

Welcome Back!!

The Solon City School District is proud to be a Bronze award recipient of the Healthier US School Challenge: Smarter Lunchrooms (HUSSC:SL) which recognizes excellence in Nutrition and Physical activity. The HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) is a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity. We are proud of our reputation as a leader in its commitment to providing a high quality, nutritionally sound lunch program through our Food and Nutrition Department. Lead by a Registered Dietitian/Nutritionist, we support healthy meal options for students and continually explore new ways to enhance the nutritional contribution and student acceptability of our meals.

All foods available during the school day, including ala carte and vending machines located in the cafeteria, not only meet current USDA guidelines and the Dietary Guidelines for Americans, but also the specific nutritional requirements of the federal Smart Snacks requirements. Portion sizes are “right sized” and recipe ingredients and preparation methods are evaluated to meet nutritional goals. Our cooks are ServSafe certified providing the highest level of care in food safety and sanitation within the foodservice industry. Our school meals offer a wide array of foods allowing students to learn and recognize proper portion sizes and balanced meals. We are committed to providing students with the opportunity to make smart food choices.

We work diligently to balance many aspects of menu planning including, but not limited to--- regulations established by the United States Department of Agriculture, food safety, cost, preparation, storage, seasonal availability, Healthy Guidelines for Americans and donated government foods--- to provide healthy meals that are acceptable to our customers; students and staff. In addition, we collaborate with manufacturers and develop specifications to provide foods that not only taste good, but are also lower in fats and sodium. New products are tested periodically with student groups and, if results are positive, the products are introduced on menus for all students.

The Food and Nutrition Department menus are planned in cycles during the school year. Different menu items may be offered for a specified period of time and then replaced with new offerings. This allows us to increase the variety of foods offered during the school year.

For the convenience of our parents, the Solon website features three on-line programs: lunch applications (we no longer have paper applications), our pre-payment program called EZPay and our allergen box on our menus.

For lunch applications: Simply click on the Solon web site, click on the Parent tab and then Free & Reduced lunch applications. The screen will read Welcome to Your Student Data Management System. Place the mouse hand over New User Registration, if this is your first time registering online. Then follow instructions. Otherwise put in your user name and password that you created last school year.

For our pre-payment program: Simply click on the Solon web site, click on the Parent tab and EZPay. When you sign up for an EZPay account, not only does it offer many

benefits for parents paying online, it allows you to view lunch transactions giving a two-week, detailed list of what your child is taking for lunch.

Allergen box: Show Special Diets info, this tool will help you identify the top 8 allergens in foods listed on the menus.

We're looking forward to a healthy year!!