

Partnership

- Throughout the 2006-2007 school year, the department of nutrition services worked with nurses, PE teachers and the School Health Advisory Committee to promote health and wellness information to students. A variety of materials were distributed to students through the classroom, cafeteria and PE teachers. (Some items were: jump ropes, soccer balls, Frisbees.)
- Posters displaying healthy messages were posted in the nurse's office, gyms and cafeteria of every school.
- Secondary students received "pocket pals" for smart fast food choices and elementary students received several nutritional information sheets.
- The nutrition services department coordinated information and materials from the Texas Department of Agriculture for elementary schools such as Think Bright wristbands, posters, pencils, aprons for cafeteria managers and nutrition handouts for students.
- Nutrition Services website includes the following:
 - Wellness section for parents and staff titled: Stay Well, Live Longer.
 - Kid's Korner with useful information for students and parents.
 - Mynutrikids.com allows parents to view their child's transaction report online anytime.

Together, we can take small steps to encourage our students to develop healthy eating and fitness habits.

Food, Fitness & Fun



Nutrition Services Mission Statement

The Nutrition Services Department at Grapevine-Colleyville Independent School District is committed to providing a nutritious meal to every child. By providing children of our community with quality food and service, we are valuable partners in education. Our efforts as professionals in child nutrition will further the growth and success of our students, staff and community.

Changes in Nutrition Services Department to Promote Healthy Eating Habits for Students

Changes on the Menu

- Reformatted the elementary menu to a calendar style menu which includes healthy monthly messages and a theme “Food, Fitness and Fun.”
- Many entrées contain whole grain or whole wheat flour as an ingredient. (Ex. Stuffed mozzarella sticks, Grand-E-Olie cheese ravioli, Mexican pizza, Papa John’s pizza, shrimp poppers.)
- Many entrées contain turkey meat instead of beef. (Ex. hot dogs, corn dogs, taco filling, chili, spaghetti sauce with meat.)
- Whole wheat hamburger buns and sliced bread are used.
- Vegetables are prepared with butter buds and Mrs. Dash seasonings instead of margarine (lowers calories and fat of these foods.)
- Replaced carton milk (8 oz) to a chug bottle of milk (8 oz) to increase milk consumption. This is a more contemporary style that markets to kids. Modified milk selections to include 1% flavored and 2% white milk as a choice.
- Eliminated fryers at all secondary campuses this year except GMS (summer 2008). No fryers at elementary schools.

Other Changes

- Eliminated availability of carbonated beverages for students at all school campuses.
- Elementary schools only offer 100% juice, milk or water as beverages.
- Secondary schools offer 100% juice, milk, water and non-carbonated beverages with less than 30 grams of sugar per 8 fl. oz.
- Introduced more fresh fruit selections (Ex. pears, tangerines, kiwi), fruit sherbet, fresh fruit cups, fruit parfaits, Dole® fruit bowls.
- Fresh fruit is offered daily on every serving line.
- Eliminated sale of snack cakes (Ex. Little Debbie®, Mrs. Baird’s®) that were high in fat.
- Offer baked chips, low-calorie snacks (100 calorie), yogurt, smaller pack size crackers, and cereal bars.
- Changed regular cookies and muffins to reduced fat and smaller sized cookies and muffins.
- Manufacturers continue to improve snack selections that include whole wheat flour and meet the nutrition guidelines. We are staying abreast on product trends and making changes in the menu as new items become available.