



September 2012

Dear Parents and Guardians,

Welcome back to the new school year.

There are many changes taking place in school cafeterias throughout the country. The President signed the **Healthy, Hunger-Free Kids Act** with the goal of ensuring proper nutrition for students.

The new regulations result in a redesigned menu for schools that participate in the National School Lunch Program. In summary, the changes are:

- A variety of vegetables, from specific groups, will be offered over the course of the week
- Students must select at least a fruit or a vegetable with their meal each day
- There is a maximum amount of protein that can be offered
- There is a maximum amount of bread/grain that may be offered
- Only fat free flavored and low fat white milk can be offered

You will also see more whole grain items on the menu. Pomptonian will continue to prepare our menus without any added trans fats and continue to reduce sodium. We will also continue to offer a variety of fruit selections and feature locally grown produce, in season.

Parents should encourage their child to choose all the items that make up the complete and balanced meal. A serving of a fruit or vegetable will be served with each student's meal.

As your school's nutrition provider, it is our goal to offer a program that meets not only the likes of the students, but also provides sound nutrition. We appreciate and seek the valued input of parents, students and administrators. Please feel free to email your comments or suggestions to comments@pomptonian.com.

Wishing you a happy and healthy year.

Sincerely,

Mark Vidovich
President



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