

We are reinforcing our commitment to good nutrition for your children!

Beginning this school year, we are putting in place some new USDA guidelines for even healthier school meals for our students.

We will be using the message pictured here to remind students of the basic change they need to be aware of –

They must now choose at least one fruit or vegetable among the three meal components, that make a complete lunch –

BUT there is more to the changes that we want to share with parents

Here are the major differences:

- Previously, students did not have to take a fruit or vegetable at all, as long as they took enough other items. Now, they **MUST** choose at least one fruit or veggie serving, and we encourage them to choose more if they like.
- Students will have a greater selection and variety of fruits and veggies to choose from. Also, Instead of $\frac{1}{2}$ - $\frac{3}{4}$ cup combined fruits and veggies per day, now we will be offering $\frac{3}{4}$ to 1 cup of veggies PLUS $\frac{1}{2}$ to 1 cup fruit per day.
- *We will be emphasizing the healthiest veggies more often, with weekly offerings of healthy dark green and red/orange vegetables, as well as beans and other legumes.
- * Whole Grains are up! Beginning this year, at least 50 % of all grain foods we serve will be whole grain rich, and within two years, all of the grains we serve will be whole grain rich.
- * Bad fats are down, Meals will average less than 10% calories for saturated fat, and every item will contain zero grams per serving of trans fat
- * We will be serving only fat free unflavored, 1% unflavored and fat free flavored milks.
- We will be meeting new standards for limiting sodium until we reach a final maximum of 740 mg sodium per meal on average

These changes will require more work and careful planning on our part, especially as we get use to the new USDA guidelines. And the new menus will no doubt take some getting used to for our customers, too! But the end result will be healthier meals for our students – **and well nourished children do better in school!**



DON'T GET!

Take at least **ONE**

FRUIT

Or

VEGGIE

And at least **THREE**

Items total so your meal

Counts as a complete lunch!



For more information please visit -

www.traytalk.org **OR** www.ChooseMyPlate.gov



SEYMOUR R-II SCHOOLS

FOOD SERVICE DEPARTMENT

SCHOOL MEALS... We serve education every day!