



# Pentucket School Lunch... Feeding the Minds of the Future

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## What We Are All About....

Another way the food service department is dedicated in making sure that the lunch-time experience is a safe and enjoyable one is by continuous education. All of the Kitchen Managers (including myself) attended a Framingham State College refresher training on "controlling costs within the lunch program." This information was shared with the rest of the staff in

hopes of being even more efficient with our ordering and cooking and reducing waste while maintaining high customer service standards.



## The Menu....

As you know, the Food Service Department is always trying to improve the nutrient content of the menus by introducing more wholesome and nutritious foods into the lunches. And now we have a really good reason for doing it. In a study documented in the "Journal of School Health" found that children with healthy diets (classified by fruits, vegetables, whole grains, fiber, protein, calcium and moderate fat intake) perform better in school than children with unhealthy diets (classified by reduced fruits & vegetables and higher fat intakes). The study concluded that diet quality is important to academic performance. That healthy meals (like those served in the PRSD school lunch program) have the potential to improve student's diet quality, academic performance and over the long term, their health. Meals served under the National School Lunch Program must (over the course of a week) meet the nutritional guidelines based on the Dietary Guidelines for Americans with no more than 30% of calories from fat and 10% or less of calories from saturated fat. School lunches must also provide 1/3 of the RDA for calories, protein, Vitamin A, Vitamin C, calcium and iron. To provide students with healthy meals, we have incorporated more wholesome foods into the lunch program like fresh fruits & vegetables; whole grain/whole wheat pizza crusts, bread sticks, French Toast sticks, pasta and rice; reduced-fat cheeses and meats and low-fat milk options. When the complete lunch is eaten, it provides a balanced meal at a low cost and is a nutritious option for busy parents.

## Eat Right When Money's Tight....

Did you know that Massachusetts has various programs that offer assistance in getting food and other necessities? Project Bread offers food stamps and other resources to qualified families. Families may be eligible even if they own a home, are working or have a car. Special rules apply for all those families with children under the age of 19. For more information, please call 1-800-645-8333 M-F, 8 am to 5 pm or visit the website: [www.gettingfoodstamps.org](http://www.gettingfoodstamps.org). Do you have a child under the age of 5? Are you pregnant or breastfeeding? WIC offers qualified families nutrition education, checks for free healthy food, tips for improving health, referrals for medical & dental care, health insurance, child care, housing, fuel assistance, and other services. For more information, please call 1-800-942-1007 or visit [www.mass.gov/wic](http://www.mass.gov/wic).

**Free & Reduced Lunch:** Your family may qualify for free or reduced priced lunch. **Applications are available at any of the district schools and are accepted throughout the entire school year.** Questions can be directed to the Food Service Department at 978-363-5557.



**Pentucket School Lunch Program**

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**Closing Comments...**

Happy New Year! With the start of a new year, how many of us are making the infamous “new year’s resolutions”? Will it be to quit smoking, get out of debt, start back at the gym or lose weight? We are a society focused on the number on the scale but that doesn’t always indicate good health. A person could be “target” weight but eats junk food and diet coke all day vs. someone who might be a few pounds over “target” but eats balanced meals. Who’s healthier? How about this year we resolve to start living a healthier life? Get enough sleep, exercise daily and eat more healthy nutrient dense foods like whole grains, bright colored fruits & vegetables and low-fat dairy foods and reduce refined foods like sugar, candy and soda. Be creative with your food and it will be more of a treat than a sacrifice.

**FROM ALL OF US IN THE FOOD SERVICE DEPARTMENT—  
HAVE A HAPPY AND HEALTHY FEBRUARY VACATION!**

**We’re on the Web!**  
[www.prsd.org](http://www.prsd.org)

**Things To Celebrate!**



Happy Martin Luther King Jr. Day!



Happy Chinese New Year!



Happy President’s Day!



**Good Nutrition promotes better learning.**

