

loving lunch

Our commitment is to provide offerings in all our locations that meet USDA nutritional guidelines, and compliment our philosophy of serving fresh, seasonal, balanced, popular, age appropriate menus, at a reasonable cost...

Meriwether Godsey

WHAT are our lunch menu standards?

Our lunch menus will assure that each of these core categories are met:

Calcium Rich Foods (1 serving)

- Serving = 8 ounce

Fruits & Veggies (2 servings)

- Serving = 1/2 - 3/4 cup

Grains (1 serving)

- Serving = 1 ounce

Protein Rich Foods (1 serving)

- Serving = 1 1/2 - 2 ounces

*These standards meet USDA requirements

For more information, visit

<http://www.myfoodpedia.gov>

CHOICES that make a difference

Our menus will encourage these choices:

INSTEAD OF	CHOOSE
Bologna	Turkey
White Bread	Wheat Bread
Fried Veggies	Roasted or Steamed
Sugared Desserts	Fresh Fruit; Yogurt
Sugared Drinks	Water; Milk; 100% Juice
Fried Snacks	Granola; Trail Mix; Fruit

HOW do our menus work?

Examples of offerings that meet our balanced menu standards:

Calcium Rich Foods (1 serving)

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

Fruits & Veggies (2 servings)

- 1/2 - 1 cup raw or cooked veggies
- 1-2 cups leafy greens
- 1/2 - 1 cup fruit (1 med. whole fruit)
- 1/2 cup 100% fruit juice or dried fruit

Grains (1 serving)

- 1 slice bread
- 1/2 cup cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup dry cereal

Protein Rich Foods (1 serving)

- 2 ounces meat, fish or poultry
- 1/2 cup cooked beans
- 2 Tbsp peanut butter
- 1 ounce nuts (with other protein)
- 2 eggs

SOURCES for our ingredients

All of our food comes from USDA approved sources. We incorporate these items as much as possible:

- Local (less than 150 miles)
- Regional (less than 300 miles or adjacent state)
- All Natural
- Unprocessed



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WHY the focus on balance?

Research shows that young people require a diet that's distributed as follows:

- ✓ **Carbohydrates:** 45 - 65%
- ✓ **Fat:** 20 - 35%
- ✓ **Protein:** 15 - 25%
- ✓ **Saturated fat:** less than 7%
- ✓ **Trans fat:** none or less than 1%

The Teenager Difference

As bodies change, so do daily dietary needs.

- **Protein:** 12 - 15%
- **Healthy Fats:** 20 - 30%
Salmon, avocado, olive oil, nuts
- **Main sources of body fuel:**
Fruits, veggies, whole grains
- **Athletes?**
Need 60 - 65% carbohydrates

SYMBOLS what do they mean?

- ▼ **Vegetarian:** meat free (excludes anything that had a mother or a face, including seafood and poultry). We identify vegan items with separate signage.
- **Healthier Choice:** lower in fat (less than 5 grams of saturated fat), cholesterol and sodium, or higher in protein, fiber, vitamins and minerals. This is achieved through the foods themselves or through cooking styles. These items are also lower in calories:
 - Entrees < 350 calories
 - Soups, salads, sides < 250 calories
 - Breads, desserts < 230 calories
- ♥ **Low Fat:** less than 3g fat.