



# Child Nutrition Program

## Diocese of Baton Rouge

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August 2010

Dear Parents,

Welcome Back!

The Diocese of Baton Rouge Child Nutrition Program (CNP) provides students with affordable nutritious, freshly cooked, and good-tasting meals. Students are served meals in accordance with the United States Department of Agriculture's (USDA) Nutrient Standard Menu Planning protocol. This means that all meals served are analyzed to meet the dietary and nutritional guidelines established for each age/grade group. As participants in the *Healthier US School Challenge Gold Award Program*, the Child Nutrition Program continually strives for improvement and growth in service to the families in the Diocese of Baton Rouge!

### **Did You Know?**

#### ***School Meals are nutritious:***

- Menus are analyzed for nutritional content in the USDA's School Meals Initiative (SMI), which utilizes the Nutrition Dietary Assessment-II Study that found that school meals meet or exceed virtually all of the recommended daily allowances (RDA) for key nutrients analyzed for school breakfasts and lunches.

#### ***School Meals promote healthy eating habits:***

- Meals served at schools meet Federal and State guidelines by following the correct portion sizes according to the Dietary Guidelines for Americans.
- Students who eat school lunch consume 29% less calories from fat and twice as many servings of fruits and vegetables than the RDA.
- Milk, which is a component of school meals, continues to be the most reliable source of calcium.
- School meals offer versions of milk, cheeses, gravies, meats, breads and other foods that are lower in fat.

#### ***School Meals play an integral part in a child's education:***

- According to research, students who eat breakfast have fewer absences, disciplinary problems, and trips to the school nurse. In addition, they have better overall academic performance! Skipping breakfast can leave your child tired and looking for less healthy foods later in the day.
- Students who eat school meals are exposed to local vegetables and fruits, as well as a wide variety of foods including Asian, Italian, Mexican, and Greek foods each month.

***School meals are safe:***

- School cafeteria managers are certified food handlers through the Louisiana Department of Education, and the CNP has implemented Hazard Analysis Critical Control Point practices to ensure food safety.

**CNP Goals for 2010-11:**

***To Increase Child Nutrition Partnership with Stakeholders:***

- When community stakeholders (i.e., local chefs, parent volunteers, school garden groups, etc.) work in partnership with school nutrition programs, the potential for improvement grows exponentially.
- Student input is gained through panels and surveys, and we are pleased to announce that this year we have implemented several food items that the student's have requested.

***To Provide New Food Items:***

- Some of the new food items on the menu during the 2010-11 school year include:

Baked Chicken	Honey Citrus Chicken	Mashed Garlic Potatoes
Sweet Potato Fries	Turkey Casserole	Slider Hamburgers
Grilled Chicken Burger	Shrimp Poppers	Pastalaya
Baked Ham	Greek Tomato Salad	Spinach Salad
Mediterranean Salad	Wraps	Cobb Salad
Freshly Baked Hoagie Break	Increased Offerings of Fresh Fruit	

The cost of food service for students during the 2010-11 school year is as follows:

Elementary Lunch	\$2.45	Elementary Breakfast	\$1.35
High School Lunch	\$2.70	Reduced Breakfast	\$0.30
Satellite Elementary Lunch	\$2.70	Reduced Lunch	\$0.40

Free and reduced lunch applications are available from each school.

Thank you for your continued support of the Child Nutrition Program. We look forward to a wonderful 2010-11 school year!

Sincerely,



Ms. Lynda Carville  
Child Nutrition Supervisor