

FREQUENTY ASKED QUESTIONS (FAQ'S)

1. Do school meals cause childhood obesity?

- The causes of childhood obesity are complex and multi-factor:
 - 1) parent eating behaviors
 - 2) lack of exercise
 - 3) increased TV/video game and computer time
 - 4) increased advertising to children
- Before children reach their second birthday, many children have developed the same eating habits that plague the nation's adults—too much fat, sugar, and salt; along with too few fruits and vegetables
- Schools have to meet the USDA meal guidelines for 30% or less fat and 10% less saturated fats
- Wadsworth City Schools Food Services has done the following to help reduce childhood obesity
 - Reduce the Amount of Fried Foods throughout the District
 - Decreased additional fats
 - Increased fiber
 - Replaced full-fat snack items with low-fat and baked products
 - Removed regular carbonated beverages from the district
 - Increased the selection of fruits and vegetables
 - Placed healthy items in a more visible area to encourage students to select them

2. Can students receive vegetarian meals?

- Yes, we can offer a vegetarian entrée daily with notification. Please notify Food Services if you would like this option.

3. Can you make substitutions for children who cannot eat the menued items?

- The federal regulations of the National School Lunch/Breakfast program require schools to make accommodations for children who are unable to eat the school meal as prepared due to a disability. In order to make substitutions for items in a reimbursable meal, the school must have on file a written statement from a licensed, medical physician indicating what the child's disability is, what foods must be omitted and what foods must be substituted.
- Please see the Special Needs Letter and Form on-line for more information.
- The purpose of requiring a written statement is two-fold
 - It ensures that the nutrition integrity of the school meal will not be compromised by the substitution.
 - It ensures that decisions about specific food substitutions are made by persons who are highly qualified to prescribe them.

4. How do I get meal substitutions or special nutritional needs met for my child?

- Please see the Special Needs Letter and Form on-line for more information.

5. Why does a student have to take extra items if they don't plan on eating them?

- Students must choose three of four items offered at breakfast and three of the five components for lunch for the USDA to consider it a complete meal.
- The USDA requires complete meals for Food Services to receive reimbursement and to meet ¼ of nutrient needs at breakfast and 1/3 of nutrient needs at lunch.

6. Are students allowed larger portions of food at breakfast and lunch if they are “bigger students”?

- No, students are entitled to one meal at breakfast and one meal at lunch from the Offer versus Serve meal patterns. Additional food items or second meals may be purchased at ala carte prices.

7. Why do you serve flavored milk at school?

- The USDA requires non-fat milk and a variety of milks be offered at all meals. Studies have shown that students who drank chocolate milk had higher intakes of milk and calcium and they drank fewer soft drinks and sweetened fruit drinks than students who didn't drink flavored milk.
- Researchers have found that the choice of flavored milk is far superior to another beverage that is totally void of other nutrients. Flavored low fat milk is proven to be a nutritious choice to help combat calcium deficiencies among children.