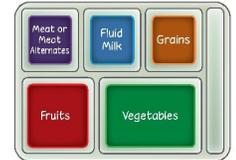


# FRESH BITES

Build a Healthy Lunch



Your Connection to Iowa School Meal Success and Resources!

November 2012

## Peer in the Spotlight

DeeDee Olson FSD at Bondurant CSD wanted to have documentation ready if parents expressed concern about the amount of food served at lunch due to the new meal pattern. She took photos of student trays after they went through lunch line. Taking pictures is a great visual to provide to parents. Sometimes reading the menu can be deceiving on the amount of food available. By sharing pictures of actual trays, it can provide a better “snapshot” of what



is available to the students. For more information contact DeeDee Olson at

[deanna\\_olson@bondurant.k12.ia.us](mailto:deanna_olson@bondurant.k12.ia.us)

## Resource of the Month

Looking for a resource to share with elementary teachers about the school meal changes? Iowa Team Nutrition has developed an elementary teacher lesson that is in the line with the Iowa Core Curriculum that can be used as a tool to help explain the changes and the “Build a Healthy Lunch” signage the students are seeing in the cafeteria. When teachers have a clear understanding of the changes they tend to be more supportive by promoting the healthy options with their students. [Click here](#) to view the lesson. It is located at the bottom of the page.



## Did You Know?

It is at the school’s discretion to charge for additional servings of meal components. If a school charges for second servings, then they are considered a la carte foods



and are not included in the nutrient analysis for the reimbursable school meal. If a school elects to offer second servings of any part of the reimbursable meal at no charge, these foods must be counted toward the daily and weekly component contributions, as well as the weekly dietary specifications. Schools must clearly identify the number of servings that students may take as part of the reimbursable meal and those that are sold a la carte.

## Idea to Share!

Davis County Community School District took the “Build a Healthy Lunch” kit one step further! They had the image printed on a special coated plastic that is similar to a dry erase board and enlarged to 2 ft x 3ft. The board has created a nice visual in the cafeteria. For more information contact Stephanie at [staphanie.hawkins@dcmustangs.com](mailto:staphanie.hawkins@dcmustangs.com)



the School Day just got Healthier

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