

Healthy Changes in Our School Cafeteria

Dear Kit Carson Union School District families,

This fall, Kit Carson School cafeteria must meet the tough 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 meals!

School meals offer students milk, fruit and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, schools lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruit (students must take one full serving of fruit or vegetable)
- 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

We're always working to offer Kit Carson students healthier and tastier choices. School meals are a great value and a huge convenience for busy families! We look forward to welcoming your children to the cafeteria this fall. To find out more about healthy school meals visit www.TrayTalk.org.

Thank you!

Your Kit Carson School Cafeteria Staff