

Wellness and Nutrition Menu Update – Fall 2011

A special report to Opaal's Partners to help you
prepare for current and forecasted changes



Wellness and Nutrition

Success
feeds
Success

Opaa! Menus Enhanced for Healthier Students



August 2011



Menus have been enhanced at both breakfast and lunch!

New menu icons identify:

- ❖ Whole Grain
- ❖ “Smart Choice”
- ❖ Home Made
- ❖ Farm Fresh
- ❖ Items with Peanuts

Opaa! Reimbursable Meals Meet the Nutrition Targets for Healthier US School Challenge and Position our Clients for a successful implementation of the Healthy Hunger Free Kids Act.

Last school year, Opaa! made a variety of changes to our menus to enhance the nutritional profile for our clients' students. We are implementing additional enhancements this fall, to further improve the nutrition and variety in our menus.

Lunch enhancements include:

- Increased fruit and vegetable portions at all grade levels.
- Offer 2 fruits daily, to encourage consumption.
- Offer 5 different fruits each week.
- Offer more fresh fruit.
- Offer 5 different vegetables weekly.
- Offer 3 dark green or orange vegetables.
- Offer whole grains 3 times per week.
- Offer at least one “Smart Choice” offering daily – entrée with 16 or fewer grams of fat.

Breakfast enhancements include:

- Additional protein, such as yogurt and peanut butter toast.
- Increased variety of whole grain cereals.
- Offer oatmeal as a daily choice.

Additionally, in preparation for the final regulations under the Healthy Hunger Free Kids Act, we will reduce overall sodium by 10% this year, while maintaining the flavor of our meals.

We are also committed to providing locally-grown, farm fresh produce. While in season, we will be serving Missouri grown:

- Apples, peaches, and melons.
- Lettuce, tomatoes, peppers, and cucumbers.

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Menu icons assist students and parents with menu selection.

Take a look at new menu icons!

The menus for this school year include five icons, to assist parents and students with menu choices:

- Whole Grain.
- Smart Choice – entrée with 16 or fewer grams of fat.
- House Made.
- Farm Fresh – when seasonally available.
- Items containing peanuts (for schools that are not “peanut free”).

The following is an example of a menu item:

Turkey Club Wrap 

Opaa! will continue to keep you informed as regulations for the Healthy Hunger Free Kids Act are updated.

White Paper	Articles dealing with policy issues, potential law/regulatory changes, technical issues, etc. in child nutrition services
At Your Service	Articles to assist school administration in completing grants, applications for state/federal programs, etc. for child nutrition services
Wellness & Nutrition	Articles that focus on children’s health issues, Opaa! School meal initiatives, or the National School Lunch and Breakfast Program
Food, Finance & Safety	Articles dealing with financial or safety related issues in child nutrition services