

September 2012

Dear Parent(s)/Guardian(s),

In an effort to make our lunches healthier and more nutritional and to meet the new state and federal school lunch guidelines, there are a few changes to our program this year.

- \* Bagels will no longer be offered as an alternate lunch
- \* PK & K classes will only be allowed white milk (skim or 1%) - we will cover the chocolate milk with trays and keep to the rear of the milk chest. All other grades will have the option of white or chocolate
- \* orange juice is no longer available as a drink option (but it will be available on days that it is listed on the main lunch menu)
- \* no more cheese cubes on the serving line - they will only go with the pbj (uncrustables)
- \* as of now, there are no bakes goods/cookies (this may change in months to come - we'll keep you updated)
- \* every lunch is required to have AT LEAST one serving of fruit and/or vegetables (they may take as many fruits and veggies as they like)

These changes reflect updated policies on saturated fats, calories, sodium, sugar and grain limits.

Also, the price of our lunches has been raised \$.10 (so, students are \$2.60). I am checking with our director to see if the teacher prices have also been raised here as they have at the other Braintree schools.

If you have any questions, please don't hesitate to contact me or the Food Services Director, Megan Ahrenholtz at 781-380-0144

Thank you! Looking forward to our new year!

Carol Palermo

(kitchen manager)