

### **Lakeside's Food Service and Education for Lifelong Health Mission**

The mission of the food service department is to offer a variety of affordable food choices while taking into consideration the diversity of Lakeside's community and its desire for nutritious, quality meals. Our professional kitchen staff values an open line of communication with students, faculty, staff, and parents. Our department welcomes constructive input that will help us to excel in making Lakeside's food service the best it can be.

### **Overall Objectives and Practices**

The food service offerings at Lakeside include optional breakfast, full lunch, and morning and afternoon snacks. It is our goal that students have food available to them throughout the day, including before late-afternoon athletics practices. The menus are planned to aim for less than 30 percent of calories derived from fat sources, as current FDA and AMA recommendations suggest, although the fat content of individual meals may vary above or below that target. When a full lunch includes soup, salad, entree, low-fat milk, and dessert, the percentage of fat will stay below the 30-percent mark (depending on the salad dressing chosen). Food service management is committed to using no saturated fats in cooking except in deep-fat frying, in which hydrogenated canola oil is necessary to withstand higher temperatures. Higher-fat entrees (e.g., hamburgers or grilled cheese sandwiches) are offset by lower-fat accompaniments (lentil soup, marinated vegetables, fresh fruit), and vegetarian alternatives are frequently offered (e.g., garden- or bean-burgers when hamburgers are served). A variety of beverages are available, including three kinds of low-fat milk, a number of juices, bottled waters, and soda.

### **Specific Practices**

- Vegetarian soup available every day
- Specialty soups available
- Vegetarian options offered as substitutes for meat entrées
- Various cold sandwiches, including vegetarian options, served daily
- All meats are low in fat
- Salad bars provide low-fat and nonfat dressing options, and fresh fruit is offered every day
- Fresh bagels or whole-grain breads available

### **Our Values**

*Quality Food*—Using the highest-quality food affordable and giving constant attention to taste, appearance, proper temperature, and attractive presentation.

*Service*—Providing prompt, courteous, and efficient service, and keeping an open line of communication at all times.

*Safety*—Commitment to training, maintaining awareness, and enforcing regulations to make our kitchens a safe place to work.

*Financial Responsibility*—Promoting efficient, cost-effective management practices, and constantly looking for new ideas and ways to improve our food and nutrition program.

*Communication*—Commitment of all food service staff to share ideas and values which allow staff members to succeed, to be treated with respect, and to be recognized for their efforts.

*Nutrition*—Promoting a healthy and balanced diet for active and growing students.

*Honesty*—Acting truthfully and in a trustworthy manner.

*Menus*—Developing menus that appeal to the diversity of the Lakeside community and that contribute to the quality of the students' educational experience.

*Sanitation*—Preparing food in sanitary kitchens and using proper cooking and handling procedures to ensure wholesomeness.

In the Middle School, cookies and snacks are served after 10:00 a.m.; soda pop will not be available until after second lunch.

At the Upper School, snacks and soda are served all day long, but candy bars are not sold until the last class of the day is over.