

**CANTON PUBLIC SCHOOLS
FOOD SERVICES DEPARTMENT**

960 Washington St.
Canton, MA 02021
Tel (781-821-5073)



Martha Lawless, Food Service Director

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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
- Introduction of a Salad Bar and a made to order Deli Bar at the High School
- Offering of 100% whole wheat breads and 100% juice items
- Introduction of baked chips and snacks for a-la-carte sale at the High and Middle Schools
- Healthier preparation and cooking methods for menu items
- Purchase of USDA approved software will provide nutritional analysis of menus

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