



July 2016

Dear Parents:

Whitsons School Nutrition is pleased to announce our new partnership with Irvington, NJ School District. We are excited to be able to provide a great tasting, nutritious school dining program that meets Healthy Hunger Free Kids Act guidelines and engages students in developing a positive "fooditude."

Whitsons' educational dining programs boast menus that are delicious and highly appealing to young people. Yet, at the same time, we provide the wholesome foods so important to nurturing the health of growing bodies at every stage of development. We know that students need to be at their best physically to meet the academic challenges they face each day. Our chefs use wholesome ingredients to freshly prepare our food, paying particular attention to the use of whole grains, fresh fruits and vegetables, lean meats and healthy snacks. We work hand in hand with the school community to develop menus that focus on quality and variety, while also maximizing nutritional value and ensuring adherence to national, state, and local health and wellness guidelines.

Elementary Schools

At the elementary schools, we will offer a hot entree and weekly breakfast alternatives, plus complete salad, yogurt and deli sandwich lunches every day. A la carte offerings will be limited to wholesome choices such as fresh fruits and vegetables, yogurt, and carefully approved snacks. It is our mission to help your children learn to eat and enjoy healthy foods. Our entrees include whole wheat and whole grain bread/buns/ bagels/pizza crust. Whole grain pasta and brown rice are also primary offerings. **All our offerings contain Zero Trans Fats.** We are committed to reducing or eliminating all unnecessary food additives from your children's meals.

At this level, our award-winning Nutrition Safari® program will introduce your children to lovable animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to increase participation in the National School Lunch Program (NSLP), the National School Breakfast Program [NSBP] and The Afterschool Snack Program, and encourage students to develop lifelong healthy eating habits.

"I up my
game
with high
energy
foods."

As part of Nutrition Safari, Irvington School District will receive:

- **Annual Spokesanimal Visit**
- **Nutritional Menus**
- **Monthly Nutrition Theme Day**
- **Posters with Nutritional Messages**
- **Monthly Activity Sheet**



Secondary Schools

For the secondary schools, our Smart Choices™ nutrition education program will provide the following features:

- **Smart Choices Menu Items**
- **Monthly Newsletter**
- **Smart Choices Info Series**
- **Sensible Snack Program**
- **Nutrition Posters**
- **Smart Choices Monthly Theme Day**



The cafés are designed to offer something for everyone, from a salad entrée to a full hot meal. New menu items will be introduced throughout the year. Whitsons has also invested in professional signage and merchandising that will create a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice your children to make nutritious and delicious meal choices.

Secondary School Food Stations Coming this Year

All items comply with HHFA and are designed to appeal to a teen palate

- **Miss Ruby's Grill** (University Middle and Union Middle Schools)- featuring fresh grab and go grilled options
- **La Cucina** (Irvington High School, University Middle and Union Middle Schools) - authentic fresh crust pizza and stuffed breads
- **Chef Productions** (Union Middle and University Middle Schools) - hot entrees made from scratch daily
- **Ruby's Flats** (Irvington High School) - a flat-top grill with your choice of freshly made fajitas, cheesesteaks, grilled vegetables and specialty burgers
- **Great American Sandwich Co.** (Irvington High School)- made-to-order Boar's Head deli sandwiches and wraps
- **Frait Express** (Irvington High School, University Middle and Union Middle Schools) - grab and go sandwiches and salads made fresh daily
- **Spice Program** - monthly themed specialty entrees
- **Smart Snacks** - fresh and prepackaged snacks following nutritional guidelines
- **Smart Choices** - healthy entree selections are highlighted throughout server

About Whitsons

Whitsons is a boutique regional company founded in 1979 by Elmer and Gina Whitcomb, and handed down to their seven sons and two daughters. Today, the Whitcomb family remains actively involved in the company's management and has been joined by an "extended family" of team members who share their vision and commitment to bringing the best in dining services to your schools. In addition to school nutrition, Whitsons' scope of expertise and services extends to: corporate dining, on-site meal preparation for residential and healthcare clients, delivered meals, emergency dining, and vending services.

Your opinion matters to us – if you have any suggestions for the school nutrition program, just call your Food Service Director *Krystal Tanner* (631-413-6187) Details of our program, as well as school menus and other important information are also available at <https://schools.whitsons.com/nj/irvington-public-schools>. We are here to serve you and your child's needs, and look forward to being a part of your community for many years.



"A great performance starts with a healthy meal."