

All-Star School Lunch

Dear Parents:

In 1963 National School Lunch Week was established by a proclamation from President John F. Kennedy. Today, National School Lunch Week continues to raise awareness about the role school nutrition plays in the lives of America's children and will be recognized October 12 – 16. The theme for 2009 is All-Star School Lunch. It was chosen to remind students the importance of healthy eating and staying active.

Round Rock ISD Food Services would like to share with you nutritional facts about the menu offered to your student:

- Menu analysis is based on daily nutrient requirements for specific grade groups.
- Food selections reach caloric and nutrient intake for growing children and provide energy to fuel their day.
- Food Services supports CATCH, taught K – 8, by selecting recipes for the weekly menu that meet TDA guidelines including limiting total fat and saturated fat.
- Some of the reduced-fat items offered are Turkey Ham, Cheese on the Pizza, Fruits and Vegetables, Chef Salads, Ground Beef, Turkey Sausage, Cheese Sauce (for Nachos and Mac & Cheese) and Cinnamon Rolls. Cheese Sauce and Cinnamon Rolls are RRISD Central Kitchen recipes.
- Snack Factor, an A La Carte program, offers students fresh fruit, beverages, ice cream, and snacks. All offerings meet TDA guidelines for fat, sugar, and portion size

Middle schools have a variety of foods to choose from each day. As part of the National School Lunch Program, students must choose an Entrée from one of the menu concepts below and up to four other items from the sides and milk choices.

Middle School Menu

Lunch: Home Style Entrées such as - Spaghetti & Meatballs, Roasted Turkey, Chicken Pot Pie, and BBQ Chicken Legs

Pizzeria: Low-Fat Cheese & Pepperoni Pizza Wedges
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The Grill: Cheeseburgers, Hamburgers, Chicken Fried Steak, Chicken Nuggets, and Steak Fingers
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Deli & Salad: Variety of Salads and Hoagie Sandwiches
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Chicken A La Carte: Chick-fil-A Original Sandwich, Chicken Tenders, Popcorn Chicken and other favorites. This dining concept is NOT part of the National School Lunch Program. Daily specials are priced A La Carte.

Food Services is a partner and supporter of the district's Coordinated School Health Program. We appreciate the opportunity to help your child flourish through school meals and look forward to serving student guests as well. Semester menus are posted on the district's website.

Helping Students Flourish,

Steve Smith - Food Service Director