN HAS**

**4 COMPONENTS:**



1. Meat/meat alternate foods
2. Fruits and /or vegetables
3. Grains/ breads
4. Fluid milk



**The required nutrient standards are:**

**Grades K-5**

Calories 664  
Protein 10 g  
Calcium 286 mg  
Iron 3.5 mg  
Vitamin A 224 RE  
Vitamin C 15 mg  
Cholesterol 100 mg  
Sodium 1500 mg



<http://www.choosemyplate.gov/>



**Grades 6-12**

Calories 825  
Protein 16 g  
Calcium 400 mg  
Iron 4.5 mg  
Vitamin A 300 RE  
Vitamin C 18 mg  
Cholesterol 100 mg  
Sodium 1500 mg

