



The ABCs of FSP

Fast Facts:

Did you know ...

FSP's menus are constantly evolving? We have added more fresh vegetables and fruits, leaner meats, whole grains, and low-fat dairy products?

We deliver fresh, individually packaged, pre-plated meals to your school each day?

Students can purchase milk without buying meals?

A Message From Our Director

Welcome to FSP. Let us introduce ourselves. We are the food service provider for your child's school.

Our organization was established in 1970 to furnish nutritious, affordable lunches to parochial school students. Since then, we have expanded our geographic boundaries and service. Today, we offer breakfasts, lunches, and snacks to elementary through secondary students in parochial, private, and public schools in northern Illinois and northwest Indiana.



Studies show nutrition plays an important role in the learning process. That is why we are committed to providing healthy, appetizing food that meets quality standards. Let FSP be your family's partner in education and student success.

Getting Started

Free/Reduced Price Meals-You are eligible for free or reduced price lunches if your family meets federal income and household size guidelines. All you have to do is complete an application form available through your child's school. Applications are sent home at the beginning of each school year, but they can be filled out at any time. If your income or household size changes during the school year, you can reapply. All information is kept confidential.

Ordering Meals-FSP provides pre-printed monthly menus for your convenience. Parents receive a menu and order form with instructions.

Meal Tickets-Meal tickets are given to students right before lunch each day they order - if the school uses tickets. Students turn in their tickets to the food server in exchange for the meal or milk. Tickets are kept at the school. We furnish up to two replacements for free. After that, students pay a nominal fee for replacements.



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773.385.5100

NutriLine:
773.385.6020

Quality Assurance:
773.385.5040

Website:
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Food For Thought

FSP is dedicated to providing wholesome food to students each day. Let's take a look at how our behind-the-scenes team makes that happen.

Our menu philosophy includes fresh fruits and vegetables; whole grains; low-fat milk products; lean meats; a more natural flavor profile; organic and locally grown food, when available; minimal sugar; minimal saturated fat; zero grams of trans fat per serving in our made-from-scratch recipes such as fruit and vegetable breads.

Registered dietitians plan meals that adhere to the requirements of the National School Lunch Program and the *Dietary Guidelines for Americans*. We use computer software, approved by the United States Department of Agriculture (USDA), to analyze our menus. Less than 30% of calories come from fat and less than 10% of calories come from saturated fat. A well-balanced meal also includes low-fat milk. This is one of the easiest ways for children to get the calcium and vitamin D they need while reducing their fat intake and risk of heart disease.

Our Purchasing Department contracts with vendors who meet our strict, safe food standards. Quality assurance starts the moment incoming products are delivered and continues through the production and packaging process. Our USDA-inspected kitchen and bakery use the approved items to prepare meals fresh daily.

We deliver meals directly from our kitchen to your school in refrigerated, radio-equipped vehicles. Then, the food service staff, following our state-approved training system, prepares and distributes meals to students. To keep things running smoothly, FSP assigns district managers to each school to inspect food service facilities, review accountability procedures, and train personnel. We believe in customer satisfaction.

Offering More Than A School Lunch

Nutrition and physical fitness play a vital role in student achievement.

In addition to healthy meals, FSP believes the key is to provide relevant information to help children make good lifestyle choices. This concept is at the core of our nutrition outreach and wellness efforts.

Nutri-TrackSM, our comprehensive nutrition education program, is designed specifically for school food service. It incorporates printed materials and games as tools to spread the word about sound habits that can last a lifetime. And learning is fun with our proprietary mascot **Professor Munch**.

Our **NutriLine** is a help line that is accessible via phone or e-mail to answer general questions about nutrition.

Even our promotions program uses health-related themes.

FSP gives back to the community by participating in events such as the Special Olympics.

