



GOT WELLNESS???

The Western Wayne School District Food Service Department is committed to serving our students' top quality and nutritious meals everyday.

The goals of our wellness policy will combine serving nutritious meals with education on healthy eating and exercise. We will monitor the calories, percentage of fat per calories and the percentage of saturated fat in all our food products.

The following policy will be in effect in the district cafeterias:

- No soda will be offered during lunches or in our vending machines
- Milk containing no fat or 1% fat will be served
- Only plain bottled water, bottled flavored water and 100% fruit juice will be served during lunches and on our ala carte line.
- Non of our food is deep-fried
- Our products will contain no or little trans fatty acids
- Fresh fruits and fresh vegetables will be offered daily at every lunch station
- Snacks such as chips will be of the baked varieties only
- Desserts will be reduced fat varieties.
- Snacks and desserts will follow a target of less than 200 calories per serving, less than 30% of fat from calories and less than 10% saturated fat per calories
- We will follow the required procedures stated in the National School Breakfast/Lunch program requirements
- Education materials will be supplied on the back of our school menus monthly.

For more information on our wellness policy please call Maria Liptak, Food Service Director at 937-3085.