

# what's for lunch? LOOK INSIDE

Revolution Foods provides healthy meals for kids that exceed USDA child nutrition standards. our food is made by hand in regional culinary centers. Here's how!

## fresh fruit:

we offer seasonal, fresh fruit with every meal: no added sugars, nothing canned or frozen. Take a bite into lunch!



## vegetables

from crunchy carrots to leafy greens, a variety of veggies provides essential vitamins and nutrients for a healthy mind AND a healthy body



## whole grains

whole grains like wheat pasta and brown rice are high in fiber and protein – whole food for the whole student!

## quality protein:

our menu features lean beef and turkey meatballs, all white meat chicken, sodium nitrate-free sliced turkey, low-fat cheese, and real eggs. Bon appetit!

**dairy:** rBST-free milk offered daily (student choice of 1% or nonfat)

- ✓ limits on added sugars
- ✓ limits on sodium
- ✓ no artificial colors, flavors, or sweeteners

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## try a bite or a bunch!

this year, your student may have the chance to try new foods for the first time! by encouraging students to try everything more than once, you can help them form new healthy eating habits; research shows it can take up to 20 times for a child to warm up to unfamiliar foods.

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feeding good.



**FAQs for Parents**

2016-2017

for more information or additional questions, please reach out to [info@revolutionfoods.com](mailto:info@revolutionfoods.com)



## what makes your food healthy?

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Revolution Foods offers nutritious, high quality meals inspired by and designed for kids. We pride ourselves on the quality of our food, and we've developed our menus based on carefully-considered ingredients and nutrition standards to support the Dietary Guidelines for Americans recommendations for a healthy diet. Our menus feature fruits, vegetables, lean proteins, and a variety of whole grains. We limit added sodium, fat, and sugar in our meals, while targeting specific calorie ranges for each age-grade group under the National School Lunch Program. We also use high quality ingredients, like pasture raised beef hot dogs, all white meat chicken bites, unbleached flour, real cheese, rBST free milk, and fresh, seasonal fruit.

Just as important as what you will find in our food is what you won't find. We've developed a list of over 40 risky ingredients that will never find their way into our food. No artificial colors, flavors, or sweeteners. No high fructose corn syrup. No artificial trans fats. No partially or fully hydrogenated oils.

This formula helps us create balanced, nutritious meals to help students stay satisfied, focused, and ready to learn all day!

## where and how is your food made?

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Our meals are prepared and delivered fresh daily out of our regional culinary centers. Our hard-working team in the culinary center nearest to your school cooks, packs, and delivers your child's meals daily. We operate Sunday - Thursday. If you'd ever like to come visit for a tour with a group of parents from your school, we would love for you to see the magic behind the meals first hand! For a sneak peak of how our meals are made, please check out the following video: <https://www.youtube.com/watch?v=ukDJjkQ1Ozg> or go to [www.youtube.com](http://www.youtube.com) and search "Revolution Foods Start of My Life"

## do you accommodate special diets, allergies, or Kosher meals?

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Revolution Foods has made the commitment to provide daily vegetarian and dairy-free options. You'll see these items notated with a (VG) or (DF) on your monthly menus. It's up to each school to place orders for vegetarian and dairy-free items, so please reach out to your school if these options do not appear on your menus one day and you would like to see them.

In addition, Revolution Foods accommodates special dietary needs only regarding food allergies resulting from the 8 major allergens as defined by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA): dairy, soy, peanut, tree-nut, fish, shellfish, egg, and wheat. This means that we do not support Kosher meals at this time.

Please reach out to your school each month for a copy of our latest Food Allergen Report, which you can use to track the 8 major allergens in our meals. This information is provided for customers to make meal choices at their own discretion.

If a child with food allergies resulting from the 8 major allergens is unable to accommodate his/her needs through the Food Allergen Report, then the student or parent may formalize a request for a special meal accommodation by submitting a Medical Statement. Revolution Foods will do our best to accommodate, and, in this case, it may be necessary for a family to work directly with the school to find the safest meal options.

## my child is diabetic. can I monitor the amount of carbohydrates/sugars in your meals?

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For those children that need to monitor their carbohydrate intakes, we provide monthly nutritional reports that include the carbohydrate content for all meals. Please reach out to your school each month for a copy of our nutritional reports to ensure you have the most current carbohydrate information.

## is your food organic/non-GMO?

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At Revolution Foods, we believe in sourcing high quality ingredients. For us, that means food with no artificial colors, flavors or sweeteners. In order to deliver upon our promise of access, at this time we cannot guarantee an organic/GMO-free standard in our school meals.

## do you offer seconds? or larger portion sizes?

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All of our meals meet the National School Lunch Program (NSLP) requirements for a reimbursable meal. For lunch, this means that every meal must include five components in specified quantities: meat/meat alternative, grain, vegetable, fruit, and milk. The NSLP also requires that lunches meet specific nutrient targets for calories, saturated fat, trans fat, and sodium over the course of a week. The caloric targets are designed to meet the energy needs for each age/grade group, including 550-650 calories for grades K-5, 600-700 calories for grades 6-8, and 750-850 calories for grades 9-12. These calorie ranges include all components of the meal entrée, fruit, vegetable, milk, and any other side component

Each of our meals are carefully designed to meet these targets, which is why we cannot offer seconds or change portion sizes.

Students are only required to take at least three of the five components served at lunch. If your child is still hungry after eating, it may be helpful to remind him or her to take and eat all of the components offered at mealtimes – including the full portion of fruit, vegetable and milk!

## why do you serve beans at lunch as a side?

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A variety of vegetables is key to providing kids with the essential vitamins and nutrients they need. One easy way to do this is to “eat a rainbow” of vegetables of different colors. Under the National School Lunch Program, beans/legumes are included in the lunch meal pattern as a part of the five vegetable categories required over the course of a week, see examples below:

- Dark greens (braised greens, broccoli)
- Red/Orange (butternut squash, carrots)
- Bean/Legumes (pinto beans, garbanzo beans, kidney beans)
- Starchy (corn, potatoes)
- Other (cucumbers, celery)

On the menu, you will see that beans/legumes are typically paired with another cold vegetable option. We know that some students may not be accustomed to eating beans regularly, however we hope that after continued exposure they will become a recognizable and enjoyable part of their diet.

## how do juice and chocolate milk fit into your school meal program?

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Revolution Foods offers fruit juice and chocolate milk to its partners as part of a larger strategy to increase consumption of nutrient-rich fruit and dairy products, while also teaching children the value of moderation in a healthy diet.

We offer nutrient-rich 100% fruit juice up to twice a week with breakfast and up to two times a month with snack. We limit the portion size to 6 fl oz at snack and 4 fl oz at breakfast to provide students with the essential vitamins and nutrients 100% juice provides while limiting the excess calories.

We offer non-fat chocolate milk at lunch. Milk, including flavored milk, is a top source of calcium, vitamin D, potassium, and phosphorus in children's diets and provides a good source of 8 essential nutrients. Studies show children who drink milk (including chocolate milk) have higher intakes of calcium but do not consume more sugar or fat than children who don't drink milk. That said, we limit the frequency of chocolate milk to once per day to teach children that special foods can fit into a healthy diet but not at every eating occasion.

Depending on your school wellness policy and determinations on the meal program, fruit juice and/or chocolate milk may or may not be available.

## I've noticed that your meals are served in plastic trays. do these contain BPA?

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The health and safety of your child is Revolution Foods' top priority. As such, we purchase school meal trays that do not contain harmful chemicals, such as BPA. Additionally, we have tested and verified that any meal designed to be served hot comes in heatproof and microwave safe packaging.

## why can't I order online directly for my student?

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In order to make sure that we deliver the highest quality and correct number of meals to your school, Revolution Foods works with a single point of contact at your school to consolidate all orders and communicate any changes. Please reach out to your school directly if you have any comments or concerns about this.

## can I try your meals?

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We love to share our food with parents, and we often work with schools to set up periodic tastings or to cater events. Please contact your school with your request, and they'll work with our team to set a tasting or catering for you and other interested parents.

## I have an idea or suggestion! where and how do I give feedback?

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In order to continue to innovate and create the best meals and menus possible, Revolution Foods proactively seeks out feedback from its students on new meals in development, as well as on existing menu items. Please contact your school to learn more about student focus groups and surveys at your school!

If you have general comments, suggestions, or ideas, we'd love to hear from you! We ask that you work with your school to give feedback as a first step. They will pass along your comments, suggestions and ideas to our local team who can then follow up with any questions they may have for you.