

## **Frequently asked questions about student nutrition**

**Q: What is the nutritional value of the foods that are served? Are the meals balanced?**

**A:** We adhere to the National School Lunch Program guidelines. These guidelines follow the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium & calories. These meals are nutritionally balanced by the week and follow the minimum average weekly requirements listed below"

<b>Minimum Calorie &amp; Nutrient Levels (School Week Average)</b>		
<b>Nutrient Standards</b>	<b>Grade K-4</b>	<b>Grades 5-12</b>
Calories	664	825
Total Fat (g)	22	28
Total Saturated Fat (g)	7	9
Protein (g)	10	16
Calcium (mg)	286	400
Iron (mg)	3.5	4.5
Vitamin A (RE)	224	300
Vitamin C (mg)	15	18

We offer protein, fruits and vegetables, and milk each and every day. Students may decline one or two items. Desserts are not offered every day. Our middle and high school also offer a la carte items.

**Q: Aren't the French fries, tater tots and breakfast sausages too greasy to serve regularly?**

**A:** All food items are baked, not fried. The sausage is low fat.

**Q: Do the children have enough time to eat their meals?**

**A:** It is the decision of each individual school, not the Food Service Department, regarding the number of lunch periods and their length.

**Q: What if a child cannot afford to pay for a meal?**

**A:** The District participates in the National School Lunch Program and School Breakfast Program. Submitted applications will be processed in accordance with government eligibility categories or Income Guidelines. Upon approval, students will qualify for free or reduced meals.

**Q: Why do adult meals cost more than children's meals when the portions are exactly the same?**

**A:** The cost of adult meals covers the actual cost of the meal itself. Student Nutrition charges less for student's meals because the federal government subsidizes the difference in cost.

**Q: Why do the elementary students get a choice of entrees?**

**A:** We offer the students a variety of entrees to choose from to ensure that there is at least one item that the children will like.

**Q: Who determines the portion sizes of the school meals?**

**A:** The United States Department of Agriculture (USDA) determines the portions by age group to better meet the food and nutritional needs of children. These serving standards are designed to give children at each age level 1/3 of their daily nutritional requirement at lunch.

**Q: What if my child has dietary restrictions?**

**A:** The National School Lunch and School Breakfast Programs allow substitutions on a case-by-case basis for the basic meal requirements if a child is unable to consume the required food because of medical or other special dietary needs. Simply submit a medical statement that includes the recommended substitute foods to the Food Service Director.  
(Physician prescription required).

**Q: what type of beverage is offered if my child cannot drink milk?**

**A:** If your child has a milk allergy, you will need to bring a prescription from the doctor and give to the food service director to be kept on file. Fruit juice will be given to your child once the director receives the prescription. This must be updated yearly.

**Q: What types of foods are offered for children on vegetarian diets?**

**A:** Fresh lettuce salads, whole fruits, cooked vegetables and fruit juices are offered daily. We also offer plain sauce with pasta, Cheese dunkers or cheese pizza we have Peanut Butter & Jelly sandwiches and you can request a cheese sandwich. We are working on more vegetarian options this school year. Not sure just ask.

**Q: Do students have to take all food items offered?**

**A:** The Random Lake School District follows the USDA Offer vs. Serve provision as part of the National School Lunch Program and the School Breakfast Program. Offer vs. Serve is a provision that allows students to decline either one or two food items they do not intend to eat. The provision is intended to reduce food waste in school nutrition programs. It is important to note that schools are required to offer all students all required food items.

We would be happy to answer any further questions you may have regarding the School Lunch Program. Please be assured that we follow strict national guidelines for quality, nutrition and portion control. Our concern is to feed the children a nutritious meal and ensure that not one child goes hungry. We invite you to come eat and see our kitchen. Many of our baked goods are prepared fresh from scratch daily. Feel free to contact us in the future if you have concerns regarding the guidelines we are required to follow.

**Food Service Program: 920-994-2427**  
**[alawrenz@randomlake.k12.wi.us](mailto:alawrenz@randomlake.k12.wi.us)**