

## 2012 New Meal Patterns By USDA

- As Lackawanna Trail School District students return to school this fall, they'll find healthy choices in their school cafeterias.
- Lackawanna Trail School District will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.
- School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size.
- Starting this fall, school lunches will meet additional standards requiring:
  - Age-appropriate calorie limits
  - Larger servings of vegetables and fruits
  - A wider variety of vegetables (including dark green and red/orange vegetables and legumes)
  - Fat-free or 1% milk
  - More whole grains
  - And less sodium
- We're always working to offer Lackawanna Trail School District students healthier and tastier choices. To get the facts about school meals visit [www.TrayTalk.org](http://www.TrayTalk.org)
- School meals are a great value and a huge convenience for busy families.
- Our school lunches cost \$2.35 for elementary students and \$2.75 for secondary students.