

Changes To School Meals

Attention Parents



Adequate nutrition is vital for proper growth and development. Studies indicate that there is a strong link between good nutrition and academic performance; lending a well nourished child to have better memory function, improved concentration, and less behavioral problems. In January 2012, the United States Department of Agriculture (USDA) unveiled legislation that proposed comprehensive changes to the school nutrition environment.

Exceeding nutrition standards has been a focal point for Palm Beach County and fortunately we are in compliance with the majority of the new guidelines!

School meals will continue to offer students the opportunity to create a meal from a variety of food groups. The food groups include:

Grains • Meats • Fruits • Vegetables • Milk

For lunch students may select three, four, or all five of the above food groups to complete their meal. At least one of these choices **must** be from the fruit or vegetable group.

Some of the key menu design changes that all school districts must adhere to include:

- Changes in portion sizes due to the new calorie ranges per meal
- Maximum weekly ranges placed on the offerings of grain and meat products
- Reducing the overall level of saturated fat and sodium within meals



**DID
YOU
KNOW?**

Every school in Palm Beach County offers students the opportunity to have a nutritious breakfast and lunch. Meals are created by Registered Dietitians and are designed to provide students with a variety of food groups that align with the Dietary Guidelines for Americans. We offer a variety of fresh fruits and vegetables, whole grain bread products, and fat free and low fat dairy options. In addition, great strides were made to eliminate foods that contain trans fat.