

LakeVille Community Schools

Healthy Changes in Our School Cafeterias!

Our kids are on the right track and ahead of the curve! Menu changes our Child Nutrition staff have been implementing over the past few years have included healthier food options, offering more fresh fruits and veggies, increasing whole grains, lowering sodium, and introducing legumes, have helped us meet the new USDA nutrition standards for 2012-2013.

This fall, LakeVille Community school cafeterias 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.

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, some of the highlights our school lunches will offer include:

- Age-appropriate calorie limits
- Same great variety of vegetables and fruits (students must take at least one serving of produce)
- Even more veggie choices, including dark green and red/orange vegetables with an increase in portion size
- More bean and legumes choices
- Fat-free or 1% milk (flavored milk must be fat-free)
- Even more great tasting whole grains
- And less sodium

We're always working to offer LakeVille Community School students healthier and tastier choices. We would love your feedback on the New Nutrition Standards and we are also open for kid friendly recipe suggestions.

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

Thank you!

Carrie Strait
Director of Operations