

Mission

*To Inspire Learning for Life in a
Christian Environment*

Vision

*To value caring relationships that
promote creativity, excellence,
integrity, respect, and stewardship
in a Christ-centered context.*

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**Introducing Vista Ridge's
New and Improved School
Lunch Program!!!**

Vista Ridge Academy- Where Your Students' Health is About to Improve!

Vista Ridge Academy understands the importance of a healthy well-balanced diet which has led the academy to review its school lunch program. Currently, Vista Ridge does not meet the National School Lunch Program Standards. After realizing this, Vista Ridge desires to make positive changes to its current lunch program in order to improve its standards and quality of food. The new menus and recipes are Registered Dietitian created to offer accurate nutrition changes.

What is Going to Change?

Vista Ridge plans to improve its lunch program by offering healthier menu items that are:

- Lower in calories
- Lower in fat
- Lower in sodium
- Provide an adequate amount of vitamin A and vitamin C
- Provide adequate amounts of iron, calcium and fiber
- Milk will also be added to every meal to help increase calcium intake
- Fresh fruit will be offered at every meal
- Fresh or frozen vegetables will be incorporated into every entree

- Portion sizes will change to two standard sizes for appropriate age groups:
 - K-4th grade
 - 5th – 12th grade
- Price per meal will change to two standard prices:
 - \$3.50 – K thru 4th grade
 - \$4.00 - 5th thru 12th grade
- Second helpings will cost an additional \$0.50

What are the Benefits of this Change?

- More variety of foods
- Seasonal eating
- New menu items
- After the menu changes are in place, Vista Ridge Academy will be in line with the school lunch program in public schools