

HEALTHY CHANGES IN OUR SCHOOL CAFETERIAS!

Dear Franklin Township Families,

Now is a great time to encourage your kids to choose school lunch!

This fall the Franklin Township Public School's cafeterias are:

- Meeting challenging new federal nutrition standards for school meals
- Ensuring that meals are healthy and well balanced
- Providing students all the nutrition they need to succeed at school

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting this year, 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
- Less sodium

We are always working to offer our students healthier and tastier choices. School meals are a great value and a huge convenience for busy families too!

Remember that school breakfast is a great way to start the day. Encourage your child to eat breakfast in school.

We look forward to welcoming your children to the cafeteria this fall. To find out more about our healthy school meals, visit our web page at franklinboe.org or call us at 732-873-2400 Extension 222 or Extension 505.

Thank you!