

Healthy changes

in our school meals program!

Did you know?

This fall, school meals programs at Summit Academy and Summit Academy North 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!

To find out more about healthy school meals visit the Summit Academy Website- www.summit-academy.com To get the facts about school meals visit The School Nutrition Association at SchoolNutrition.org.

The changes described to the right will require more work and careful planning for all school districts, especially as we get used to the new guidelines. The new menus will no doubt take some getting used to for our customers, too. The end result of these changes will be healthier meals for our kids – and well-nourished kids do better in 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 this fall, school lunches throughout the county will meet additional standards, including:

- Age-appropriate calorie limits for elementary, middle and high school meals.
- Larger servings of veggies and fruits: Students must take at least one serving (½ cup) of fruits or vegetables with their school lunch at all grade levels.
- A wider variety of vegetables, including offerings of dark green and red/orange vegetables and legumes.
- Fat-free or 1% milk will be offered, with flavored milk *only* available fat-free!
- More whole grains: Greater than 50% of bread items offered in school cafeterias will now be whole grain.
- Reduction of sodium in school meals will be gradual with the end goal of 740 mg of sodium per meal on average.

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