



New School Meal Regulations Rocky River City School District Nutrition Services

Beginning with the 2012-2013 school year, there will be new USDA requirements for school meals. Over the last few years, the Nutrition Services Department has been proactive in implementing some of these changes gradually so that students will not see major differences in their school lunch this year. Below the changes are highlighted:

Changes:

Flavored milk must be fat free. White milk must be 1% or fat free.

Students will be required to take a fruit or vegetable serving to be counted as a full meal. If a student purchases anything less than a full meal, a la carte prices will be charged. We offer a variety of fruits and vegetables daily as well as a well-stocked salad bar to give the students more choices.

At least half of the bread/grain servings offered must be whole grain-rich. Almost all of our grains offered already meet this requirement. We are working with local pizza establishments so that their products meet the guidelines as well.

Vegetables must be offered from the following groups each week: dark green, orange/red, starchy, legumes and other vegetables such as celery and green beans. Our menus will be offering all of these vegetables groups and our salad bars will be stocked with additional items so the students have a wide range of fresh and healthy choices.

Students are encouraged to take the fruits, vegetables and salad bar that are offered with each meal.

Schools have until 2014-2015 to meet the first level of new sodium limits in meals. We are working to meet these levels as required. Additionally, as manufacturers reformulate their products to bring down sodium levels, it will be easier to meet this requirement over time.

How You Can Help:

Explain to your children that they must select at least one fruit or vegetable at lunch or they will be charged a la carte pricing.

The *Combo Meal* for both the High School and Middle School includes a choice of one hot entrée, fruit, vegetable, salad bar and milk.

It is a GREAT value at \$3.00!

Encourage your children to try new things at home and school.

Talk to your child about what he or she has eaten for lunch at school.

If you have questions or concerns, please feel free to contact us at 440-356-1362.