

FAIRFIELD PUBLIC SCHOOLS



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Food and Nutrition Services

2012 – 2013 **Food Service News**

New Federal Meal Pattern:

For the first time in nearly two decades, the federal government has issued new nutrition standards for meals served to America's schoolchildren, based on the Dietary Guidelines for Americans. Next school year our school lunches will have a new look with many more healthy choices for your child every day! For more information on the Dietary Guidelines, see ChooseMyPlate.gov.

Changes for 2012-13:

The new requirements include limits on calories, saturated fat, trans fat and sodium in school meals. All lunches will include five meal components:

- **meat or meat alternate** such as yogurt, lean beef, chicken or low-fat cheese
- **grain** such as whole-wheat bread or brown rice
- **fruit** selection; fresh or canned when the availability of fresh fruit is limited
- **vegetable**; dark green and red/orange raw or cooked
- **milk** selections; low-fat or fat-free

Each child must select at least three of these five components on their tray to make a meal, including a fruit or vegetable. The biggest change is that children **must** select a fruit or a vegetable with their lunch every day.

Please explain these changes to your child before they arrive at school and encourage them to try these new foods. They just might find a new favorite!

New Prices:

The meal prices for school year 2012 - 2013 are:

- \$2.45 at elementary schools;
- \$2.50 at middle schools;
- \$2.55 at high schools.
- \$3.85 deluxe lunch at secondary schools
- \$.40 reduced price lunch
- \$1.50 breakfast at McKinley School
- \$.30 Reduced price breakfast
- \$.50 Milk

General Information:

You may have heard about Lean Finely Textured Beef (LFTB) (aka "pink slime") in the media recently. Our district made the decision to eliminate beef products with LFTB from our menus as soon as we became aware of the issue.

One of our goals for 2012-13 is to improve the dissemination of information to parents and students and offer various methods of communicating with the food service program. We also plan to create various opportunities with the secondary level students to partner with the food service program.

Please visit our Web site at www.fairfieldschools.org to give us feedback on our program at your convenience.

We look forward to serving your child next year. Have a great summer.

June 15, 2012