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Sent: Wednesday, September 08, 2010 7:58 AM

To: FCPS WATCHDOG GROUP

Subject: FCPS WATCHDOG #5: What lessons do our children learn from FCPS when they figure out that FCPS lies to them about food nutrition?

The Pledge: Just before school started, FCPS held an 'open house'. At that open house, FCPS 'made' my daughter sign a pledge where one of the items in the pledge was that my daughter agreed to make smart and health food choices in the school cafeteria.

FCPS claims: As we have already seen in [prior newsletters](#), the president of the Board of Education, Kathryn Groth, claims that FCPS serves absolutely no fried foods. However, FCPS reheats Tyson and SeaPak processed foods *that are actually fried during their production*. The source of this 'fried' information is none other than Tyson and SeaPak themselves.

MONDAY 23	3
Breakfast: Breakfast Pizza A Lunch: Fried Oven-Baked Chicken Nuggets, Fresh Pizzeria Pizza, Fluffy Whipped Potatoes; Dinner Roll; Chilled Fruit; Cold Milk	Breakfast: Heated Flapstick w/ Syrup B Lunch: Fried Oven-Baked Shrimp Poppers w/Macaroni & Cheese; Fresh Pizzeria Pizza; Savory Green Beans; Chilled Fruit; Cold Milk
THURSDAY 26	7
Breakfast: French Toast Sticks w/ Syrup B Lunch: Fried Oven-Baked Popcorn Chicken Bites; Fresh Pizzeria Pizza, Fluffy Whipped Potatoes; Chilled Fruit; Cold Milk	Breakfast: Canadian Bacon & Egg on Muffin A Lunch: Fried Chicken Patty on Bun, Fresh White Pizzeria Pizza, Broccoli; Chilled Fruit; Cold Milk

Pledge can not be honored: I have no problem with the pledge my daughter signed. But what I do have a problem with is that FCPS itself then puts a PR spin, or "truthiness" on the nutrition of the foods that it serves to our children -- so much so that the children can no longer honor their pledge to make healthy food choices. **When a food has been fried, FCPS does not tell the children the food was fried -- rather FCPS tells the children the food was 'Oven Baked'.**

Elementary Lunch Example: For example, simply look at the actual [FCPS elementary school lunch menu](#) (seen upper right) and notice all of the fried foods that FCPS serves to our children, and then rather than telling them the food is fried, it attempts to deceive the children by claiming that the food was only "Oven Baked".

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Breakfast: French Toast Sticks w/ Syrup Lunch: Fried Oven-Baked Popcorn Chicken Bites, Deli Turkey Wrap; Fluffy Whipped Potatoes; Dinner Rolls; Fresh Melon; Cold Milk

High School Lunch Example: And for those of you who think this 'choice' is a silly supposition, look no further than the [high school lunch](#) menu choice (seen left). Choose "Oven Baked Popcorn Chicken Bites" or a "Deli Turkey Wrap"? What would you select? After all, 'Oven Baked' sounds healthy.

Well, don't you think that if FCPS told the children that the Popcorn Chicken Bites were actually fried during production *(and actually have **more fat** and **less protein per calorie** than*

McDonalds Chicken McNuggets) -- that many children with weight issues would

benefit greatly from that disclosure -- and then might actually be able to make an informed food decision based upon facts, instead of PR spin?

The issue at hand here is not that a food item was "Oven Baked" or that a food item is fried. Rather, the only issue at hand here is the dishonest labeling by FCPS of the food of served to our children. Fine, serve fried foods, but label those foods as fried.

▶▶ **To all BoE candidates:** Where is the 'truth in labeling' pledge that you will sign that you will create a school policy that FCPS must fully and properly disclose the 'fried status' (nutritional value) of the food FCPS serves to our children?

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