

The Saratoga Springs City School District and the School Lunch Program are committed to providing nourishing meals to students. The School Lunch program is regulated by the United States Department of Agriculture and the Child Nutrition Program of the State Education Department. We are required to meet or exceed standards for nutrition. Breakfast and lunch are served in all schools in the district. Menus are written with a focus on good nutrition and student preferences.

At the Elementary level we offer a variety of choices everyday. Students may choose from the entrée of the day, a submarine sandwich, peanut butter and jelly sandwich or a freshly prepared salad lunch. Students are also offered two choices in the fruit and vegetable group. The choices include the vegetable of the day, fresh vegetable sticks and low fat dip, a variety of fresh fruit, canned fruit or 100% fruit juice. Students may choose skim milk, 1% lowfat milk or 1% lowfat chocolate milk. You will also see rice, breads and grains on the menu. We serve whole grains whenever possible.

Maple Ave. Middle School and the Senior High School also have the choice of a salad bar stocked fresh daily with a variety of vegetables and homemade salads. The salad bar comes with the choice of a whole grain roll or crackers, fruit and milk.

Ala Carte choices are available to add to a bagged lunch as well. We offer healthier snacks that fit within guidelines established by the School Nutrition Association called Choose Sensibly. These guidelines limit the amount of sugar and fat allowable in a snack or a drink. To be considered a Choose Sensibly snack it should contain less than 7 grams of fat, 15 grams or less of sugar and less than 360 mg. of sodium. You will see a variety of choices available. We offer 100% juice and bottled water at all schools.

We hope you find our healthy choices appealing! Studies have shown students that eat lunch at school consume more fruit, vegetables and milk than students who do not. If you have any questions or comments please contact me at 583-4704.

Margaret Lamb
School Lunch Program Director