

WELLNESS AT SCHOOL:

FUEL UP

with Breakfast and Lunch

feedyourpotential365™

Make a Habit of School Breakfast

The best way for students to fuel up for the day is to start with a healthy breakfast. At school, students are offered breakfast, which can play an important role in overall student wellness and the school learning environment. Studies show that kids who eat breakfast at school:¹

- Are less absent or tardy
- Perform better on tests
- Participate in class more often
- Have better concentration

What Does a School Breakfast Offer?

- Serves delicious, healthy, kid-friendly foods
- Saves time during the morning rush to leave home
- Is economical and can save money
- Gives students a chance to eat when they may be hungrier – instead of right when they wake up
- Fuels kids with nutritious food so they are focused and ready to start the school day

While school breakfast programs must follow USDA nutrition guidelines set by the U.S. Department of Agriculture (USDA), we also want to make sure that our menu items are delicious, nutritious, and what students want. As your district's food service provider, Aramark regularly surveys students and collects age-appropriate food trends to make menu adjustments.



Apple-Cranberry Overnight Oats

Here are a few student-approved breakfast items kids may see on the menu this year:

- Apple-Cranberry Overnight Oats
- Huevos Rancheros
- Turkey Pancake Wraps
- Fruit and Yogurt Parfaits

FRESH NEW FLAVORS!

The Aramark team regularly updates menus to reflect what both parents and kids want in school meals, while promoting whole grains, low-fat and nonfat dairy products, lean protein, and a wide variety of fruits and vegetables.

Have a question or want to find out which fruits and vegetables are being served at your school? Check out the weekly menu posted on the school website, or contact your school cafeteria manager.

Fruits & Veggies: Center of the School Plate

Did you know every school breakfast and lunch must include fruits and/or vegetables, such as:

- Green veggies: Spinach, broccoli, collards, kale
- Red/orange veggies: Peppers, carrots, sweet potatoes
- Legumes: Chickpeas, lentils, kidney beans
- Fruit: Fresh fruit and frozen, canned or dried fruit with minimal added sweeteners

The school meal standards mean that students:

- Have access to a wider variety of fruits and veggies
- Are offered larger fruit and veggie portions
- Are required to take at least ½ cup of fruits or veggies with every reimbursable school breakfast and lunch



¹ Food Research and Action Center: <http://frac.org/wp-content/uploads/2009/09/breakfastforlearning.pdf>

GET A LIFT FROM A HEALTHY LUNCH



More than 30 million students rely on school lunch each day. School lunch provides one-third of the average child's daily calorie needs, based on age. At Aramark, our team of chefs and dietitians develop nutritious and trendy menus based on feedback from students, school faculties, and parents.

During lunch, veggies are becoming the star of the plate in menu items such as:

- Vegetarian Picadillo Burrito
- Southwestern Mixed Vegetable Salad
- Mediterranean Vegetable Wrap

As part of the National School Lunch Program, every school lunch must offer:

- ½ cup fruit
- ¾ cup vegetables
- 1-ounce whole grains
- 1 ounce meat/vegetarian protein
- 1-cup low-fat/fat-free milk
- Controlled amounts of calories, saturated fat and sodium



When thinking about the value of a school lunch, research shows that school lunch is consistently more nutritious compared to lunches brought from home.

Why is that? Just 27% of lunches brought from home included at least three of the five school lunch program requirements.¹ Another study showed about 90% of packed lunches contained foods such as high calorie desserts, snack chips and sweetened beverages – all foods that are not permitted or are very limited in the school lunch program.²

Added benefit: School lunch saves you time and money compared to the cost of an average packed lunch.³

DID YOU KNOW?

Snacks served in schools also must meet specific nutrition standards. They must contain:

- ≤ 200 calories
- ≤ 230 mg sodium
- ≤35% of calories from fat; < 10% of calories from saturated fat and zero grams trans fat
- ≤ 35% of weight from total sugars

How do we help reduce food waste?

Per USDA requirements, all students must take a serving of fruit and vegetable as a side dish for lunch. Unfortunately, a lot of times, those food items end up in the trash. Our goal is to help students consume a balanced meal by adding fruits and veggies to their plate. We do this through education, tastings, and incorporating these foods into our recipes as much as possible.



Vegetable and Provolone
Mediterranean Wrap

Deluxe Veggie
Burger

For more details, check out our Fall Menu Infographic.

Read our full newsletter series, which includes frequently asked questions for our dietitians, and wellness at home topics.

Visit [FYP365.com](https://www.fyp365.com) for healthy living ideas and inspiration.



1 Hubbard KL, et al. What's in Children's Backpacks: Foods Brought From Home JADA. 2014; 142:1424-1431. • 2 Caruso ML, Cullen KW. Quality and Cost of Student Lunches Brought From Home. JAMA Pediatr. 2015;169(1):86-90. • 3 Farris AR, et al. Nutritional Comparison of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children Following the Implementation of the 2012-13 National School Lunch Program Standards. J Nutr Educ Behav 2014;46(6): 621-626 • 3 Meal cost analysis by Rainville, AJ, PhD, RD, CHE, SNS, Eastern Michigan University.