



Healthy Changes in Our School Cafeterias!

Dear Coffee County Schools' Parents/Guardians,

The federal government has finalized new nutrition standards for the meals served to nearly 32 million students every school day. These new standards require schools to serve more fruits and vegetables (including legumes, dark green and orange vegetables every week), switch to whole grains and limit the sodium and calories in each meal.

This school year, Coffee County Schools' cafeterias have developed menus to meet these tough new federal nutrition standards for our school meals. The menus ensure that meals are healthy, well-balanced and provide students all the nutrition they need to succeed in school. Now is a great time to encourage your kids to choose school breakfast and lunch!

School meals offer students milk, fruits, vegetables, proteins and grains. The new federal nutrition standards required this year are the following:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits [this year, students **MUST** include at least ½ cup of a fruit and/or a vegetable for the lunch to be a complete meal. Visit www.coffeecountyschools.com and click on School Nutrition for the Offer vs. Serve Policy. If the student does not purchase a complete meal, the items will be a higher (a la carte) price].
- A wider variety of vegetables, including legumes, dark green and red/orange vegetables
- Fat-free or 1% milk (flavored milk must be Fat-free)
- More whole grains
- Less sodium
- No trans fat

The Coffee County School Nutrition Program is always striving to provide students healthier meal choices. School meals are a great value and a huge convenience for busy families too!

We look forward to welcoming your children to their school cafeteria this year. If the School Nutrition Department can be of any assistance regarding our school meals program, please contact Shanelle Gray, Director of School Nutrition, at (931) 222-1058.

Thank you!

"This institution is an equal opportunity provider."