



Menifee County School

District

03/03/2016

Menifee County Food Service Department

Announcement for:

Menifee County High School

Something new is coming!!!!

Another Healthy Reimbursable Menu Choice





What is Let's Move Salad Bars to Schools?

Let's Move Salad Bars to Schools (LMSB2S) launched in 2010 with the mission of donating salad bars to U.S. schools so that every child has daily access to fresh fruits and vegetables. This healthy school lunch initiative was founded by the [Chef Ann Foundation](#), [National Fruit and Vegetable Alliance](#), [United Fresh Produce Association Foundation](#), and [Whole Foods Market](#) in support of First Lady Michelle Obama's [Let's Move!](#) Initiative.

The Challenge

While there is growing awareness of the health and educational benefits that salad bars provide to kids, many school districts are unable to afford the basic equipment needed to adopt this strategy. LMSB2S is committed to helping schools make this positive change.

Health and Educational Benefits

Why salad bars? Supporting Research shows that incorporating salad bars into school lunches increases children's consumption of fresh fruits and vegetables. When offered healthy food choices, children respond by trying new items, incorporating greater variety into their diets, and increasing their daily intake of fruits and vegetables. Through these early, positive experiences, students are better prepared for a lifetime of healthy eating.

In support of these benefits, the [White House Task Force on Childhood Obesity](#) endorses the use of salad bars in schools and upgrading cafeteria equipment in order to provide healthy meals for kids. Similarly, the [Institute of Medicine of the National Academies](#) determined in 2009 that America's schools should increase fruits and vegetables at lunch to two servings in order to meet children's basic health requirements. And in 2012, the USDA released new meal guidelines requiring 6.25 – 10 servings of fruits and vegetables weekly at lunch depending on grade level. The USDA also stated: "Salad bars continue to be a great option for meeting the meal pattern requirements, especially vegetable subgroups."

Date: 3/24/2016—Grand Opening



Students will enjoy daily fresh fruit and fresh vegetables choice as another reimbursable meal choice. Side salads will be offered as well for an addition fee. Adult salad bars will be offered as well.

Pricing:

Student CEP Meal Choice—Free
Side salad with CEP Meal or Adult Meal--\$1.00
Adult salad bar--\$2.75

I am proud to announce the starting date and anticipate the an over-whelming success of the new Salad Bar within the Menifee County High School.

Thank you for continued support of Healthy Choices and School Nutrition.

Jeff Melkulcok
Food Service Director
Menifee County Schools