



PARENTS CHOOSE

Many parents want to help their child make proper dining choices. Your school cafeteria is working to help. Most importantly, Pomptonian designs a menu of popular choices that, over the course of the week, achieve several nutritional goals.

Each day, meals contain:

- A protein
- A whole grain
- A fresh fruit selection
- A vegetable selection
- A hormone free, low or non-fat milk selection

The cafeteria also offers snacks that comply with the new USDA Smart Snack rules, which require all grains to be whole grain rich and limits calories, sodium, and fat.

Parents can further limit their child's choices by restricting prepaid balances to meals only. This ensures your prepaid lunch account is used solely for wholesome meals. To take advantage of this option, email your Food Service Director so he can update your child's account.

The Food Service Director's email is: lmott@pomptonian.com