

NUTRITION *News* FALL 2009

A newsletter of
NUTRITION SERVICES
SAINT PAUL PUBLIC SCHOOLS
ns.spps.org

Wanted: Family Recipes

Families, community members and district staff: you are invited to share your favorite family recipes with us. Just go to ns.spps.org/recipes to fill out a recipe form.

Recipes will be screened for nutrition, cost and ability to prepare on a large scale. Submitters of chosen recipes will be invited to join us at a taste test event in November.

If your recipe is chosen to appear on our menu, we will feature your family or staff story on our webpage and menu.

Questions? Please call our office at 651-603-4950 or email us at nutritionservices.office@spps.org.

Special Diet Info

Starting this fall, Rice Chex will be available as a breakfast option. Rice Chex meets the needs of students who need a gluten-free cereal choice and will also expand the offerings of non-sugared cereals.

If your child has special dietary needs, you can submit a medical statement that includes the recommended substitute foods to your nutrition services supervisor. Forms are available from the nutrition services supervisor at your school or by calling the Nutrition Services Office at 651-603-4950. Questions regarding special diets or food allergies can be directed to Linda Dieleman, M.S., R.D., L.N. at 651-603-5034.

What's On the Menu?

Local, fresh, and fun are the buzzwords on the food scene and Saint Paul Public Schools are excited to present menus that showcase some of these trends.

We're your go-to source for local foods, offering at least 8 fruits and veggies grown on Minnesota farms. In September alone, students will be treated to locally-grown watermelon, corn on the cob, fresh broccoli, carrots, cucumbers and coleslaw.

Eat with us everyday for flavors from around the world like sesame chicken, Hmong beef, and fajitas or choose our healthy takes on all-American fare like turkey corn dogs, baked chicken nuggets, and pizza made with a whole wheat crust.

Students love our food. Parents love our prices. We're proud to serve the healthy, fresh, and flavorful food to fuel student bodies and minds!



Have you had your Five Cups Today?

We're not talking water or coffee. We're talking fruits and veggies! The average school age girl or boy needs between four and six cups of fruits and veggies a day to maintain good health. Saint Paul Public Schools offer a wide selection of fresh and flavorful options to meet your students' needs.

Our choice bars offer many colorful fruits and veggies from carrot coins to sweet peas, chopped red peppers to fresh broccoli. Students can top their fajita, burger or rice bowl to give their lunch a crunch while adding valuable nutrients. Eat a rainbow of fruits and vegetables every day to add a spring to your step and stay healthy!



MOOving the Bar

Dairy products like milk and cheese help to build strong bones and teeth, yet some varieties provide more fat and sugar than necessary for great flavor. In addition to reduced fat cheeses, we've added reduced-sugar flavored milk to our menu. We worked with milk suppliers and requested contract bids for flavored milk with lower sugar. Schroeder Company, a local dairy supplier, has agreed to reformulate their recipe. Our milk has naturally-occurring sugar, called lactose, but now the *added* sugar in our chocolate skim milk has been reduced by 15%. Drink up to build strong bones!



Juicy Gossip

Last year we reduced our juice choices at breakfast to those fortified with Vitamin C and calcium. That meant discontinuing some flavors. We heard from many students who were unhappy with the change, but the most convincing argument came from Ethan and Jessie at Hancock Elementary. They surveyed their classmates, found that the majority of them wanted grape and apple juice back on the menu, and contacted our office with the results.

In response we asked our juice manufacturer to provide us with apple and white grape juice fortified with Vitamin C and calcium. We are happy to announce they are back on the menu, along with our orange juice and orange fruit punch. The best part is the white grape juice doesn't stain clothes or carpet!

Pay for Meals by Phone or Online

Did you know that you can use a credit card to prepay for student meals? It's fast and simple. Go to www.paypams.com and register for an account. All you need is your student's ID number. Student ID numbers can be found on the Parent Portal at www.splearns.org.

New this year: PayPams now accepts PayPal accounts and bank accounts for payments. You can sign up for automatic recurring payments, email notifications on low balances and more. You can also view account balances without making a payment. Balances are delayed 2 days. To pay by phone call 1-888-994-5100.

In an effort to give students more time to eat, cash and checks will not be taken during meal service. It is the responsibility of the parent or guardian to make sure that prepayment has been made.



Early Applications Accepted

Free or Reduced price meal applications were mailed inside the Back to School Guide in early August. Send in the completed application now so you don't have to worry about it the first day of school. You can mail it in the envelope provided, drop it off at your child's school, or bring it to the Nutrition Services office at 1930 Como Avenue. A new application is needed every school year. If you receive a letter from Nutrition Services that your child(ren) are automatically eligible for free meals, you don't need to fill out an application as long as all of your children's names are listed.

Important Information

Our new web site address: ns.spps.org

Our Office: (651) 603-4950

Pre-pay for meals: Go to www.paypams.com

Check account balances: Go to www.paypams.com or the Parent Portal at www.splearns.org.

To have an application mailed to you:
Call (651) 603-4950

SAINT PAUL PUBLIC SCHOOL MENU PRICES:

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost at some schools)	\$0.50
Secondary	2.00	0.70 (or no cost at some schools)	0.50
Reduced-price	0.40	No cost	0.50
Adult	3.50	2.00	0.50



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