



# NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

DECEMBER 2013

## HealthierUS School Challenge

### *Is Your School Ready To Take The Challenge?*

The HealthierUS School Challenge was established by USDA to recognize schools that are creating healthier school environments through their promotion of good nutrition, physical activity and nutrition education. The HealthierUS School Challenge application process is as simple as meeting the criteria for each of the three areas listed below:



- 1. School Meals** – Serve Opaa! school breakfast and lunch menus.
- 2. Nutrition Education** – Provide students with a variety of nutrition education opportunities.
- 3. Physical Activity** – Provide students with physical education and additional opportunities for students to be engaged in physical activity.

Take advantage of Opaa!'s value added service to guide you through the HUSSC application process.

Opaa! is actively partnering with our school districts to apply for HealthierUS School Challenge certification. Opaa! school breakfast and lunch menus meet the school meal components of the HealthierUS School Challenge requirements for certification compliance. By meeting the guidelines of the school meals component, schools served by Opaa! may seek HealthierUS School Challenge certification in their districts.

Opaa! menus are designed to reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good, and appeal to the cultural sensitivities of our school and community populations. Opaa! menus have been created to provide students a wide variety of fruits, vegetables, whole grains, fat-free or low-fat milk and milk products.



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Schools receiving certification will receive a recognition plaque, monetary award and award banner from USDA to proudly display in your school to showcase your schools achievement. Take advantage of Opaa!'s value added service to guide you through this application process by contacting your Director of Nutrition Services.

Get the application started today. It's as easy as 1,2,3!

## HealthierUS School Challenge Bronze Certified School Districts

### **Ava R-I School District**

- Ava Elementary School

### **Morgan County R-2 School District**

- Morgan County Elementary School
- Morgan County South Elementary

### **Mountain View-Birch Tree R-III School District**

- Birch Tree Elementary
- Mountain View Elementary

### **Palmyra R-I School District**

- Palmyra Elementary

### **Marshfield School District**

- Hubbell Elementary
- Shook Elementary
- Webster Elementary

### **Mountain Grove R-3 School District**

- Mountain Grove Elementary

### **West Plains School District**

- South Fork Elementary
- West Plains R-7 Elementary

### **Gasconade R-I School District**

- Hermann Elementary

### **Lafayette County C-1 School District**

- Grandview Elementary

### **Smithville R-II School District**

- Smithville Primary Elementary
- Smithville Upper Elementary



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### **Southern Boone County School District**

- Southern Boone Elementary
- Southern Boone Primary

### **Kearney R-I School District**

- Dogwood Elementary
- Hawthorne Elementary
- Kearney Elementary
- Southview Elementary

### **McDonald County School District**

- Anderson Elementary
- Noel Elementary
- Noel Primary
- Pineville Elementary
- Pineville Primary
- Rocky Comfort Elementary
- Southwest City Elementary
- White Rock Elementary

### **Nixa Public School District**

- Early Learning Center
- Espy Elementary
- Inman Intermediate
- Matthews Elementary
- Summit Intermediate
- Thomas Elementary
- Century Elementary
- High Pointe Elementary

### **Platte County R-3 School District**

- Barry School
- Donald G. Siegrist Elementary
- Pathfinder Elementary
- Paxton Elementary
- Rising Star Elementary

### **Van-Far R-I School District**

- Van-Far Elementary