

CANTON PUBLIC SCHOOLS FOOD SERVICES DEPARTMENT

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Martha Lawless, Food Service Director

Dear Parents/Guardians:

In response to growing concerns regarding overweight, obesity and other diet related diseases, the Canton Public Schools Food Services are committed to providing a healthy eating environment. By becoming actively involved in the creation and implementation of a Wellness Policy for the Canton Public Schools and by offering quality, healthy food choices to all children we will help reduce the risk to students.

Although all meals offered meet dietary guidelines as required by the USDA and the National School Lunch Program, we strive to improve the quality and content of meals offered. Some of the positive changes for healthy choices are as follows:

- Greater offering and variety of fresh fruits and vegetables at all schools
- Variety of milk choices including skim, 1% low-fat white and flavored
- Increased offering of light, low fat and low sodium foods
- Salad Bar and made to order Deli Bar option available at the High School
- Offering 100% whole wheat breads, pasta, and brown rice
- Baked snacks and healthy options available for a-la-carte sale at the High and Middle Schools
- Healthier preparation and cooking methods for menu items
- Water is available at all schools
- Implementation of USDA approved software (NutriKids) in the elementary schools that provides nutritional analysis of menus
- Nutrikids Point of Sale System has the capability to alert Food Service staff of students with medical issues, such as allergies and diabetes if parents request
- Vending machines at the Middle and High Schools offers water, 100% fruit juices, other non-soda and non-caffeinated options
- No vending machines in the elementary schools

As Director of Food Services, I will continue to work to provide healthy choices for your children.

Please call me if you have questions concerning the lunch program.

Sincerely,

Martha Lawless
Food Service Director

2009-2010