

Healthy Changes in Our School Cafeterias!

ISD 15 school cafeterias are meeting challenging new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat, trans fat and portion size. The new regulations require school lunches to 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.
- And less sodium.

Some of the more apparent changes made include, a limit on the number of bread/grain items now served, stricter control on meat/meat alternate (protein) serving sizes, unlimited fruits and/or vegetable servings. But with your support, we can be sure that children adopt the kind of healthful eating habits and lifestyles that will enable them to live longer, more productive lives.

School meals are a great value and a huge convenience for busy families too! Our school lunches cost only \$2.20 for elementary students and \$2.40 for secondary students and parents can pay for these meals at the school, by sending a check with your child, or by paying with credit card, electronic check/ debit card with our convenience pay websites:

www.paypams.com or go to www.isd15.org, choose sign in tab, SchoolView, then FeePay (you will need a SchoolView log in) Please note, these websites charge a transaction fee for each transaction.

To see our menus and get more information, go to www.isd15.org, choose departments, Nutrition, menus or nutritional information. We're always working to offer our students healthier and tastier choices.

We look forward to welcoming your children to the cafeteria this school year. [Visit the USDA website to find out more about healthy school meals requirements](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm) (http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm).

