



The Lunch Lady Early Childhood Nutrition Program Standards

OVERVIEW

- Menus reviewed and approved by a certified member of the Canadian Society of Nutrition Managers
- Full time on-staff Lunch Lady food and nutrition team
- Optimal serving sizes and nutrition in every meal and snack
- Portion serving template provided with every meal to ensure correct portioning
- 20 Day Rotation menu to ensure a variety of food
- A balance of meat, meat alternatives and fish every week
- Focus on dark green and orange vegetables including a variety of fresh and cooked vegetables
- At least one serving from each of the four food groups in each meal
- If a food substitution is required the substituted food will be similar in type and nutritional value
- Snacks Menus available at additional cost
- No artificial sugar substitutes, hard chips, pastries/doughnuts, ice cream, frozen desserts, pickles, fatty lunch meats (ex. bologna, salami, bacon), battered vegetables, deep fried foods or gelatin desserts (jello)
- Lean ham or turkey deli meat served (less than 500 mg. sodium and less than 8g of fat) in moderation
- Fresh, frozen or canned "in juice" fruit every day
- Variety of grains including whole grain breads, buns, crackers, couscous, rice and cereal
- Soups and mixed dishes (ex. Shepherd's Pie) include a full serving of vegetables
- Milk or water served by the School
- To limit sugar 100% fruit or vegetable juice only served occasionally if requested.
- Food allergen and ingredient information on file to facilitate allergen aware substitutions when needed
- Halal options available (can be single serve)
- Vegetarian options available (can be single serve)
- Gluten free options available (must be single serve to avoid contamination)
- All meals and snacks prepared in a health inspected Lunch Lady kitchen
- Recommend to our clients that more than one member of the child care/private school staff be certified Safe Food Handlers.
- Food temperatures taken and recorded at time of delivery