

# What's New in Dining Services

Perhaps you've heard about the all new federal regulations regarding school lunch. This document is designed to help you understand the new program.

This fall, **Southern Fulton School District** 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 child(ren) to choose school lunch!

School meals offer students milk, fruits, vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Beginning 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 will be fat-free)**
- **More whole grains**
- **And less sodium**

When possible and available, Metz Culinary Management is proud to utilize local produce in our program.

## Leave Your Lunchbox At Home!

Buying lunch at school is a nutritious and healthy option and can help save money.

### Cost of Southern Fulton School District Lunch

Elementary – 1.50

Jr./Sr.High School - 1.75

Reduced - \$0.40

With many nutritious and delicious options offered daily; there's something to please everyone.

## What Makes a New School Lunch?

Each day your child will be offered a complete lunch, which includes a serving of:

1. Meat/Meat Alternate
2. Bread
3. Fruit
4. Vegetable
5. Milk

In order for a lunch to be in compliance with the new guidelines; students must choose at **least three** of the **five** components and **one must be a fruit or vegetable**. Some examples include:

1. Meat/Meat Alternative + Grain/Bread + Vegetable + Milk
2. Meat/Meat Alternative + Grain/Bread + Vegetable
3. Meat/Meat Alternative + Grain/Bread + Fruit
4. Meat/Meat Alternative + Grain/Bread + Fruit + Vegetable + Milk

\*Please note that each example includes a fruit or vegetable.



## Payment Options

Automatic payments can be made by logging on to [www.myschoolaccount.com](http://www.myschoolaccount.com). Parents can create an account, check their child's account balance, track when their child is eating and make payments to their cafeteria account via credit or debit cards. Adding payments via credit or debit card is subject to a \$1.95 transaction fee as per the MySchoolAccount website.

Parents may also make a deposit by personal check, payable to the Southern Fulton High School or Southern Fulton Elementary or by cash. If you are paying with cash, please put the cash in an envelope with your child(ren)'s name on the outside of the envelope. The envelopes are to be given to the cashier in the cafeteria. Deposits will appear in the student's account as soon as they are entered by the cashier.

Free and reduced lunch must be applied for at the start of every school year. The application is available online or in the District offices or cafeterias.

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