

New Federal Meal Pattern:

For the first time in nearly two decades, the federal government has issued new nutrition standards for meals served to America's schoolchildren, based on the Dietary Guidelines for Americans. This school year our school lunches will have a new look with many more healthy choices for your child every day! For more information on the Dietary Guidelines, see ChooseMyPlate.gov.

Students will be offered 5 components to their meal at the price set for school lunch this fall:

Milk, Fruit, Vegetable, Grain, Protein

Each student will be able to choose 3, 4 or 5 of these components-**however, one must be a fruit or vegetable.**

- Milk choices offered
 - 1% unflavored
 - Skim, flavored
- Fruit and Vegetable offerings will be increased
 - Elementary and Middle School students will be offered ½ cup fruit AND ½ cup vegetable minimum
 - High School students will be offered 1 cup of fruit and 1 cup of vegetable minimum
 - Students must take at least 1 choice of fruit or vegetable daily with their meal choice to be charged the meal price
 - Students refusing both the fruit and vegetable component must be charged a la carte prices for the items on their tray**
- Affects students at all levels K-12
 - 5 Vegetable groups** now must be offered once each week
 - Dark Green
 - Red/Orange
 - Legumes (Dried Beans&peas)
 - Starchy
 - Other as defined in 2010 Dietary guidelines