

NEW NUTRITION REGULATIONS FOR SCHOOL MEALS

There have been several new rules and regulations imposed on the nutrition program the last few years, and this year the trend continues. Along with stricter regulations of what can and cannot be served, total calorie count, sodium and sugar amounts, and ways that food can be prepared, we have also come under a formula that prescribes what we as a school district must charge for a reimbursable meal.

Adult prices for lunch will be \$4.84 and \$2.50 for breakfast for the 2024-2025 school year.

SCHOOL BREAKFAST

Breakfast is the most important meal of the day. It breaks" the night's "fast" by replacing the energy reserves used overnight. School-aged children, especially teens are the biggest "breakfast skipper".

BENEFITS OF EATING BREAKFAST

- Gives your body the energy it needs.
- Helps achieve and maintain a healthy weight.
- May decrease your risk of being overweight.
- May help improve your mood.
- May help control overeating throughout the day.
- Helps you do better in mathematical tests and matching activities.
- May reduce early morning fatigue.
- May improve your behavior
- Contributes to our ability to learn!

SCHOOL BREAKFAST

- The School Breakfast Program offers students healthy and nutritious meals at school that follow strict nutritional requirements.
- School Breakfast Program meals meet the current Dietary Guidelines for Americans and must provide at least 1/4 of a child's daily requirements for calories, protein, calcium, iron, vitamin A, and Vitamin C.
- Generally, a school breakfast will contain milk, fruit or 100% juice, and a main dish or item that includes grains and/or protein source.
- Children who eat breakfast show an increased ability to learn, better academic performance and may have a decreased risk of being overweight.
- Any school age child can take advantage of the School Breakfast Program.
- The same meals are offered to children who pay full price and to children who take part in the free and reduced meals programs. Children who qualify for free or reduced priced meals are not singled out publicly or otherwise identified.