

Pick Health Nutrition News

Fall Newsletter 2011



Food Service Fun Facts Did you know:

- Bread served in all buildings are either made of whole grains or whole wheat ingredients.
- The number of lunches served in school year 2010-11 was 1,157,080
- The number of breakfasts served in school year 2010-11 was 95,667 in the following buildings: Fairfield, Heritage, Tussing, Diley, Harmon, Tollgate and Ridgeview.
- Reduced Fat Meats, Low Sodium Meats, whole grain products are incorporated daily in our meals.
- Fresh Fruits and Fresh Vegetables are served daily at all buildings.
- All healthy ala carte items will be served at both high schools in compliance with Senate Bill 210



New and Exciting!!

5 kitchens were renovated over the summer all having a self serve concept. Those schools included:

Fairfield, Pickerington, Violet, Ridgeview and Central High School.

New lines at Central to include a food court style were added.

An additional grab and go line located in the hallway at North was done to accommodate those students that have no lunch scheduled.

Central's line will be located in front of the concessions area.

MEALPAY PAYMENTS ON LINE

Make Payments on Line using Meal Pay Plus. Make payments and check balances in your child's lunch account quickly and securely.

1. Simply log o to www.mealpayplus.com
2. Register your child into the K-12 school lunch prepayment system.
3. Make a prepayment or check on your child's lunch account using the website.

Sign up today at: 1-866-711-7341 or at www.mealpayplus.com

*Welcome Back to school year
2011-2012.*

New Lunch Prices:

Elementary \$2.00
Middle \$2.25
Junior High \$2.25
High School \$2.25
Reduced Lunch \$.40

Breakfast Prices:

\$1.25 for paid and \$.30 for reduced.

Breakfast is available at the following buildings:

Fairfield Elementary
Heritage Elementary
Tussing Elementary
Diley Middle School
Harmon Middle School
Tollgate Middle School
Ridgeview Junior High

Healthy Tips for Eating Right!

Eat less and enjoy more
Avoid oversized portions
Make half your plate fruits and vegetables
Switch to fat free or low fat milk
Eat fresh, plain frozen, or canned "with no salt added"
vegetables
Drink water instead of sugary drinks
Move more sit less
Incorporate whole grains in your diet