

# School Meals Are Nutritious!

Nutrition Services  
Enfield Public Schools  
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*Eat to Learn, Learn to Eat!*

**This fall**, school cafeterias will be meeting tough new federal nutrition standards for school meals, ensuring that meals are 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 meals!

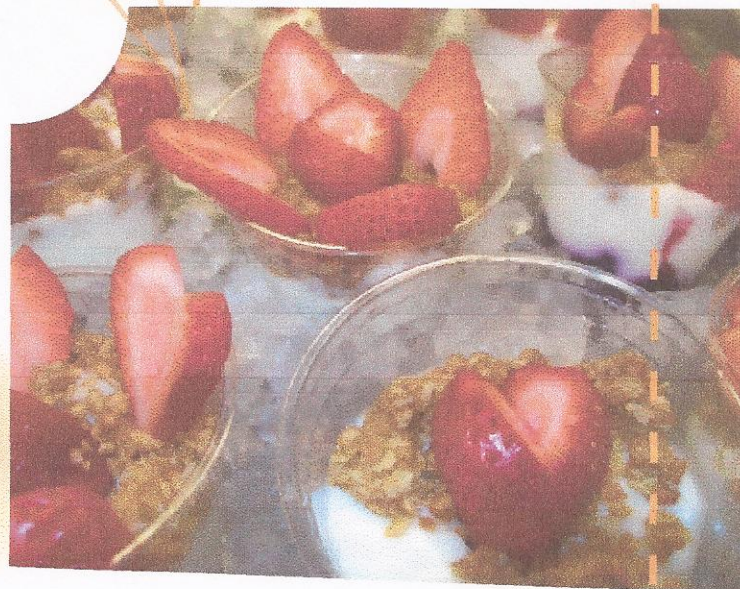
**School meals** offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- 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
- Less sodium

## Want more information?

Go to [www.traytalk.org](http://www.traytalk.org) to get the facts about school meals.

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## Learn More About Whole Grain

We are adding nutritious and tasty whole grain items to the menu.

- Products with whole grain such as cereal, bread and pasta are a great way to get your recommended whole grain.  
(At least 48 grams of whole grain recommended daily. A slice of 100% whole grain bread weighing one ounce, for instance, contains about 16 grams of whole grain.)
- The phrase "whole grain" or "whole" before a grain's name in the ingredient list means that it includes all parts of the grain kernel.

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#### What is Whole Grain?

Whole grains are seeds that consist of three components

Fiber-rich bran  
Starchy endosperm  
Nutrient-packed germ

