

NUTRITIONAL GUIDELINES FOR 2009-10 SCHOOL YEAR

We are pleased to announce the following nutritional guidelines will be in place for the coming school year:

- no trans-fats
- no MSG
- vegetarian meals will be a daily option (please instruct your child to notify the server whenever vegetarian option is preferred)
- whole grain pastas will be offered on pizza days as an additional choice
- oils used in entrees will be olive and canola oils
- butter, not margarine, will be used in all foods prepared
- any day where cheese sauce is provided will also offer shredded cheeses as a choice (children can choose; please instruct your child if you prefer the shredded cheeses over the sauce)
- salads will be at least a 50/50 mix of lettuces with iceberg (additional lettuces to include romaine, butter, green leaf or red leaf depending on seasonality and availability)
- dressings will be served on the side and include a simple oil/vinegar choice as well as ranch, none with trans fats or msg
- whole grain breads will be offered as an option when serving rolls (children can choose; please instruct your child to request if you prefer whole grains); also note whole grain crust and pastas will be woven into the menu when possible
- smaller dessert sizes will be served, and dessert choices will incorporate additional 'healthier' options such as lowfat yogurt/fruit parfait, frozen grapes, puddings & ice cream sandwiches without trans fats, and oatmeal cookies. Additional choices will be added as we find options.
- no artificial sweeteners will be used in any foods or desserts
- servers will be trained with proper portion sizing for children, including a differentiation in Lower School versus Upper School portion sizes due to the ages of the children
- detailed entree descriptions are included with this mailing so that you, as parents, can make a more informed choice about your sign up
- online posting of the menu through the Mirman School PSL website (viewing only; no ordering)