

Healthy Changes in Our School Cafeterias!

Dear Decatur County Schools families,

This fall, Decatur County school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer Decatur County students healthier and tastier choices. Successful programs already in place include, breakfast in the class, the Fresh Fruit and Vegetable program and serving more locally grown produce.

School meals are a great value and a huge convenience for busy families too! Breakfast is offered at no charge to all students. Paid lunch prices vary according to grade: Elementary, \$1.25; Middle \$1.60 and High \$1.60. All reduced price benefit students eat lunch for \$0.40.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Decatur County's healthy school meals please feel free to contact me at (229) 243-5321 or email at dpurcell@dcboe.com. To get the facts about school meals visit www.TrayTalk.org.

Thank you!

Debbie Crosten-Purcell

Decatur County School Nutrition Director

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