

Nutrition Initiatives for 2009-2010 School Year

NUTRITIONALLY BALANCED MEALS WITHOUT ADDITIVES

Whitsons has a proven track record of offering nutritionally balanced meals that taste great; meals that parents want their children to purchase and that students want to eat! All menus are designed in accordance with NSLP and state wellness guidelines and approved by a Registered Dietitian and our client *before* being introduced to the students.

In response to concerns about the use of food additives and artificial ingredients, Whitsons strives to use all-natural foods and fresh fruits and vegetables as staples in our School Nutrition Program. Whitsons is dedicated to ensuring the wholesomeness of the foods we serve. We continue to work on increasing our use of natural products and are pleased to be able to offer the following items as part of our standard program:

- Most products sourced by Whitsons have Zero Trans Fats
- Milk is hormone and antibiotic free
- Chicken products are hormone and antibiotic free
- All dressings are all natural, with no artificial ingredients and no high fructose corn syrup
- Ketchup is free of high fructose corn syrup
- Breads are 100% whole grain and contain no high fructose corn syrup
- Breads, Tortilla wraps, taco shells, panini bread and pita bread are free of hydrogenated oil
- Yogurt is 100% all natural, containing no artificial ingredients
- Breakfast items do not contain trans fats, high fructose corn syrup or artificial colors
- Taco shells and nacho chips are free of hydrogenated oil
- Pancakes and waffles are whole grain and contain no artificial colors or flavors
- Pasta purchased must be Barilla whole grain
- All purchased rice will be brown
- Pizza crust purchased at secondary level must be whole grain; it must be whole wheat at elementary level
- Tuna is dolphin safe and packed in water only
- Canned fruits must be packed in water only
- Cheese must be low fat only
- Condiments such as mayonnaise are low fat only
- Donuts and breakfast pastries contain no trans fats, artificial colors or flavor
- Fresh fruits and fresh or frozen vegetables will be used as often as possible if no government commodity is available

