



Child Nutrition Program

Diocese of Baton Rouge

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Dear Parents,

Welcome Back!

The Diocese of Baton Rouge Child Nutrition Program (CNP) provides students with affordable nutritious, freshly cooked, and good-tasting meals. Students are served meals in accordance with the United States Department of Agriculture's (USDA) Nutrient Standard Menu Planning protocol. This means that all meals served are analyzed to meet the dietary and nutritional guidelines established for each age/grade group. As participants in the *Healthier US School Challenge Gold Award Program*, the Child Nutrition Program continually strives for improvement and growth in service to the families in the Diocese of Baton Rouge!

Did You Know?

School Meals are nutritious:

- Menus are analyzed for nutritional content in the USDA's School Meals Initiative (SMI), which utilizes the Nutrition Dietary Assessment-II Study that found that school meals meet or exceed virtually all of the recommended daily allowances (RDA) for key nutrients analyzed for school breakfasts and lunches.

School Meals promote healthy eating habits:

- Meals served at schools meet Federal and State guidelines by following the correct portion sizes according to the Dietary Guidelines for Americans.
- Students who eat school lunch consume 29% less calories from fat and twice as many servings of fruits and vegetables than the RDA.
- Milk, which is a component of school meals, continues to be the most reliable source of calcium.
- School meals offer versions of milk, cheeses, gravies, meats, breads and other foods that are lower in fat.

School Meals play an integral part in a child's education:

- According to research, students who eat breakfast have fewer absences, disciplinary problems, and trips to the school nurse. In addition, they have better overall academic performance! Skipping breakfast can leave your child tired and looking for less healthy foods later in the day.
- Students who eat school meals are exposed to local vegetables and fruits, as well as a wide variety of foods including Asian, Italian, Mexican, Mediterranean and Greek foods each month.

School meals are safe:

- School cafeteria managers are certified food handlers through the Louisiana Department of Education, and the CNP has implemented Hazard Analysis Critical Control Point practices to ensure food safety.

CNP Goals for 2011-12:

To Increase Child Nutrition Partnership with Stakeholders:

- When community stakeholders (i.e., local chefs, parent volunteers, school garden groups, etc.) work in partnership with school nutrition programs, the potential for improvement grows exponentially.
- Student input is gained through panels and surveys, and we are pleased to announce that this year we have implemented several food items that the students have requested.

To Provide New Food Items:

- Some of the new food items on the menu during the 2011-12 school year include:

Baked Chicken	Honey Citrus Chicken	Mashed Garlic Potatoes
Lo Mein Noodles	Memphis Bar-B-Q	Waldorf Salad
Grilled Chicken Burger	Jicama Corn Salad	Pastalaya
Baked Ham	Greek Tomato Salad	Spinach Salad
Mediterranean Salad	Paninis	Mandarin Chicken Salad
Freshly Baked Hoagie Bread	Increased Offerings of Fresh Fruits and Vegetables	

The cost of food service for students during the 2011-12 school year is as follows:

Elementary Lunch	\$2.55	Elementary Breakfast	\$1.45
High School Lunch	\$2.80	Reduced Breakfast	\$0.30
Satellite Elementary Lunch	\$2.80	Reduced Lunch	\$0.40

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart. Free and reduced lunch applications are available from each school or you may apply online at: <https://applyforlunch.com>.

FEDERAL ELIGIBILITY INCOME CHART FOR SCHOOL YEAR 2012			
Household Size	Yearly	Monthly	Weekly
1	\$20,147	\$1,679	\$388
2	\$27,214	\$2,268	\$524
3	\$34,281	\$2,857	\$660
4	\$41,348	\$3,446	\$796
5	\$48,415	\$4,035	\$932
6	\$55,482	\$4,624	\$1,067
7	\$62,549	\$5,213	\$1,203
8	\$69,616	\$5,802	\$1,339
Each additional person:	+ \$7,067	+ \$589	+ \$136

Thank you for your continued support of the Child Nutrition Program. We look forward to a wonderful 2011-12 school year!

Sincerely,



Ms. Lynda Carville
Child Nutrition Supervisor