

School Lunch Program at Victor Central School District...

The nutritional goal of the school lunch is to provide approximately 1/3 of the daily nutritional requirements children need each day for good health, learning, and growth.

Menus are posted on the district's web site and are also sent out with the Gr. K-6 monthly e-calendar. Students have the choice of a hot entrée or cold sandwich along with a selection of side choices plus milk. Side choices include fruits, vegetables, salads, and occasionally a 100% frozen fruit dessert. In addition, salad plates, a variety of grab and go options and wraps (Gr. 7-12) are also available as a meal choice. School meals are priced as a unit in order to encourage students to select and consume a nutritionally balanced meal. Students have the option to choose less side choices; however, the price remains the same. This concept is called "offer vs. serve" and was instituted many years ago as a way to reduce waste of food from students who, at one time, were required to take the entire meal. Federal legislation requires school lunches to have at least one serving of fruit or vegetable on the tray, with a minimum of at least 2 additional components: protein, grain, fruit, vegetable, milk. We allow students to take all vegetable choices offered plus up to 2 fruit servings per meal.