

PLEASE READ – IMPORTANT SCHOOL MEAL CHANGES

You may have heard that there are new requirements for school meals. This is great news for our students! The new requirements will help *Tredyffrin Easttown School District* build on the work we are already doing to provide more fruits, vegetables, whole grains and healthier entrees in our school cafeterias.

Build a Healthy Lunch



Some of the New Requirements Include

- Increasing the serving size of fruits and vegetables
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits for the first time
- Increasing whole grains
- Limiting the amount of meat/meat alternatives and grains

Students will now be required to have $\frac{1}{2}$ cup of fruit or vegetable on their tray to count as a full meal.

A student must choose a minimum of 3 of the 5 food groups (Protein, Bread, Fruit, Vegetable and Milk) and **one of the items must be fruit or vegetable** or they will be charged as individual items (This includes students who qualify for free or reduced lunch). To encourage students to eat a well-balanced meal we will continue to offer a variety of fruits and vegetables each day.

Schools will now be limited on how much meat/meat alternate and grains that can be offered. This means that some of the main dishes may not be as large as they have been in the past. Remember, there will be more fruits and vegetables available to fill out the meal and ensure students have plenty to eat!

In *Tredyffrin Easttown School District*, we have already made progress toward meeting the new requirements.

What Are We Doing

- Fresh fruit and vegetables are served every day.
- Sandwiches are served on both white and whole wheat rolls and bread.
- All pasta served is whole grain.
- Milk flavors available are 1% white and fat-free white or fat-free chocolate.
- Dark green and orange vegetables are served on a weekly basis.
- Beans will be offered at least once a week.
- Salad bars or salad platters are available every day that include romaine lettuce and spinach

We'll face some challenges to meet the new requirements, but our school nutrition program will work hard to make these healthy changes for our students and make each meal enjoyable for our students!

How Can You Help?

The school nutrition program needs the support of parents to succeed! Parents can support this effort by encouraging your child to try the healthier meals and to select a fruit and vegetable with each meal.

If you have any questions or concerns, please feel free to contact us. We are here to help!

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