

More Healthy Changes in Our School Cafeterias

Dear Stanwood-Camano Families,

Fall 2012

This Fall, the school cafeterias are 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 must offer students milk, fruits, vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-13, 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)
- Over half of our grains are whole grains



We're always working to offer our students healthier and tastier choices.

School meals are a great value and a huge convenience for busy families too! **School Lunch at the K-5 elementary level is \$2.75 & Breakfast is only \$1.50 and 6-8 Middle, and High School lunch is \$3.00 & Breakfast is only \$1.75.**

We look forward to welcoming your children to the cafeteria this fall.

To find out more about our districts healthy school meals,

contact: Donald Vennetti

Director of Food Services at 360-629-1208

or dvennetti@stanwood.wednet.edu

Choose Healthy • Be Healthy!

