



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

MARCH 2012

Preparing for Spring Field Trips

Let Opaa! Take the Worry Out of Meal Planning

The school year is almost over and it is time to prepare for spring field trips, special activities and events for students. As you plan for upcoming school outings and events, we encourage you to take advantage of Opaa!'s ability to provide special meals for these outings. Our staff will gladly prepare nutritious picnic lunches that meet the nutrition targets for the National School Lunch program. As a result of meeting all of the requirements of the National School Lunch Program, Opaa! picnic lunches will qualify for both state and federal reimbursement to your district.



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Providing nutritious meals for students is always a challenge when parents are preparing for these field trip days and special events. Opaa! can make these field trip days worry free for parents by preparing lunches that are fun, safe and nutritious. There are a number of ways the meals can be provided and still meet all the requirements for the National School Lunch Program. We can prepare a variety of meals for

your events including cook-outs, individual sack lunches, and special meals in the classroom.

School Meal Program Quick Facts

- Opaa! school lunch provides more calcium, whole grain, fiber, Vitamin C, Vitamin A and less sodium than packaged items sent in a lunch from home.
- When children eat school lunch, they are more likely to consume meat, grains, vegetables, fruit and milk compared to students who bring their lunch from home.
- Meals prepared by Opaa! School Foodservice Professionals meet all nutritional guidelines for students.
- Meals prepared by Opaa! School Foodservice Professionals meet all Federal and State guidelines for reimbursement
- If all students take advantage of school meals, students who are on free or reduced meals do not feel isolated from those students with resources to bring lunches from home.
- Revenue lost due to students bringing lunches from home can have a large financial impact on your district foodservice revenue.

It would be our pleasure to work with you to make the meals for your upcoming events nutritious, easy and safe. Contact your Director of Nutrition Services for more details.