



Healthy Choices In Our School Cafeterias!



Dear: Winchester Public School Parents and Students,

The School Day just got Healthier with the new federal nutrition standards set forth for each new School Year and the continuing standards that were implemented last year with our school program. What a great time to encourage your children to choose healthy options for school breakfast and lunch!

Both breakfast and lunch meals will be offering students the following Healthy Choices Daily:

- Fat free or 1% milk
- Whole wheat grains
- Fresh/Local Fruits/Vegetables
- Reduced saturated fats
- Lower sodium levels
- Zero trans fats
- Weekly calorie limits based on grade level of each student
- Required serving of either a fruit or vegetable for both breakfast & lunch
- "Smart Snacks" have been implemented for all A la Carte snacks and any fund raising food being offered during the school day.



The new, strict federal guidelines are based on the latest nutrition science by the Institute of Medicine and the current Dietary Guidelines for Americans. Our staff works very hard to offer Winchester Public School student's healthier and tastier choices daily and we encourage our parents to visit our school cafeterias and eat breakfast and/or lunch with their student. School meals are a great value and a huge convenience for busy families too! We look forward to welcoming your children to the cafeteria this fall. To find out more information about Winchester Public School's healthy school meals go to www.wps.k12.va.us click on School Information tab then Cafeteria Information tab. You may also visit these other websites to receive more information concerning the new meal standards;

www.TrayTalk.org; www.DietaryGuidelines.gov or www.fns.usda.gov .

Thank you!

Laurie S. Curry, CDM, CFPP
Food Service Coordinator
Winchester Public Schools
(540)667-4258 ext. 16125

