
SUMMARY

While the district succeeds in offering plant-based or meatless entrees and fresh fruit daily, NYCPS continues to serve red and processed meats more than twice per week. The district offers diverse proteins characteristic of balanced meals, but healthier proteins are limited while less healthy entrees high in cholesterol and saturated fats abound, earning the school district a "C" 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