



Healthy Changes in Your School Nutrition Department!

New requirements for School Meals under the United States Department of Agriculture began at the start of the 2012 – 13 School Year and are still in place today. Woodlake Unified Nutrition Services Department not only meets these requirements but often exceeds them. This fall Woodlake Unified school cafeterias continue to meet the tough federal nutrition standards for all school meals that were a result of the Healthy, Hunger Free Kids Act (HHFKA) of 2013. The HHFKA ensures that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school.

School Breakfast and School Lunch offer our students a wide variety of choices including cold milk, fruits and vegetables, proteins and grains, and they meet strict limits on saturated fat and portion size. School meals also require:

- Age-appropriate calorie limits and serving sizes
- Larger servings of vegetables and fruits (each student will be required to take at least one ½ cup serving of fruit and / or vegetable at each meal)
- A wider variety of vegetables, including dark green (spinach and broccoli) and red/orange vegetables (carrots, tomatoes, sweet potatoes) and legumes (beans and lentils)
- 100% of all grains served must be Whole Grain (wheat, brown rice)
- And less sodium, commonly known as salt

We're always working to offer our students healthier and tastier choices and have already been serving healthy and delicious meals that include low fat milk, fresh fruits and vegetables, whole grains, low fat cheese. We look forward to welcoming your children to the cafeteria this fall. To find out more about healthy school meals and to get the facts about school meals visit www.TrayTalk.org.

Thank you- Woodlake Unified School District Nutrition Services Department