

Our commitment to good nutrition for kids continues for 2018-2019!

Over the last several school years, we've been putting in place new nutrition standards for the meals we serve your kids. And in 2018-2019, we're continuing to strengthen our efforts to provide our students the best possible nutrition. Here's how we're moving forward for lunch, breakfast, and healthy snacks this year.

For Lunch:



DON'T 4GET!
Take at least **ONE**
FRUIT
or
VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!



- * We're continuing our **"DON'T 4GET!"** campaign to remind kids to **choose at least one fruit or vegetable** as part of their complete school lunch.
- * **All of the grains we serve are whole-grain rich** (with a few exceptions).
- * **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 and low-fat milk (unflavored or flavored)** 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.
- * Kids must **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 (most whole-grain rich, as with lunch), milk, occasional vegetable choices, and protein options, too.
- * **Fat-free and low-fat milk (unflavored or flavored)** may be offered, but kids can choose not to take milk if they choose enough other items.

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!

"Smart Snacks"

New regulations 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.

RUSH-HENRIETTA
FOOD SERVICES DEPARTMENT

This institution is an equal opportunity provider.

School Meals
We serve education every day™