

# Changes in School Nutrition

Welcome Back to School!

With a new school year starting there are many changes to school meals that have taken place! Due to new legislation, the Healthy Hunger Free Kids Act has made changes to school meals to make sure all schools across the country will have the same guidelines. The guidelines include more fruits and vegetables, whole grains, lower calorie and lower sodium requirements. The guidelines require changes to lunch to take place starting July 1, 2012, breakfast will follow in the second semester or next school year. Marketing materials will be available in your cafeteria to help reinforce these changes. Here is a summary of the changes that will take place with the lunch program.

- The meal components include: fruit, vegetable, milk, grain and entree's
- Students must take a fruit or vegetable with their lunch, but they can take both
- Students do not have to take an entrée with their lunch
- Items like rolls, rice and mashed potatoes will be optional
- Students must take at least 3 of the 5 meal components to make a school meal
- Students can take all 5 meal components if they wish
- Low fat desserts will only be offered ala carte
- Many of our grain products offered are now whole grain, please refer to the district menu and look for "(WG)"
- Our milk choices remain the same. White is offered in Fat Free and 1%. Chocolate and Strawberry is offered in Fat Free.
- Our district menu will look very different then it has in the past. This is due to the new guidelines and having to offer different classifications of vegetables weekly and half our grains being whole grain. Schools will be only serving what is on the district menu daily. High schools will have additional optional items which they can choose from to serve, not listed on the district menu.

Thank You for your support for Food & Nutrition Services

If you have additional questions please contact your cafeteria manager