

Our commitment to good nutrition for your kids keeps moving forward!

Over the last two school years, we've been putting in place new nutrition standards for the meals we serve your kids. You might have heard reports earlier this summer about those new guidelines being scaled back. We want to assure you that did not happen -- indeed, we're continuing to strengthen our efforts to provide the best possible nutrition for your kids for the 2014-2015 school year. Here's how we're moving forward for lunch, breakfast, and healthy snacks this year.

For Lunch:

- * We're continuing our "DON'T4GET!" Campaign to make sure kids know to **choose at least one fruit or vegetable** as part of their complete school lunch.
- * Beginning this year, **all of the grains we serve must be whole-grain rich** (with the exception of some pastas).
- * **All of the other changes are still in place, including:** calorie maximums, on-going reductions in sodium, more choices and variety of fruits and vegetables (especially the healthiest kinds), and less than 10% saturated fat and zero trans fat in all meals.
- * **Fat-free (unflavored or flavored) and unflavored low-fat milk** may be offered, but kids can choose not to take milk if they choose enough other items.

For Breakfast:

- * We're continuing our "FIRST THINGS FIRST" campaign to promote **the importance of breakfast for kids' ability to learn** in the morning.
- * **NEW THIS YEAR:** Kids must now **choose a fruit serving** as part of their complete school breakfast.
- * In addition to the fruit, **kids must take at least two other items for a complete breakfast**, with lots of grain options (all whole-grain rich, as with lunch), milk, occasional vegetable choices, and protein options, too.
- * **Fat-free (unflavored or flavored) and unflavored low-fat milk** may be offered, but kids can choose not to take milk if they choose enough other items.



DON'T4GET!
Take at least **ONE**
FRUIT
or
VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!



First things First



Choose at least
ONE serving of **FRUIT**
and at least
THREE items **TOTAL**
so your meal counts as
a **Complete Breakfast!**



BREAKFAST
@SCHOOL
For first-class learning!

Featuring
Healthy Fruits
& Grains!

Also new this year: "Smart Snacks"

Beginning this year, new regulations will also apply to all snacks sold at school. These "Smart Snacks" requirements cover ala carte entrees, sides, and snacks offered in the cafeteria, plus all food sold at other venues at school -- in school stores, snack bars, vending machines, etc. Infrequently, fundraisers may be exempt from the nutrition requirements. All of these foods will have to meet various criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar. Allowable beverages will include water, fat-free (unflavored or flavored) and unflavored low-fat milk, 100% fruit and vegetable juice without added sweeteners, and, at High Schools only, other zero-calorie and lower-calorie drinks, with size limits. Caffeine is allowed only in High School drinks.

COLCHESTER SCHOOL DISTRICT
NUTRITION & FOOD SERVICES

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