



Food Service Office  
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## Healthy Changes in Our School Cafeterias!

Dear Mifflin County Community School District families,

This fall, MCSD school cafeterias are meeting tough 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!

MCSD 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 September, for school year 2012-2013, school lunches will meet and adopt additional standards set by the federal government requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce daily)
- 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
- And less sodium

We're always working to offer MCSD students healthier and tastier choices. We partner with local and national food vendors to provide the best quality available to us. We participate with other local districts in joint buying to secure our groceries at the most reasonable prices available to us.

School meals are a great value and a huge convenience for busy families too! Our lunch prices for 2012-13 are \$2.15 for elementary lunch and \$2.40 for secondary lunch. Breakfast is served at all MCSD schools at \$1.10. Free and Reduced lunch benefits are available at all schools for both lunch and breakfast. Deposits may be made any time by using the My School Account website at [www.myschoolaccount.com](http://www.myschoolaccount.com).

We look forward to welcoming your children to the cafeteria this fall. To find out more information on the new USDA Guidelines you can visit [www.TrayTalk.org](http://www.TrayTalk.org). Thank you!

Sincerely,

Melanie Hill  
Food Service Supervisor