



## Deer Valley Unified School District

### Federal Nutrition Standards for School Meals

The Healthy Hunger Free Kids Act has set federal nutrition standards for all schools meals. These standards are designed to ensure students are receiving well balanced meals that provide the nutrition they need to be successful in school. DVUSD has been working hard to meet and exceed these guidelines. Now is a great time to encourage your child to choose school meals!

School meals are made up of 5 components: milk, fruit, vegetable, grain and protein. Schools meals must also meet additional requirements including:

- Larger servings of fruits and vegetables
- A wider variety of vegetables, including dark green, red/orange and legumes (beans/peas)
- More whole grains
- Fat-free or 1% milk (flavored milk can only be fat-free)
- Less sodium
- Age appropriate calorie limits

#### What we have already done

Fresh fruit and vegetable bars have been adding to the variety of fruits and vegetables offered to DVUSD students for years. The fruit and vegetable bar allows students buying lunch in the cafeteria to take additional fruits and vegetable above and beyond what is offered as part of the school meal.

DVUSD has been slowly increasing the number of whole grain rich products offered for all meal options including breakfast, lunch, and a la carte. Starting with the 2014-2015 school year, 100% of the grains offered will be whole grain rich.

Whenever possible, we use low-fat and reduced sodium products.

#### How will these changes look on your child's lunch tray?

The age appropriate calorie limits may result in smaller portions for some entrée items. While this may be concerning, keep in mind students are able to take all 5 components (including larger portions of fruits and vegetables) and are also able to take fruits and vegetables from the fresh fruit and vegetable bar.

Some entrée items have to be removed all together, meaning there will be new items that may be unfamiliar to your child. We are committed to finding new, nutritious options that promote healthy living.

#### How can you help?

Encourage your child to try new foods at home and at school. Check out the "Nutrition Resources" tab on our page for tips and tools for healthy eating with your children. If you are interested in providing feedback or have questions about these standards, please contact Nona Bennett, RDN at [nona.bennett@dvusd.org](mailto:nona.bennett@dvusd.org) or 623-445-5165.