

Davis School District Nutrition Services

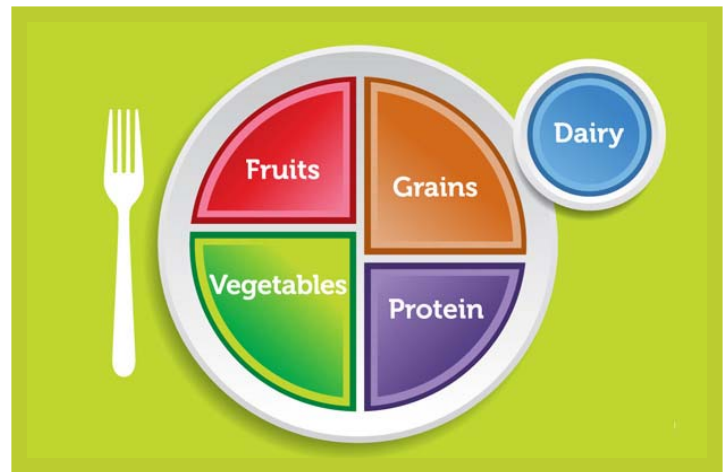
Why are your student's school lunches changing?

In December of 2010, the federal government enacted the Healthy, Hunger-Free Kids Act. This law gives permission to the USDA (United States Department of Agriculture) to create new guidelines in order to make school meals healthier for our kids. Over the next ten years numerous changes will be made to school menus to make them more nutritious.

What are the changes being made to your student's lunch this year?

- Twice the amount of fruits and vegetables offered
- Minimum and maximum portions for meat/meat alternate and grain servings
- At least half of grains will be whole grains
- Fluid milk must be low-fat unflavored, fat-free flavored or fat-free unflavored
- Set calorie ranges for grade groups
- A decrease in sodium content of meals (which will continue to decrease over the next few years)
- Saturated fat less than 10% of calories
- Zero grams of Trans fat per serving

"Our goal is to serve nutritious, well-balanced meals, offering foods students enjoy and priced as reasonably as possible."



What you and your student need to know:

- Lunch options will now consist of 5 components of which your student will pick a minimum of 3.
- One selection **MUST** be a fruit or a vegetable.
- The other choices are a milk, grain, or meat/meat alternative.
- Lunch Price \$1.75 Reduced .40



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