

Dear Harper Woods School District Parent:

The USDA has recently issued new school meal requirements for the National School Lunch and Breakfast Program. These standards will be effective for the 2012-2013 school years. This means Harper Woods School District's students will see some beneficial changes next school year in the foods served at school. Chartwells School Dining Services manages the food service department at Harper Woods School District and has already begun incorporating several positive initiatives that will allow a smooth transition to the new meal requirements.

Your student will experience the new USDA requirements when they dine in their school cafeteria. One vital change is the requirement for a student to select at least ½ cup of fruit or vegetable to make up a complete meal. There are five food groups to select foods from: fruits, vegetables, protein, whole grains, and milk. Student meals must contain at least a selection of 3 of the 5 food groups with one being the fruit and/or vegetable selection. If no fruit or vegetable is selected, the student will pay the individual item prices for foods instead of the complete meal price. Here is an overview of what your student can expect to see in their school dining center at Harper Woods School District.

Increase In Fruits and Vegetables

- In the upcoming school year, all students will be offered double the amount of fruits and vegetables with meals.
- Colorful fruits and vegetables will provide essential vitamins and minerals important for growth and development during childhood.
- We will offer a large variety of nutrient dense fruits and vegetables, including dark greens, orange starchy vegetables and legumes.
- Students will now be required to select at least 1/2 cup of fruit or vegetable for their meal to be considered a complete meal or will be charged individual item prices.

Allowable Grains and Proteins

- Menus will offer specific amounts of whole grains and proteins that meet the requirements
- We already offer a variety of whole grains like rolls, muffins, pancakes, waffles and whole-grain/reduced sugar cereals

Lower Sodium

- We continue to work with food manufacturers to reformulate food products including lower sodium sauces and spreads
- Chartwells' chefs and registered dietitians continually create tasty new recipes that use non-salt seasonings and herbs to replace and reduce salt

Reduced Fats

- We only serve food products and ingredients that contain zero grams of trans fats per serving and we encourage the use of healthy fats and oils.
- Its important to limit unhealthy fats such as saturated and trans fat because eating too many can lead to heart disease and high cholesterol, as well as other chronic diseases.

Menus by Age Groups

- Menu planning will be aimed at ensuring students receive age-appropriate portions and nutrients.
- For nutritional purposes serving sizes might mean some smaller portion sizes on some items like breads, meats, burritos, wraps, sub sandwiches, hot meat sandwiches, calzones/stromboli's, and pasta dishes.

2012 - 2013 School Year Full Meal Prices

All Harper Woods School District Schools are currently participating in universal breakfast. This being said all students will be eligible for free breakfast daily regardless of the Free/Reduced Applications. For lunch the prices remain the same as last school year.

\$0.00 Elementary Breakfast	\$0.00 Middle School Breakfast	\$0.00 High School Breakfast
\$2.50 Elementary Lunch	\$2.75 Middle School Lunch	\$2.75 High School Lunch

Both Chartwells and Harper Woods School District are dedicated to providing quality nutritious meals that students will enjoy and choose to eat. We hope you will encourage your students to try new fruits and vegetables and you will join us for a meal at school to see the changes for yourself. If you have questions or concerns, please feel free to contact us at (313) 245 - 3025 or via email at brian.corbett@hwoods.k12.mi.us. We encourage you to see what's on the menu at school.

Sincerely,



Brian Corbett
Director of Dining Services
Chartwells School Dining Services
Harper Woods School District