

Welcome Back

Healthy Changes in Our School Cafeterias!

Dear Battle Lake School families:

This fall, Battle Lake school cafeterias are meeting challenging new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat, trans fat and portion size. Starting in School Year 2018-2019, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits. Lunch calorie limits are:
K-6 550-650, 6-8 600-700, 9-12 700-850 calories.
- Larger servings of vegetables and fruits (students must take at least one serving of produce).
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes.
- Fat-free or 1% milk (flavored milk must be fat-free).
- More whole grains.
- And less sodium.

We know that at times change can be hard. Some of the more apparent changes that students will see include, **smaller portion sizes and** a limit on amounts of condiments. Lower numbers of bread/grain items now served, stricter control on meat/meat alternate (protein) serving sizes, elementary protein limits have been reduced to 1oz minimum instead of the 2oz for HS students, unlimited fruits and/or vegetable servings, and the reduction of salt used in food preparation at lunch. But with your support, we can be sure that children adopt the kind of healthful eating habits and lifestyles that will enable them to live longer, more productive lives.

- School meals are a great value and a huge convenience for busy families too! Apply for Free/Reduced Meals by downloading the application off of the website or pick one up at the school. Our school lunches cost only \$2.35 for elementary students and \$2.60 for secondary students and parents can pay for these meals **[cash, check or the school website pay pal, etc.]**
- To see our menus and get more information on our web site www.battlelake.k12.mn.us
- We're always working to offer Battle Lake students healthier and tastier choices. Please check our web site to get information on menu's and school store items that are sold in our school lunch room.

We look forward to welcoming your children to the cafeteria this fall. [Visit the USDA website to find out more about the healthy school meals requirements](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm)(http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm).

Thank you!

Wendy Molstad

Food Service Director