

Berkeley Heights Public Schools
Clausen Administrative Complex
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FOOD SERVICE UPDATE – APRIL 25, 2018

Our current menus are based on the recommendations of the 2015-2020 Dietary Guidelines for Americans. These menus include a variety of nutrient dense foods and beverages within all food groups, with age appropriate portions. The meal offerings include:

- A variety of vegetables from all of the subgroups – dark green, red and orange, legumes, starchy and other
- Fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, nuts and seeds
- Oils

The meal patterns limit saturated fats and trans fats, added sugars and sodium.

All items are baked. Many of the items on the menu are "homemade" and a number of changes have been implemented as a result of the round-table discussions; such as homemade meatloaf, homemade soup, and a wider variety of fruits to choose. The menus offer a variety of items and include both regular offerings and one-time promotional items. Daily options include salad and fresh fruit.

Pomptonian has a registered dietitian on staff to ensure that our meals meet these Dietary Guidelines. All menus are evaluated according the established nutritional guidelines and meet these recommended guidelines. The standard accepted process of meal evaluation consists of looking at the collective weekly offerings and then assigning a weighted average based on the actual selections.

Starting in February, Berkeley Heights elementary menus became interactive. The menu posted on our website will outline nutrition information, similar to that of a nutrition facts panel found on food packages. The parents can review the nutritional value of the menu choices before deciding if their children should order the item. The parents can discuss this information with their child to help them make smart choices. Additionally, healthier options will be identified on the interactive menu.

The POS system, used to pay for lunch, gives parents additional information that can be used to help them work with their children to make healthy choices. The system allows parents to see what their child has bought and it also allows parents to restrict what their child can purchase.