



**Glenview School District 34**  
1401 Greenwood Road  
Glenview, Illinois 60026-1511  
847-998-5000  
847-998-5094 (FAX)  
[www.glenview34.org](http://www.glenview34.org)

Dear Parent:

I would like to share with you a copy of our new cycle menus. These menus are laminated so that you can keep them for the entire year, saving printing costs and reducing amount of paper used in printing the old monthly menu. Our goal is to provide nutritionally balanced meals that taste good and are appealing to our customers. We also strive to be as environmentally friendly as possible.

The District Food Service Program is part of the federal government's National School Lunch Program (NSLP). By following the guidelines of this program, we are able to provide meals to all children, including providing assistance to low income families through the free/reduced lunch program. We in the Food Service Department strive to treat all children equally in providing nutritious meals to all students. The NSLP does have regulations we must follow in all aspects of our operation, including following the USDA dietary guidelines for Americans. The guidelines our program must follow for lunch are as follows:

Milk: 8 fl oz (1 Cup) (we serve 1% milk options that are free of added hormones)

Lean Meat or Meat Alternate: 2 oz. (we serve low fat and reduced fat entrée items that are baked)

Vegetable or Fruit: 3/4 Cup Daily (we provide the unlimited fruit and vegetable bar in all schools)

Grains/Breads (enriched or whole-grain): 12 per week 1 -minimum 1 per day (we only serve whole grain bread and pasta products)

Our menus start out based on these guidelines. We strive to make the meals nutritious and acceptable to our students. All items on the menu must fit into these guidelines as well as be acceptable to the majority of students, and fit into the current budgeted price. Since the food services department is a self-supporting program, it can only operate if we have participation by students. The key to good nutrition is to combine food products in the correct portions, and the correct moderation to achieve optimal acceptance and nutritional levels. We are consistently looking for products that are healthy and appealing to our customers.

Our program was recently reviewed by the Illinois State Board of Education, which preformed a School Meals Initiative (SMI) Review. This review scrutinized our menus and measured them against the standards. The menus must fit many criteria, including calorie counts, nutritional values and fat content. Our menus passed the review with flying colors. This report, as well as the nutritional records, is on file in the Food Service Office and on our website at [www.glenview34.org/foodservices](http://www.glenview34.org/foodservices).

I am always available to discuss questions or concerns, so please feel free to call at 847-486-7702 or email me at [kradzinski@glenview34.org](mailto:kradzinski@glenview34.org)

Respectfully,

Kimberly Radzinski, Director of Food Services

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