



# from Business Services

## AUHSD Food Services Takes School Meals to a Whole New Level October 28, 2019

Square Pizza? Processed Food? Mystery Meat? These are typical things that come to mind when most people hear the term, "school food". Now imagine inviting 25,000 people to lunch and serving them in 10 minutes. That's exactly what our 300 AUHSD school food service professionals do on a daily basis in our secondary and AESD's elementary schools.

At the Anaheim Union High School District, we strive for more!

Every student, at each school, is offered 5 food groups at lunch and 3 food groups at breakfast. As students make their food selections, our staff ensures that each student walks away with a complete meal: 3 food groups, and either a fruit or a vegetable. Menus are analyzed for calories, saturated fat, and sodium. Food is never fried and does not contain artificial trans fat.

At the Jr. High and High School level, each cafeteria offers approximately 10 or more different entree choices, fresh fruit and vegetables, and low-fat or non-fat flavored/unflavored milk. Almost all cafeterias have a salad bar, to allow students to choose from a variety of fresh seasonal produce. This style of service allows our department to meet the needs of students' varying tastes and demographics across AUHSD. Contributing to the academic success of our AUHSD and AESD students through nutrition is a responsibility we welcome and take pride in.

Student favorites include: spicy chicken sandwiches, chicken and green chile tamales wrapped in a traditional husk, Smuckers Uncrustables (PB&J), 100% beef burgers, teriyaki chicken, orange chicken, fresh cut fruit, and lean carnitas w/ whole-grain tortilla chips.

New for this year is our house-made chili w/ whole grain tortilla meatball sub sandwiches, and chili-lime

eloté. Some sites are also serving a buffalo-style sandwich topped with quick pickled onions, and served alongside a carrot and celery slaw, a recipe created by two of our Anaheim High School students.

What's next on the menu? We are looking into ramen bowls, a healthier 7 layered dip with whole-grain tortilla chips, and so much more!

