






FREE BREAKFAST & LUNCH!

Nutrition Services supports student learning by providing breakfast and lunch that meet the USDA Nutrition Standards every school day. These standards include:

-  Limits on salt & saturated fat
-  No trans fat.
-  Whole Grain Rich Grains
-  Fruits served with each meal
-  A variety of vegetables served weekly.



CHILD NUTRITION SERVICES Carmel Unified School District

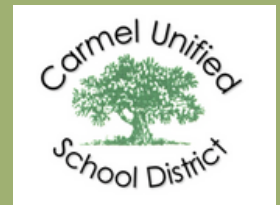


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Why Eat School Meals

An informational guide on the Carmel Unified Child Nutrition Services Department for parents & students



This institution is an equal opportunity provider.

National School lunch & Breakfast Program

Carmel Unified District complies with strict nutrition guidelines pertaining to the National School Breakfast and Lunch Program set forth by the United States Department of Agriculture.

Based on the federal nutrition regulations, students must be offered the following food components each day:



Whole Grains

All grains served are whole grain rich to provide adequate fiber.



Lean Proteins

Things like chicken breast, 100% lean beef, beans/legumes, and low-fat dairy products are offered daily.



Vegetable Assortment

Vegetables from each color group are offered weekly.



Fruit Assortment

Whole fresh fruit, dried fruit, and 100% fruit juice (MS & HS only) are offered daily.



Milk

Unflavored white milk, and nonfat chocolate milk free of HFCS are offered daily.



Salad Bars

Students are offered an unlimited salad bar each day with breakfast and lunch. They can pick from a variety of fruits and vegetables from different color groups. Color relates directly to nutrition and ensures that students receive all of the vitamins and minerals that they need. Students are encouraged to come back for more fruits and vegetables if they are still hungry after consuming their meal.



RED for heart health

ORANGE for boosting immunity

YELLOW for eye health & growth

GREEN for strong bones & teeth

BLUE/PURPLE for memory

WHITE for fighting cancer



Farm Fresh & Local Produce

We understand the importance of providing high quality produce to our students, while simultaneously supporting our local farmers. As a result, we strive to procure fresh and local produce for our schools.



Nutrition services aims to expose our students to a variety of seasonal and local produce such as snap peas, strawberries, persimmons, cara cara oranges, kiwis and much more!

