

Key nutritional guidelines of our meal program:



There will be food-based (calorie) menu planning for three grade groups: K-5, 6-8 and 9-12. Portion sizes and recipes are designed to meet the specific student group needs.

We must stay within specified calorie ranges for each grade group. Some main entrees may not be as large as before. There will be calorie minimum and maximum levels at each level.

More fruits and vegetables will be available, including a salad bar in each secondary school and pre-made salads at all elementary schools each day.

All students may continue to take two $\frac{1}{2}$ cup servings of vegetables, and 9-12 students may take two $\frac{1}{2}$ cup servings of fruit.

Students must select at least $\frac{1}{2}$ cup of fruit or vegetable component for their trays (to allow the district to be reimbursed for a meal by the federal government).

No trans fats are allowed, and there are continued limits on saturated fat.

All milk is 1% white or fat free flavored.

We use no fryers. Potatoes are oven baked.

The nutritional analysis of all menus may be found under "Menus and Nutritional Information."

