



What Parents and Students
Need To Know:

DAILY LUNCH

Offers **5** Nutritional Components

MILK

MEAT/ALTERNATE

BREAD/GRAIN

FRUITS

VEGETABLES

Each student
MUST take
Components

3

1

**MUST be a Fruit or
Vegetable**

1/2 Cup

In December of 2010, President Obama passed a law known as the **Healthy, Hunger-Free Kids Act**.

This gave permission to the USDA (United States Department of Agriculture) to make new healthier guidelines in order to improve nutritional offerings for your kids.

Over the next ten years, numerous changes will be made to school meals to improve the nutrition and health of our children.

What are the changes being made to your student's lunch this year?

- Increased portion sizes and offerings of fruits and vegetables.
- More than half of all grains served will be wholegrain. 2013-2014 All grains will be whole grain.
- Fluid milk choices will be unflavored low fat and fat free. Flavored will be fat free.
- Set calorie ranges for new grade groups.
- A decrease in sodium content to be phased in over the next few years.
- Saturated fat average for the week must be less than 10%
- Zero grams of trans fat per serving.