

## **Treynor High School Cafeteria**

Janelle Keysor, the Treynor school Dietician and Head Cook, talked about the lunch programs at Treynor. The state requires breakfast at the elementary school to be limited to 410 calories. At the high school it can be 554 calories. Lunch at the elementary can be 664 calories and 22 grams of fat and at the high school can be 825 calories and 28 grams of fat.

The school served about 24,000 breakfasts last year and about 118,000 lunches. They have a 95% participation rate.

All schools in Iowa are required to serve breakfast. Some schools provide breakfast in a bag, but Treynor does not. The state is very restrictive on sodium content and fat content is limited, so the school does not deep fat fry anything.

Breakfast costs \$0.75, lunch at the elementary is \$1.40 and lunch at the high school is \$1.75.

During the school year, the school also provides food for Meals-on-Wheels. They average 10-12 meals per day at a cost of \$2.

Janelle also provided a typical breakfast and a tour of the new kitchen and serving area of the high school.