



# LunchBites

★ ★ ★ What's Going on in School Nutrition ★ ★ ★

## Celebrate National School Breakfast Week March 6th-10th

Busy weekday mornings make it a challenge for families to find time for a healthy breakfast. However, US Department of Agriculture data show that more students are starting their day with a nutritious breakfast in their school cafeterias. To encourage more families to take advantage of the healthy choices available with school breakfast, Gainesville City School Nutrition will recognize National School Breakfast Week during March 6-10, 2017.

The National School Breakfast Week (NSBW) campaign theme, "School Breakfast Challenge", reminds the entire school community that school breakfast provides a healthy, energizing start to the day for students. Students will be encouraged to "Take the Challenge" from March 6-10 and eat breakfast every school day.

The district serves over 2,700 breakfast meals daily through the federally funded School Breakfast Program. School nutrition professionals in Gainesville City Schools prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories and sodium – and encourage students to choose from the fruits, vegetables and whole grains offered with school meals. The program prepares tasty breakfast that are acceptable to children while meeting these strict standards. Menu items offered during NSBW will include whole grain pancakes and waffles, French toast, reduced sugar cereal, and a variety of fruit choices.

Take the "School Breakfast Challenge" and fuel up with the school nutrition program before school!



# Student Taste Tests

## *The Why and How*

“Why are you doing this?” - this was a frequent question posed by students when School Nutrition conducted a taste testing event at Gainesville High School. School Nutrition aims to serve menu items that exceed USDA standards, while appealing to Gainesville City students. The program regularly engages with students through taste tests and product sampling. Flavor profiles in the retail market are always changing, and school nutrition wants to stay on-trend and better understand our students’ wants and needs.

The SNP central office and GHS staff partnered with Wild Mike’s Ultimate Pizza and McCain Potatoes to determine the type of pizza and frozen potato products to be specified in the bid for next school year. Samples of the products were prepared according to manufacturer specifications and offered to students in exchange for their honest feedback. Not only did the students love the products, they engaged with the staff and were amazed to learn about the menu planning process. Bid documents can only specify name brands if the products have been student tested. And, this data must be reevaluated yearly in order to meet state department regulations.

The winning products chosen by the students are known for having cleaner labels than their competitors, while still maintaining great taste and exceptional quality. Thank you to our industry partners for providing product information and samples to help School Nutrition better understand our customers’ food preferences!



## What's Going on in School Nutrition

Your favorite School Nutrition heroes have been busy this year!

Click on our Mid-Year Highlights Video: <https://youtu.be/HPEpv259TRE>

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