



City School District of New Rochelle
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To All Parents and Guardians:

This Fall, school dining programs across the country must adhere to new federal nutrition standards for school meals based upon the Healthy Hunger Free Kids Act (HHFKA) to ensure that meals are healthy and well-balanced and provide students the nutrition they need to succeed at school.

The City School District of New Rochelle along with Whitsons, our Food Service Provider, has been ahead of these Nutritional Standards for the past few years and many of these nutritional standards are already in place.

We currently offer:

- Whole grain breads and pasta
- Daily variety fresh fruits & vegetables
- Black bean salsa, garbanzo beans, and hummus as other protein options
- Fat free and low fat milk
- Age-appropriate calorie limits
- Salad Lunch with Leafy Greens and Protein
- Reduced sodium content

Here are some of the most noticeable changes you will see in September, 2012:

- Larger serving sizes of vegetables and fruits to complement smaller portions of proteins and grains
- Increased vegetable protein offerings such as lentils, lima beans and bean salads
- Limiting the offering of juice as a fruit option to twice per week at the elementary and middle schools.
- We will no longer offer a Bagel Lunch Daily at the Elementary locations, because, it exceeds the grain requirement under the new mandate.

Parents are encouraged to consider implementing these nutritional changes at home. To find out more and to get the facts about healthy school meals, we invite you to visit www.TrayTalk.org.

Sincerely,

JBQ/cm

John B. Quinn
Assistant Superintendent
Business Office

cc: Dr. Adrienne Weiss, Medical Director
City School District of New Rochelle

Christine Kunnmann, District Manager
Whitsons Food Service

