

## What's New With School Meals?

The Pe Ell School District participates in the National School Lunch Program. We serve meals that are convenient, economical and healthy. Our menus are designed to provide good nutrition and variety for our students.

### **There are some exciting changes in the cafeteria this year!**

The United States Department of Agriculture (USDA) issued updated nutrition requirements for the National School Meal Programs starting this school year. The changes are based on the healthy eating recommendations of the Dietary Guidelines for Americans 2010.

New Nutrition rules for school meals are great news for our kids, because they support our school nutrition team's efforts to create healthier meals.

### **School Meals Offer:**

- A variety of fresh fruits and vegetables at every meal
- Whole grain rich foods, such as bread and pasta
- Low fat milk, water and 100% fruit and vegetable juices
- Lower salt (sodium) options

### **School Meal Changes:**

- Students will be required to take a fruit or vegetable
- Meals will meet calorie and nutrient needs based on grade levels: Kindergarten-5th grade, 6th-8th grade and 9th-12th grade
- Meals will now feature a great variety and more servings of fruits and vegetables highlights dark green, vibrant red/orange vegetables and legumes/beans
- More whole grain food choices will be available
- Saturated fat will be reduced and all meals will contain 0 grams of trans fats
- Salt (sodium) will be reduced in all meals

### **How You Can Help:**

- Review what is available for school meals and talk with your student about what they will eat.
- Encourage your student to try new foods at home and school.
- Learn more about nutrition and balanced meals at: [www.choosemyplate.gov](http://www.choosemyplate.gov)

For more information please see Board Policy 6700.