

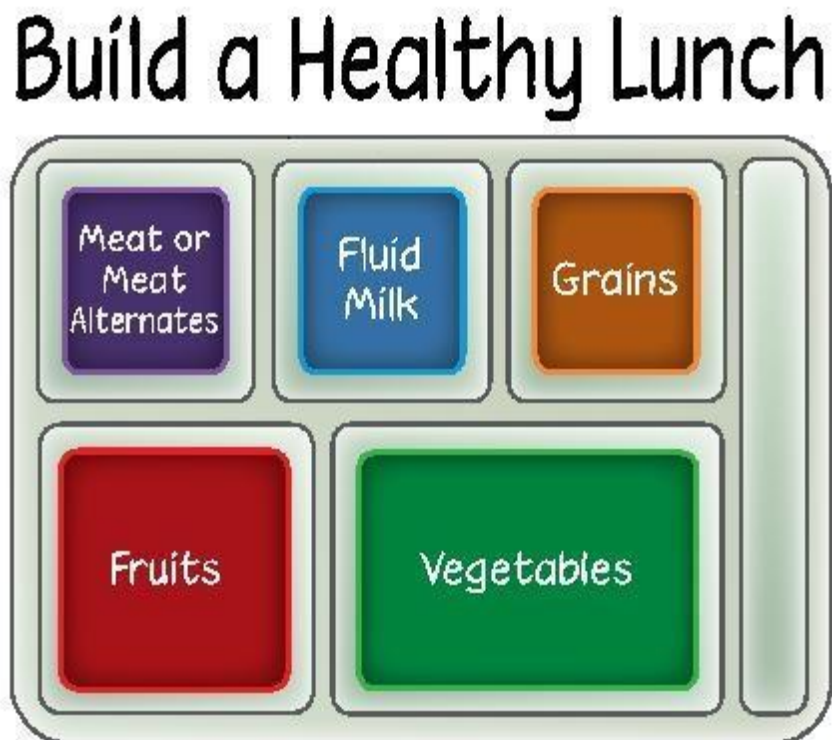
## SCHOOL MEALS ARE CHANGING!

You may have heard that there will be new requirements for school meals this year. The new requirements are great news for our students! The new requirements will help ICCSD build on the work we are already doing to provide more fruits, vegetables, whole grains and healthier entrees in our school cafeterias.

Some of the New Requirements include:

- Increasing the amount of fruits and vegetables and the types of vegetables served
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits for the first time
- Increasing whole grains
- Limiting the amount of meats/meat alternatives (entrees) and grains

A full meal consists of 5 components and a meal tray will look something like this:



In order to be charged as a meal the student must take at least 3 components and this year one of the components MUST be a fruit or vegetable. We plan to offer a variety of fruits and

vegetables daily to give students more options in the hopes that choosing fruits and vegetables will be easy.

Schools are now limited on how much meat/meat alternate and grains that can be offered. This means that some of the main dishes may not be as large as they have been in the past. Remember, though, there will be more fruits and vegetables available, to fill out the meal and ensure students have plenty to eat!

### **What Are We Doing**

- Fresh fruits and vegetables are served every day. Local items are purchased as available through the Farm2School Program. Multiple schools also have gardens and this produce is incorporated into the menu and snacks.
- Sandwiches are served on whole grain rich or whole wheat bread products.
- All pasta served is whole grain.
- Milk is available in low-fat white or fat-free white, chocolate or strawberry.
- Dark green and red/orange vegetables are each served weekly.
- A serving of legumes (beans/peas) will also be served weekly or incorporated into recipes.

We'll face some challenges to meet the new requirements on a tight budget, but our school nutrition program will work hard to make these healthy changes for our students and make each meal something our students will enjoy!

### **How Can You Help?**

The school nutrition program needs the support of parents to succeed! Parents can support this effort by encouraging your child to give the healthier meals a try, joining your child for lunch and talk about the healthy changes at home. You are your child's primary role model, when they see you choose healthy foods they are more likely to choose them as well.

If you have any questions or concerns, please feel free to contact the foodservice department at 688-1021. We are here to help!

Alison Demory, RD/LD

Food Service Director