

Nutrition Facts about WRPS School Meals

- The goal of the WRPS Food Service program is to provide nutritious, low cost meals for students and other customers that meet USDA guidelines.
- School breakfast programs are offered at all schools except River Cities High School. Students who qualify for free and reduced lunches automatically qualify to receive a free school breakfast. All students at Mead Elementary Charter School may receive a free school breakfast each day.
- A free fruit and vegetable snack is provided to all students at Mead Elementary Charter School as part of a grant that the school received.
- Chocolate milk offered to students is fat free, reduced sugar, and contains no high fructose corn syrup. White milk choices include fat free and 1%.
- Both fresh and canned fruit choices are available at lunch daily to students at the middle school, junior high, and high school. Elementary schools typically have fresh fruit 1-2 times per week.
- All canned fruits purchased by the district are packed in natural juices. Some USDA commodity canned fruit that we obtain is packed in light syrup. No fruits are packed in heavy syrup.
- No foods served on school meals are fried. All items are baked.
- Most purchased bread products are whole wheat or have whole wheat flour listed as the first ingredient and homemade buns/bread incorporate whole wheat flour in the recipe. Whole grain products are purchased whenever possible in place of refined products.
- Whole wheat, reduced fat muffins are offered on the school breakfast menus and breakfast cereal choices are whole grain and reduced sugar.
- All vending machines available to students in the district follow the Alliance for a Healthier Generation Beverage Guidelines. There are no candy or snack vending machines available for student use.
- Menus planned for the elementary schools and middle school are “peanut aware”.
- The shredded cheese and most cheese sticks purchased by the district are reduced fat and salad dressings served with meals are reduced fat or fat free.
- Margarine is served instead of butter with all meals. Only margarine is used in cooking.
- The majority of pizzas purchased are made with whole grain crust.
- Hot dogs served with meals are made with turkey.
- Purchased spaghetti and rotini noodles are Barilla Plus brand.
- No salt is added to cooked vegetables.
- All new items considered for student menus are carefully evaluated for their nutritional value before being placed on a menu.
- All chips sold at the high school are baked and smaller bags are sold to decrease calorie content.
- The school district is partnering with local farmers to serve local produce on our menus.