

Healthy Changes in Our School Cafeteria!

Dear Folsom School families,

This fall, the Folsom school cafeteria will be meeting 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 lunch!

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

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students MUST take at least one serving of produce)
- 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 Folsom students healthier and tastier choices. A variety of fresh fruits, fresh vegetable station, low fat snacks and 100% whole grain/multigrain buns and breadings.

School meals are a great value and a huge convenience for busy families too! Full paid meals prices are \$2.75 for Lunch and 1.75 for breakfast. Reduced prices are .40 cents for lunch and .30 cents for breakfast. We encourage everyone to please fill out a lunch application as early as possible, if your life style changes you can apply at any time.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Folsom School's healthy school meals www.folsomschool.org , and to get the facts about school meals visit www.TrayTalk.org.

Thank you!

Debbie DeCicco

Folsom Food Service Manager