

# We're Building Better Menus!

By law, school meals must be based on the Dietary Guidelines for Americans

Schools across the country will make changes in the lunch program in the fall of 2012.



- **MyPlate** was developed as an effort to promote healthy eating to consumers.
- The **MyPlate** icon is easy to understand and it helps to promote messages based on the 2010 Dietary Guidelines for Americans
- The new **MyPlate** icon builds on a familiar image — a plate — and is accompanied by messages to encourage consumers to make healthy choices.

## What can parents expect from school meals??

### Schools will serve more of the healthy foods students need:

<b>Protein</b>	Most students eat enough food protein, but need to make leaner and more varied selections of these foods. Look for smaller portions and meat alternative, i.e. dried beans & peas choices.
<b>Whole Grains</b>	Students need more whole grains for fiber and other nutrients. Look for whole grain pasta, bread, pizza, and cereals in schools.
<b>Fruits &amp; Vegetables</b>	Variety of color and types does a body good. Every lunch will include both fruits and vegetables and a wide variety of types will be offered each week.
<b>Vegetables</b>	In schools using the "Offer vs. Serve" program at lunch, students must take at least ½ cup of fruit and/or vegetable.
<b>Low-fat &amp; Fat-Free Milk</b>	Low fat and fat-free milk have all the nutrients without extra calories and fat. All schools will offer fat free (flavored or unflavored) and low-fat (unflavored only) milk.

### Schools will serve less of the foods students don't need:

<b>Trans Fat</b>	Trans fats are not good for your heart and raise cholesterol. Schools are eliminating foods with added trans fats.
<b>Sugar</b>	High sugar foods provide extra calories and little nutrition. Look for healthy cereals with little sugar and whole grain desserts low in sugar.
<b>Sodium</b>	Most students consume double the recommended amount of salt. Schools meals are seasoned with herbs, spices and other flavorings in place of sodium.
<b>Condiments</b>	Condiments are a common source of fat, salt and sugar. Schools will control portions and offer lower fat versions of condiments.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired may contact USDA through the Federal Relay Service at (800) 877- 8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.