Join together for the health of our children

- In 2008, the Center for Disease Control reported 1 in 3 children are overweight or obese
- Health complications that typically occur in adulthood are now being seen in our youth
- New school nutrition guidelines were developed to help improve the health of our children and foster healthy behaviors for life
- Parents can help reinforce these healthy habits at home, modeling appropriate portions and eating more fruits and vegetables with their children

New USDA menu guidelines make every tray healthier

To help guide students in building a balanced tray, schools offer:
- All-you-care-to-eat fruit and veggie Choice Bars
- Meals with fewer calories, less fat, and less sodium
- Leaner proteins, with meat-free alternatives
- Right-sized portions of more satisfying foods
- More whole-grain options

Food allergies

For students with food allergies, we have made it easy to find the ingredients in each menu item. Look for these allergen symbols to find out which foods contain the top eight allergens.

For more information contact your school’s nurse or cafeteria supervisor or visit ns.spps.org.

2012-2013 meal pricing

<table>
<thead>
<tr>
<th></th>
<th>LUNCH</th>
<th>BREAKFAST</th>
<th>EXTRA MILK</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE-K – 5</td>
<td>$1.90</td>
<td>No cost</td>
<td>$0.50</td>
</tr>
<tr>
<td>GRADES 6 – 8</td>
<td>$2.10</td>
<td>No cost</td>
<td>$0.50</td>
</tr>
<tr>
<td>GRADES 9 – 12</td>
<td>$2.20</td>
<td>No cost</td>
<td>$0.50</td>
</tr>
<tr>
<td>REDUCED-PRICE</td>
<td>$0.40</td>
<td>No cost</td>
<td>$0.50</td>
</tr>
<tr>
<td>ADULT OR GUEST</td>
<td>$3.75</td>
<td>$2.00</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

Free and reduced-price meals

You may apply for free or reduced-price school meals online. Go to https://mealapp.spps.org and follow the on-screen instructions. Instructions are provided in English, Hmong, Karen, Somali and Spanish.

Contact Us

Web: ns.spps.org
Phone: 651-603-4950
Email: nacs@spps.org
Nutrition and learning

- Proper nutrition gives our students the energy to learn and reach their full potential in the classroom.
- Teachers agree, when students eat healthy meals, they are more likely to pay attention in class and get along with classmates.
- School breakfast helps students stay in the classroom, with records showing fewer absences and trips to the nurse’s office.

Breakfast to go

- Breakfast To Go allows students to select a school breakfast to eat in the classroom while teachers prepare for the day.
- Breakfast is available at no cost to all students at all locations.
- Students can choose from a number of delicious breakfast items daily including:
  - Whole grain breakfast muffins
  - Fresh fruit
  - Whole grain cereals
  - Low-fat yogurt
  - 100% apple or orange juice
  - Low-fat or skim milk

Building a better tray

<table>
<thead>
<tr>
<th>GRADES</th>
<th>OLD DAILY MINIMUM CALORIES (NO MAXIMUM)</th>
<th>NEW DAILY CALORIE RANGE (MINIMUM AND MAXIMUM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K – 5</td>
<td>664</td>
<td>550-650</td>
</tr>
<tr>
<td>6</td>
<td>664</td>
<td>600-700</td>
</tr>
<tr>
<td>7 - 8</td>
<td>825</td>
<td>600-700</td>
</tr>
<tr>
<td>9 – 12</td>
<td>825</td>
<td>750-850</td>
</tr>
</tbody>
</table>

Don’t forget — students can choose unlimited fruits and veggies from the Choice Bar every day. Other changes in the cafeteria include:

- While fewer grains will be offered, more than half of the grains offered are whole-grain rich.
- Students are required to take a fruit or veggie with every lunch.
- A rainbow of five different vegetable groups served weekly:

<table>
<thead>
<tr>
<th>VEGETABLE SUBGROUP</th>
<th>CHOICE BAR OFFERINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red/Orange</td>
<td>Carrots, sweet potato sticks, grape tomatoes, red bell peppers</td>
</tr>
<tr>
<td>Dark Green</td>
<td>Spinach, romaine lettuce, broccoli</td>
</tr>
<tr>
<td>Beans/Peas</td>
<td>Black bean salad, garbanzo bean salad, chickpeas</td>
</tr>
<tr>
<td>Starchy</td>
<td>Corn and edamame salad, jicama sticks, green peas</td>
</tr>
<tr>
<td>Other</td>
<td>Cabbage, cucumbers, pea pods, cauliflower, celery, zucchini sticks, green bell peppers</td>
</tr>
</tbody>
</table>

Farm to school

The Farm to School program promotes healthy eating habits, supports neighboring small and mid-sized farmers, and builds the local economy. Plus, it offers important learning opportunities for students in the cafeteria, classroom, and community.

Studies show that students eat more fruits and vegetables when they are fresh and picked at the peak of their flavor. Students are also more likely to try new foods that are part of the Farm to School program. Look for the carrot icon on our menus to see what is locally grown each month.

“\These USDA changes are a win-win for students, parents, and our schools. Our goal is to set kids up to grow into healthy adults by reducing their risk of chronic disease and promoting overall health.”

Jean Ronnei
Director, Nutrition & Custodial Services
Saint Paul Public Schools