

School Meals are Changing - New School Meal Requirements (9/1/15)

You may have heard that there are new requirements for school meals. The new requirements are great news for our students! The new requirements will help Potter Valley Community Unified School District build on the work we are already doing to provide more fruits, vegetables, whole grains and healthier entrees in our school cafeteria.

Some of the New Requirements Include

- Increasing the amount of fruits and vegetables
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits for the first time
- Increasing whole grains
- Limiting the amount of meat/meat alternatives and grains

Students will now be required to have ½ cup of fruit or vegetable on their tray for it to count as a full meal. We plan to offer a variety of fruits and vegetables daily to give students more options in the hopes that choosing fruits and vegetables will be easy.

Schools are now limited on how much meat/meat alternate and grains that can be offered. This means that some of the main dishes may not be as large as they have been in the past. Remember, though, there will be more fruits and vegetables available, to fill out the meal and ensure students have plenty to eat!

In *PVCUSD*, we have already made progress toward meeting the new requirements.

What Are We Doing

- Fresh fruit and vegetables are served every day.
- Sandwiches are served on whole wheat buns.
- All pasta served is whole grain.
- Milk that is available is only low-fat or fat-free.
- Main dishes have been changed to reduce sodium.
- Dark green and orange vegetables are served on a weekly basis.
- Dried beans have been incorporated into some of the recipes.
- Salads are available every day that include romaine lettuce and spinach.

We'll face some challenges to meet the new requirements on a tight budget, but our school nutrition program will work hard to make these healthy changes for our students and make each meal something our students will enjoy!

We would like to introduce you to our new Head Cook, Stacey Mills. Ms. Mills is very excited about joining our PVCUSD team. She is interested in trying new recipes and welcomes feedback. One of our expectations of Ms. Mills is that she will follow all Federal and State program rules to ensure the district is in compliance with dietary guidelines and that our meals meet the requirements for reimbursable meals.

If you have any questions or concerns, please feel free to contact us. We are here to help!

Krista Eisbrenner, Business Manager 743-2101