



Important Information for Nauset Parents!

The **USDA** has recently issued new school meal requirements that go into effect in the 2012-13 school year. This means **Nauset** students will see some changes in the foods served at school.

Nauset School Dining Services manages the food service department for the Nauset Public Schools and has made strides in incorporating several positive initiatives that will allow for a smooth transition to the new meal requirements. We can all easily understand the links between good nutrition and academic achievement.

What can your student expect?

Increase in Fruits and Vegetables

We will offer a larger variety of nutrient-dense vegetables, including dark green, orange, starchy vegetables and legumes. Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood. **Students will now be required to take 1/2 cup of fruit or vegetable for their meal every day.**

Allowable Grains and Proteins

Menus will offer **specific amounts** of whole grains and proteins. This is intended to make sure students are receiving age-appropriate, nutritionally-adequate meals that provide the right amount of energy from healthful food sources. We already offer a variety of whole grains on menus with items like whole grain pizza crust, rolls, muffins, pancakes, waffles and cereal. **Due to the maximum allowable grains per week for elementary students, we have altered our elementary menus. We will continue to offer 3 great choices every day except for FRIDAY, where 2 menu options will now be available.**

Reduced Fats and Lower Sodium

Unhealthy fats such as saturated and trans fat can lead to heart disease and high cholesterol, as well as other chronic diseases. We will only use food products and ingredients that contain zero grams of trans fat per serving. We are committed to using non-salt seasonings or herbs and will work to modify and develop creative new recipes.

Menus by Age Groups

New grade groups for menu planning will be aimed at ensuring students receive age-appropriate portions and nutrients. New calorie requirements will be implemented to align with these newly established grade groups.

The Nauset School Dining Services is dedicated to providing quality nutritious meals that students will enjoy eating! We hope you will encourage your students to try new fruits and vegetables and that you will join us for a meal at school by calling your school office and making arrangements to visit your child for lunch!

If you have questions or concerns, please feel free to contact us at 508-255-8800 ext.180 or via email at murrays@nausetschools.org.