

Cafeteria Connection

Connecting you to your
child's school lunchroom



GET TO KNOW THE NUTRITION GUIDELINES FOR SCHOOL MEALS

Parents are often curious about school meals and the reasons behind why we serve the menus that we do. Some wonder why we don't just serve pizza and hamburgers every day, while others think that the food just isn't healthy enough.

Schools like ours that participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) are required by the USDA to serve menus that meet specific nutrition standards to ensure we serve students nutritious foods that fuel growing bodies and support learning minds.

What are the nutrition requirements school meals need to meet?

- **MORE FRUITS AND VEGETABLES.** We offer students a variety of fruits and vegetables at every meal. Our vegetable choices must include weekly offerings of legumes (beans/peas), dark green, starchy, red/orange, and "other" vegetables (such as cucumbers or green beans). Your child is required to take at least a ½ cup serving of fruits or vegetables with every school breakfast or lunch.
- **SODIUM LIMITS.** We're gradually reducing the sodium from school meals and finding creative ways to add flavor to foods without adding salt, like adding herbs and spices.
- **AGE-APPROPRIATE CALORIE RANGES.** Meals must meet calorie minimums and maximums based on grade level:
- **MORE WHOLE GRAINS.** At least half of the grains we serve are whole grain-rich, or contain at least 51% whole grain. This includes a wide variety of grain-based foods we have in our menus: breads, buns, pastas, even the crusts our pizzas are made from!
- **LIMITS ON UNHEALTHY FATS.** Our meals are trans-fat free and contain no more than 10 percent of calories from unhealthy saturated fat.
- **LOW-FAT AND FAT-FREE MILK.** Every school meal offers one cup of fat-free or 1% milk.

Grades	Breakfast	Lunch
K-5	350-500 calories	550-650 calories
6-8	400-550	600-700
9-12	450-600	750-950

Montezuma-Cortez Schools
Nutrition Services
970-565-5157
svanhouten@cortez.k12.co.us