

## HEALTHY CHANGES IN OUR SCHOOL HOT LUNCH PROGRAM!

Dear St. Katharine Drexel School Families,

Again this fall, St. Katharine Drexel School lunch program continues 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 children to choose school lunch!

As in the past, school meals will continue to offer students milk, fruits and vegetables, proteins and grains. Now our school meals must adhere to even stricter limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches were required to meet additional standards. These included:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take a ½ cup of fruit or vegetables)
- A wider variety of vegetables, including dark green, red/orange, starchy, legumes and other vegetables.
- Fat-free chocolate or white and 1% white milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

The most noticeable change in the new meal pattern regulations, as mandated by the *Healthy, Hunger-Free Kids Act of 2010*, is the limit on grain and protein items. Each age group has a maximum portion of grains (breads) and protein at lunch, **which means the extra sliced bread and peanut butter will not be offered daily.**

We're always working to offer Saint Katharine Drexel students healthier and tastier choices. School meals are a great value and a huge convenience for busy families, too!

We encourage families to check if they may qualify for free or reduced price school meals. An application is included in the Family Folder or can be picked up in the School Office. To find out more information, please contact the School Office (885-5558).

The Meal Prices for this Year are:

**4K/Extend-A-Day – Grade 3:** \$2.35 per meal per student      **Grades 4-8:** \$2.60 per meal per student

**Adult:** \$3.40 per meal per adult      **Milk a la cart:** 40 cents

We look forward to welcoming your children to our school lunch program this fall.

Thank you!

Mrs. Mary Strauss  
St. Katharine Drexel School  
Food Service Manager / Head Cook

August 2016

\*USDA is an equal opportunity employer and provider.

