

ABOUT WHITSONS



At Whitsons, we are committed to helping people to live healthier lives by moving food in a more wholesome and natural direction. We are dedicated to providing wholesome, high quality menus prepared from fresh and locally sourced ingredients whenever possible. This is all part of our Simply Rooted® food philosophy. Our foundation is set on strong family values, while our future remains focused on sustainable, real food. We are Simply Rooted in food and family, it's as simple as that!

UNDERSTANDING SCHOOL MEALS

School meals are a healthy option, a great value, and convenient for busy families!

- The National School Lunch & Breakfast Program (NSLBP) is a federally funded program providing nutritionally balanced meals to children each school day. The USDA administers the program at the federal level.
- The Healthy, Hunger-Free Kids Act (HHFKA) ensures that meals are healthy and well balanced and provide students with all the nutrition they need to succeed at school. The good news is that much of the components of the HHFKA final ruling have already been in place in our school programs for some time, such as: whole grain offerings, variety of fresh fruits and vegetables, focus on lean protein choices, smart snack options, fat-free and low-fat milk, and reduced sodium content.

All student meals include: Protein Choice, Fresh Vegetable Choice, Fresh Fruit Choice, and Milk Choice.

MEAL PRICES

	High-Middle Schools	Elementary
Paid	\$3.35	\$3.15
Reduced	\$0.00	\$0.00
Adult	\$5.00	\$5.00

WHAT'S YOUR FOODITUDE?

Our interactive healthy eating program, called Fooditude, motivates and inspires students to consider the many benefits healthy eating and exercise have on their growing bodies and minds. With Fooditude, we are embarking on a movement to help students develop positive self-esteem and healthy eating habits by making a connection between attitudes and



living healthy. It's all about making the connection between food and healthy habits.

At elementary schools, our award-winning Nutrition Safari® program will introduce younger students to lovable animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to encourage students to develop lifelong healthy eating habits.

At secondary schools, monthly Fooditude Flaves will feature trendy menu items and activities to engage older students. Whitsons has also invested in professional signage and merchandising that creates a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice students to make nutritious and delicious meal choices.

OUR MENUS

Healthy school meals are a critical component to the overall educational experience, nourishing the body, and setting the stage for a day of learning and knowledge retention. We offer age-appropriate lunch menu options at each grade level, with increasingly more options at the older grade levels as students mature and learn how to make healthier choices.

- At the elementary school level, we strive to help educate and guide younger students to make balanced meal choices from amongst familiar "kid-friendly" foods made with healthier ingredients.
- For secondary school students, we offer a food-court style environment with a wide variety of wholesome menu choices.

Whitsons offers a variety of meal choices and Smart Snack options that meet NSLBP, HHFKA, and state nutrition guidelines, and are analyzed and approved by a Registered Dietitian. We also collaborate with parents, students, and school nurses to accommodate the dietary requirements of students with food allergies and other special diets.

Our interactive menus may be found online at [Whitsons.com\portjefferson](http://Whitsons.com/portjefferson)

Interactive menus provide you with nutritional and allergen information you need to plan your school meals. *By clicking on the menu links, you can download a PDF of the menu, from which you can double click on a day to get the detailed nutrition and allergen information for that day's menu items.*

CONTACT US

If you have any suggestions for the school nutrition program, please contact your Food Service Director, Robin Hoolahan at hoolahanr@whitsons.com. We are here to serve you and your child(ren)'s needs and look forward to being a part of your community for many years to come!

