**UPPER PERKIOMEN SCHOOL DISTRICT**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DEPARTMENT** **OF FOOD SERVICES VALERIE B. NARTOWICZ**, **MS., RD.**

 **DIRECTOR OF FOOD SERVICES**

August 28, 2012

Dear Parents and Guardians of the Upper Perkiomen School District:

As Director of Food Services, I warmly welcome you and your family to the start of the 2012-13 school year. I am writing to highlight the new federal guidelines pertaining to the school breakfast and lunch programs and to detail how those regulations impact our meal services. The federal guidelines are aligned with the 2010 Dietary Guidelines for Americans, which are based on the most current nutritional research. This is the first time in over 15 years that the school meal expectations have been revised. We look forward to implementing them this school year.

Café staff and I have been diligently working throughout the summer to develop new menu items that we believe are not only nutritionally sound but also full of flavor. In our school cafés, your child will see more variety in their fruits and vegetables: fresh, frozen, canned, dried, and 100% juice. Red/orange and leafy green vegetables as well as beans, legumes and starches will also be offered. I am confident students will find additions, such as bean and corn salad and lentil soup, tasty and appealing. In 50 to 100% of the breads and grains we offer, whole wheat or whole grain will be the main ingredient. The chocolate and strawberry milk we serve will be fat free.

We are also following a new “offer vs. serve” model. In order for a meal to qualify as an “offer” model and for the meal price to apply, students will need to select at least three out of the five nutritious items offered daily. Each day, students will be offered a meat or meat alternate item, a bread or grain item, milk, a fruit, and a vegetable. While students will be encouraged to select every item to complete their meals, they must select a ½ cup of fruit *or* vegetable and at least two other items in order for the meal price to apply. Otherwise, the a la carte price for the items will be charged. Additionally, the amount of food offered will now have a maximum caloric limit. In grades K-5, the meal’s maximum calorie limit is 650. In grades 6-8, the maximum limit is 700 calories, and in grades 9-12, the meal limit is 850 calories. There are also maximum limits placed on the amount of meat or meat alternates and breads and grains offered. To learn more about the new meal requirements for breakfast and lunch, please visit the Upper Perkiomen website ([www.upsd.org](http://www.upsd.org)) and select the Food Service/New Meal Regulations link.

The District’s Food Service Department understands the significance of food choices, portion sizes, and physical activity in promoting healthy lifestyles. I look forward to working in partnership with our families to help the students learn about nutrition and make healthy decisions.

Please contact me with any questions.

As always, bon appétit,

Valerie B. Nartowicz, MS., RD

**2229 E. BUCK ROAD, SUITE 2, PENNSBURG, PA 18073, 215-541-2445 FAX - 215-679-7962**