

What's in Your Student's School Lunch

Our Mission:

To educate palates, inspire culinary curiosity and nourish the health of the community through school meals.

The Portland Public Schools Nutrition Service program is committed to serving delicious, nutrient-rich meals featuring whole foods. We are working with farmers and food suppliers to minimize the use of seven ingredients.

Portland Public Schools Nutrition Services Aims to Reduce:

- High-fructose corn syrup
- Artificial colors
- Artificial preservatives
- Trans fats/hydrogenated oils*
- Artificial sweeteners
- Antibiotics in chicken, hormones and antibiotics in beef, and other animal products where possible.
- Bleached flour

**The 2012 USDA regulations require removing trans fats from school lunches. However, hydrogenated oils can still be found naturally occurring in foods and in products that claim zero grams trans-fat.*



**Tray features homemade lasagna prepared in all of our school kitchens.*

PPS Follows USDA Guidelines for School Lunches

Vegetables	Served daily; may include dark green, red-orange, legumes and other varieties
Fruits	Fresh fruits offered daily and canned fruit packed in juice or light syrup
Entrée	2 ounces lean meat, poultry, fish or meat alternative
Grain	Served are whole grain rich
Milk	Low-fat (1%) and fat-free milk available daily



**PORTLAND PUBLIC SCHOOLS
Nutrition Services**