

## **Healthy Changes in Our School Cafeterias!**

Dear Pecatonica CUSD #321 families,

Pecatonica CUSD #321 school cafeterias are meeting tough new federal nutrition standards for school meals. The USDA mandates what we may serve, 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 met USDA mandates 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 Pecatonica CUSD #321 students healthier and tastier choices.

School meals are a great value and a huge convenience for busy families too!

We look forward to welcoming your children to the cafeteria. To get the facts about school meals visit [www.TrayTalk.org](http://www.TrayTalk.org). & [www. USDA. gov](http://www.USDA.gov)

Thank you!

Connie M. White

Food Service Director