

NUTRI-SERVE FOOD MANAGEMENT, INC.



School Food Service Management
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Healthy Changes in Our School Cafeterias!

Dear Mt. Ephraim families,

As we begin the 2012-2013 school year, Nutri-Serve Food Management school cafeterias will be designing their menus in compliance with new federal nutrition standards for school meals. It has always been the goal of Nutri-Serve Food Management to prepare healthy and well-balanced meals providing all the nutrition students need to succeed in school.



Now is a great time to encourage your kids to choose school lunch!

School cafeterias are required by the USDA to offer students five components to each lunch based off of the newly designed "MyPlate" nutrition model (*pictured above*). These components include: a milk, fruit, vegetable, protein and whole grains. Starting in School Year 2012-2013, school lunches must meet the following additional standards:

- Age-appropriate calorie minimums and maximums
- Larger servings of vegetables and fruits (students must take at least one serving of a fruit or a vegetable)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes each week.
- Fat-free or 1% milk (flavored milk must be fat-free)
- Whole grains (at least 51%) with maximum servings set by grade group per week.
- Protein servings will be a maximum of 2 ounces for Grades K-8 and 2.4 ounces for Grades 9-12.
- Maximum 10% Saturated Fat.
- Less sodium

Nutri –Serve Food Management is always working to offer students healthier and tastier choices.

School meals are a great value and a huge convenience for busy families too!

Breakfast - Full Price = \$1.55, Reduced Price = \$0.30

Lunch - Full Price = \$2.80, Reduced = \$0.40

Nutri-Serve Food Management looks forward to welcoming your children to the cafeteria this fall. To find out more about Mt. Ephraim's healthy school meals and to get the facts about school meals visit www.TrayTalk.org or www.nsfm.com

Thank you for supporting our lunch program!

Debbie McCue, Food Service Director