

“EAT SMART MENUS”

A.I.S.D. participates in the Eat Smart program of the Coordinated Approach to Child Health (CATCH) program. A.I.S.D. school menus meet the standards of CATCH providing students the opportunity to select mostly “GO” foods, some “SLOW” foods and only rarely a “WHOA” food. Entrees are specially purchased and prepared as lower fat versions of student favorites. Vegetables are seasoned without butter or margarine. The French Fries have never been fried and only contain 1.5 gm of fat. Fresh fruit is available daily for breakfast and lunch. Sandwich bread, hamburger buns, rolls and breadsticks are made with whole wheat. Milk is offered in the lowest fat varieties of skim and 1%. Additional nutritional information for the menus is online at www.austinisd.org/schools/menus.

Criteria for CATCH “GO,” “SLOW” and “WHOA” menu items.

Main Dishes

GO	SLOW	WHOA
0 – 16 grams of fat	16+ - 23 grams of	Over 23 grams of

Vegetables

GO	SLOW	WHOA
No added fat	Added fat or cheese	Fried

Fruits

GO	SLOW	WHOA
No added sugar	Small amount of added sugar	Larger amount of added sugar. And/or added fat (butter).

Breads

GO	SLOW	WHOA
Whole Grain such as whole wheat or white whole wheat.	Not whole grain. (white breads, low fat crackers)	Regular crackers

Milk

GO	SLOW	WHOA
Unflavored Skim or 1%	Flavored Skim or 1%	Unflavored or flavored 2% or whole