

Clifton School Menu Changes

We all know that good nutrition is one of the most important ways to promote healthy growth and development in children. As a result of the parent survey that we conducted earlier this year, we found that the school menu is one of those “hot button” issues among Clifton School families. In response to parent feedback, we have made several changes to our menu. The most significant changes include increasing the variety of fresh produce served, adding more whole wheat products, and replacing white rice with brown rice.

The most common request among parents who responded to the parent survey was that we serve more fresh fruits and vegetables. In response, we have increased the number of days that we serve fresh fruit for breakfast instead of canned or frozen fruit. During the summer months, we served cantaloupe and watermelon along with red apples, bananas, and oranges. In the fall and winter we will replace the melon with fresh pears and granny smith apples. We will continue to serve fresh fruit every day for breakfast as long as our food supplier can provide a variety of high quality fresh produce. During the months that we cannot get a variety of fresh fruits, we will continue to serve fresh apples, oranges, and bananas for breakfast each week, but we may have to serve canned or frozen fruit one or two days per week.

A number of parents requested that we serve more whole grain items instead of highly processed grains or bread products. This month, we will begin serving brown rice instead of white rice. We will also serve whole wheat pasta instead of pasta made with refined white flour. Wherever possible, we will serve whole wheat bread products. These items include whole wheat bagels, whole wheat pita, whole wheat tortillas, whole wheat bread sticks, whole wheat dinner rolls and sandwich buns. We are also going to introduce a whole wheat pizza and fish sticks made with whole wheat flour.

In some cases, we have already been serving the whole wheat product, but had not indicated this on the menu. The published menu has been updated to indicate these changes. We have added a code (WW) to indicate which menu items are made with whole wheat.

Although we would like to be able to replace all of our bread products with whole grain alternatives, our food supplier does not currently carry a whole wheat product for sandwich bread and wheat crackers. We will continue to request a whole wheat product for these two menu items from our supplier.

Finally, in order to meet new policy guidelines issued by Bright from the Start and the USDA Child and Adult Care Food Program, we will be serving low fat (1%) milk to children ages 2 years and up. These guidelines require that we replace the reduced fat (2%) milk that we currently serve with low fat or fat free milk. There will be no change to the type of milk served to children younger than 24 months of age.

If you have any questions about the menu or any of these changes, please contact Laura Vandewiele or LaSheenia Fields at the Clairmont site.