
SUMMARY

SDUSD generally offers warm, meatless meals, although many contain dairy. It restricts red and processed meats on an inconsistent basis across its menus. While fresh fruit is generally offered daily, vegetable options could be more diverse. Overall, the menus are not consistently balanced with diverse proteins and produce options, earning the district a "D" grade.



RECOMMENDATIONS FOR IMPROVEMENT



Diversify protein by replacing at least one entree per week with a plant-based protein



Immediately remove processed meat (chicken nuggets, hot dogs, bacon, pepperoni, lunch meat)



Restrict high-cholesterol foods like red meat and eggs



Emphasize 100% whole grains



Ensure all classes of vegetables are served twice per week



Serve water or plant-based milk options and restrict sugar-added varieties of all milk



Provide warm, meatless options at every meal