

600 SE Third Avenue
Fort Lauderdale, FL 33301
Telephone: 754.321.2600 - Facsimile: 754.321.2701
(www.browardschools.com)

Food and Nutrition: A Menu for Strong Minds and Bodies

- Approximately 1,500 full and part-time Food and Nutrition Services (FNS) employees serve more than 35 million healthy meals to Broward County Public Schools (BCPS) students each year. Annually, nine million breakfasts and 26 million lunches are served.
- Approximately 1.1 million after school snacks are served annually.
- The USDA Federal Program includes the Free or Reduced Price Meal Program for more than 130,000 eligible students across the District.
- High quality National School Lunch and Breakfast Programs, the After School Snack Program and Summer Feeding Program for Children are staples in BCPS.
- Every BCPS school offers both breakfast and lunch programs for students. Studies have shown that children who get the school lunch eat more fruits and vegetables each day than children who bring lunch from home. Children who eat breakfast every day do better in school.
- The District's Food & Nutrition Services Department serves many of Broward's charter schools.
- FNS staff provides food for all emergency shelters.
- Approximately 7,000 meals were served per day at the height of the evacuation and approximately 50,000 meals in total during the course of Hurricane Wilma and the recovery days that followed.
- FNS staff presents numerous nutrition education promotions throughout the year.
- Student nutrition art contests are held in October and March of each year to celebrate National School Lunch Week and National Nutrition Month. A Wellness Essay Contest is held in the spring in partnership with the Broward County Comprehensive School Health Advisory Committee (BCCSHAC).



- School menus comply with nutrition-based guidelines established by the USDA. Fried foods are not served as part of Broward County school meals. School breakfast and lunch contain less than 30 percent of the calories from fat, as recommended by the *Dietary Guidelines for Americans*.
- Monthly school breakfast and lunch menus are posted on the department Web site. The Web site also includes nutrient information in four languages: English, Spanish, Portuguese and Haitian Creole.
- Low cost, varied, and well-balanced meals are offered to Broward students:
 - Breakfast – Elementary: \$1.10; Middle and High School: \$1.20; Adult: \$1.70.
 - Lunch – Elementary: \$1.90; Middle: \$2.25; High School: \$2.40; Adult: \$2.65.
 - Reduced Price Breakfast/Lunches: \$0.30/\$0.40
 - Milk: \$0.50.
- The District received an A- grade for the quality of its school lunches in a report published by the Physicians Committee for Responsible Medicine (2008-09). The District's score of 91 (out of 100 points) represents their highest mark attained and one of the top grades among the country's large urban school districts. The report analyzes categories of Obesity and Chronic Disease Prevention, Health Promotion and Nutrition Adequacy and Nutrition Initiatives.
- **Commit 2B Fit**, a physical education program designed to prevent childhood obesity and Type 2 diabetes, helps children become physically active and make healthier food choices.
- The District's Food Service Department is funded entirely by the Department of Agriculture and the prices paid for school meals.

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7720 West Oakland Park Boulevard, Suite 204
Sunrise, FL 33351
Telephone: 754-.321-.0215, Fax: 754-321-0235
www.broward.k12.fl.us/foodservice