

Healthy Changes in Our School Cafeterias!

Dear Families,

This fall, Thompson Public School cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

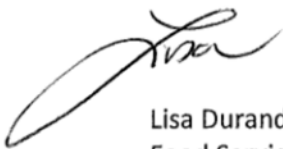
- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer Thompson Public School students healthier and tastier choices. We will be offering more fresh fruit & vegetable choices, as available and purchased locally whenever possible.

School meals are a great value and a huge convenience for busy families too!

We look forward to welcoming your children to the cafeteria this fall. More information about Thompson Public Schools healthy school meals will soon be available on our school's website @ www.thompsonpublicschools.org. To get the facts about school meals visit www.TrayTalk.org.

Thank you!



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