



Healthy Changes in Our School Cafeterias!

Dear Redford Union Families,

This fall, school cafeterias throughout the country 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!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches throughout the county will meet additional standards requiring:

- Age-appropriate calorie limits for Elementary, Middle School and High School meals
- Larger servings of vegetables and fruits. Students must take at least one serving (or ½ Cup) of fruits or vegetables with their school lunch at all grade levels.
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes will be offered in the school cafeterias.
- Fat-free or 1% milk will be offered - Flavored milk will be only be available in Fat-Free.
- More Whole Grains will be offered – 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.

These changes will require more work and careful planning for all school districts, especially as we get used to the new guidelines. And 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!

We look forward to welcoming your children to our cafeterias this fall.