



## Healthy Changes in Our School Cafeterias!

Dear Huntington Beach Union H.S. District Families,

Huntington Beach UHSD school cafeterias, under tough federal nutrition standards for school meals work hard to ensure 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!

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 2012, school lunches met additional nutritional 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 must be fat-free)
- More whole grains
- And less sodium

We're always working to offer our students healthier and tastier choices. We consistently in our current and past years, met the recommended nutrient levels in our meals. We were awarded the Network for a Healthy CA grant to promote healthy lifestyles with exercise, nutrition education and healthful food choices.

School meals are a great value and a huge convenience for busy families too! Breakfast is only \$2.50 and includes a breakfast entrée, fruit or juice or vegetable and milk. For lunch, student's can select from a variety of entrées, fruit, juice, vegetables and milk all for only \$3.75 - \$4.00. We also offer as a convenience to parents and students, an on-line payment system where an account is set up and no cash is needed to purchase a breakfast or lunch. This eliminates the morning rush to prepare a lunch or find money to buy lunch that day.

To find out more about our healthy school meals, go to our website at <http://www.hbuhsd.k12.ca.us/Food-Nutrition/default.htm>.