

What's New With School Meals?

South Kitsap School District
Food and Nutrition Services

There are some exciting changes in the cafeteria!

The United States Department of Agriculture issued updated nutrition requirements for the National School Meal Program starting this school year. The changes are based on the 2010 Dietary Guidelines for Americans.

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

School Meals Continue to Offer:

- A variety of fresh fruits and vegetables; many locally sourced.
- Whole grain rich foods, such as bread, pasta, rice and tortillas.
- Low fat milk, water and 100% fruit and vegetable juices.
- Lower fat, sugar and salt (sodium) options.

Major School Meal Changes:

- Students will be required to take a serving of a fruit or vegetable.
- Meals will vary in size to meet calorie needs based on grades: Kindergarten-5th grade, 6th-8th grade and 9th -12th grade.
- Meals will now feature a greater variety and more servings of fruits and vegetables highlighting dark green, vibrant red/orange vegetables and legumes/beans.
- More whole grain foods will be available.
- Plain low-fat or fat-free milk or flavored fat-free milk 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 child about what they will eat.
- Encourage your child to try new foods at home and school.
- Join your child at school for breakfast or lunch.
- Learn more about nutrition and balanced meals at:

<http://www.choosemyplate.gov/>



Don't Forget: Kids Need Breakfast too!

- We serve breakfast every day!

If you have questions, please contact us. We're here to help!

Food and Nutrition Services @360-443-3663.

For additional information:
<http://www.skitsap.wednet.edu>