

Healthy Changes in Our School Cafeterias!

Dear Bonita Unified School District families:

This fall, the Bonita school cafeterias will be meeting new federal nutrition standards for school meals. The implementation of these standards will ensure that meals are healthy and well-balanced and will provide students all of the nutrition they will need to succeed at school. Now is a great time to encourage your students to choose the 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 the 2012-13 school year, our lunches will meet additional nutrition standards that require:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

We're always working to offer Bonita USD students healthier and tastier choices. As the students visit our enhanced Elementary School Salad Bars stocked with healthy, delicious fruits and vegetables. Please encourage them to try some of the unfamiliar selections as well as those fruits and vegetables that they see and eat on a daily basis. We will be offering Farm to School selections along with a variety of choices from our fresh fruits and vegetable vendors.

These fresh fruits and vegetable options are also available daily at our Middle and High School locations. Please encourage your students to join us for fresh selections of Salads and Sandwiches along with all of their other favorites.

School meals are a great value and a huge convenience for busy families. We also have a new easy to use on-line payment system @ www.mynutrikids.com where you can purchase meals and access to your student's lunch account.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Bonita Unified School District's healthy school meals contact the Food Service Office directly.

To get additional facts about school meals, you may visit www.TrayTalk.org.

Thank you!

Susan M. Kilgour
Director, Food Services