



Your child's school day just got healthier! San Juan Unified School District and schools across America are meeting new national standards for school breakfast and lunches this school year. School breakfast and lunches now include more fruits, vegetables, and whole grain-rich foods; only fat-free or low-fat milk; "right-size" meals with portions designed for a child's age; and less total fat, saturated fat, and sodium.

These changes are a result of the new school meal standards established by the Healthy, Hunger-Free Kids Act of 2010—the first major changes to school meals in more than a decade. The changes are based on the latest nutrition science and the 2010 Dietary Guidelines for Americans

### **What are we doing?**

#### **Breakfast**

We will offer fruits, grains/breads, and milk daily. Students will be required to have ½ cup fruit on their tray for it to count as a full meal. Anything less than a full meal will be charged. We are "Offer VS Serve" which means a student may decline some of the breakfast items offered but once again, must take ½ cup fruit.

To simplify the language and make sure even the youngest of students can understand, we will refer to the food items as stars. Each student must take at least 3 stars with one of them being red. The color of the stars represents the food groups on My Plate ([www.myplate.gov](http://www.myplate.gov)).

**Purple★Protein, Orange★Grain, Green★Vegetable, Red★Fruit, Blue★Milk**

#### **Lunch**

We will offer fruits, vegetables, meat/meat alternates, grain/breads, and milk daily. Students will be required to have ½ cup fruit or vegetable on their tray for it to count as a full meal. Anything less than a full meal will be charged. We are "Offer VS Serve" which means a student may decline 2 of the 5 food groups that are offered but once again, must take ½ cup of fruit or vegetable.

Each student must take at least 3 stars with one of them being green or red.

**Purple★Protein, Orange★Grain, Green★Vegetable, Red★Fruit, Blue★Milk**

Salad bars are available daily in our elementary and middle schools.

### **How can Teachers and Families Help?**

When students eat healthy foods, they perform better in school. Your student can learn good habits for life by making healthy food choices and getting proper exercise now. You have the power to inspire your students to build a healthy plate at school and home. We ask that you review the school menu with your students. Encourage them to try new foods and eat the healthy food offered.

Improving the health and nutrition of children by providing nutritious meals in school is a top priority for San Juan Unified School District and the U.S. Department of Agriculture. Keep updated on the changes at [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday).

To find out more about San Juan Unified School District Nutrition Services Department and healthy school meals including prices and accessing meal applications, call (916) 979-8966.