

September 2012

Healthy Changes in Our School Cafeteria

Dear HCSD Family,

This fall, Hudson's school cafeterias are meeting tough, but exciting new federal nutrition standards for school meals. The new nutrition standards ensure that meals are healthy and well balanced to provide students with all the nutrition they need to succeed in school.

The new standards set strict regulations for portion sizes yet offer a wide variety of different fruits, vegetables, proteins, and grains. Some of the new standards include:

- Portion sizes and calories individualized for each grade group (K-5, 6-8, 9-12)
- Fat free or low fat milk varieties
- Larger servings and more variety of fruits and vegetables
- More whole grain products

We are always working to offer HCSD students healthier and tastier school lunch choices.

School meals are a great value and a huge convenience for busy families. Encouraging your child to choose a well-balanced school lunch will teach them to make smart food choices and maintain a healthy lifestyle.

We look forward to welcoming your children to the cafeteria this fall. To find out more about HCSD healthy school meals please review the back of the September 2012 menu, and to get the facts about school meals visit www.traytalk.org or www.nysed.gov/CN/CNMS.htm