

## Healthy Changes in Our School Cafeterias!

Dear Payette School District families,

This fall, Payette School District, School cafeterias will be meeting 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, vegetables, meat/meat alternate, and grains. We have strict limits on saturated fat, calories, sodium and portion size.

- 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, red/orange, Starchy, other and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- 100% whole grains
- And less sodium

We're always working to offer Payette School District students healthier and tastier choices. If you have any questions or ideas please contact me.

School meals are a great value and a huge convenience for busy families too! All students will be FREE this school year for breakfast and lunch. You are encouraged to come and eat with your children any meal. Adult meal price will be \$3.75 for lunch and \$2.75 for breakfast. The Payette School District does offer on line payment, we have a link on our web site. [www.payetteschools.org](http://www.payetteschools.org) You can still put money on your students account in case they would like to buy extra food. We will not allow any charges this year.

We look forward to welcoming your children into the cafeteria this year. To find out more about Payette School District healthy school meals, visit our website [www.payetteschools.org](http://www.payetteschools.org), and to get the facts about school meals visit [www.TrayTalk.org](http://www.TrayTalk.org). Also we have an app for your phone, nutrislice.

We are always looking for subs to work in our kitchens. If you are interested please contact me.

Thank you!

Kellie Campbell

Payette School District Food Service Director

208-642-4751

[kecampbell@payetteschools.org](mailto:kecampbell@payetteschools.org)