

Important Notice...

Changes in Child Nutrition Meal Pattern

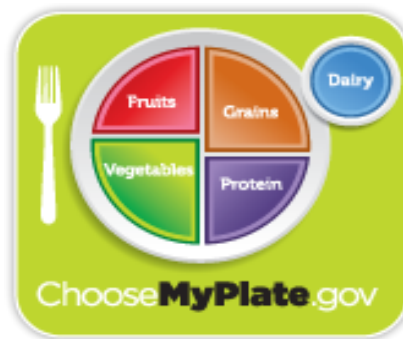
Child Nutrition will implement new federal nutrition standards for lunch starting in the 2012-2013 school year. These new standards are based on recommendations from the Institute of Medicine and follow the 2010 Dietary Guidelines for Americans.

Changes include:

- Students must select a fruit or veggie with their lunch daily.
- Specific calorie levels are based on age & grade level of students. These calorie levels are based on weekly averages. Calorie ranges are:
 - o Grades K-5 550-650
 - o Grades 6-8 600-700
 - o Grades 9-12 750-850
- Breads must be at least 50% whole grain.
- Daily vegetables broken down into subgroups which are required weekly:
 - o Subgroups:
 - Dark Green
 - Red/Orange
 - Beans/Peas (legumes)
 - Starchy
 - Other
- Fruit offered daily.
- Milk is offered daily and must be low fat white or fat-free chocolate, strawberry & white.
- Sodium, sugar & fat will gradually decrease each year.

**New Waverly ISD Child Nutrition Services will continue to serve quality nutritious food!
For more information and more detailed description of these and additional changes please visit www.squaremeals.org and read information on the Healthy, Free- Hunger Kids Act of 2010**

What's on your plate?



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