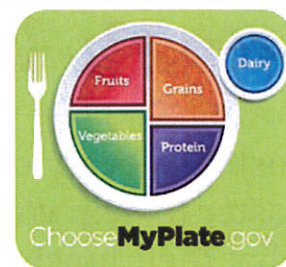


A New Year for NUTRITION



New Guidelines • New Menus • New Attitudes

As of **August 27, 2012** lunch programs for all schools have transitioned to match the 2010 Dietary Guidelines for Americans. In **2013-2014** breakfast programs will also transition in order to:

- Increase the availability of fruits, vegetables, whole grains, fat-free and low-fat milk.
- Reduce the levels of sodium, saturated fat and trans fat in meals.
- Meet the nutritional needs of children through adequate calorie requirements.

Our schools meet and **EXCEED** the minimum required guidelines. The guidelines mandated by the state are as follows:

K-8 Lunch Menu:

- ⇒ 1/2 cup fruit per day
- ⇒ 3/4 cups of vegetables per day
- ⇒ 1 ounce of whole grains/day minimum; 8-10 ounces weekly
- ⇒ 1 ounce of meat/meat alternative per day minimum; 8-10 ounces weekly
- ⇒ 1 cup of milk, must be fat-free or 1% low fat

Breakfast Menu (all grades):

- ⇒ 1 cup of fruit per day
- ⇒ 1 ounce of grains/day minimum; 7-10 ounces weekly
- ⇒ 1 cup of milk, fat-free or low fat 1%



Inside the Menu

- **Required fruit OR vegetable:** Students must choose a fruit or vegetable they want.
- **Fruit:** A variety of fruit choices will be offered weekly. Choices include fresh, dried, frozen and canned fruits.



- **Vegetables:** Daily and weekly variety of vegetables include dark green, red/orange, beans/peas and starchy vegetables such as corn.

- **Meat/Meat Alternate:** More lean protein options available to reduce saturated fat.

- **Whole Grains:** Currently **90%** of our grains are whole grains. Examples of grains offered are breads, cereals, noodles and rice.

- **Milk:** Unflavored milk is fat-free and 1% low-fat and flavored milk is fat-free.

- **Breakfast:** We offer a balanced breakfast by providing a protein, going above and beyond the guideline requirements.

Benefits of Breakfast

- Provides energy and essential nutrients ✓
- Helps with concentration ✓
- Achievement of higher test scores and grades ✓
- Boost metabolism ✓
- Supports a healthy immune system ✓
- Decrease absenteeism ✓
- Socialization with friends ✓

Offer vs. Serve

Goals are to reduce food waste and to permit students to select the foods they prefer

We offer 5 food components and students must choose 3, including a fruit or a vegetable. Students are encouraged to try all fruits and vegetables offered daily.