



# La Gloria Independent School District

182 East CR 401 • Falfurrias, TX • Phone: (361) 325-2330 • Fax: 325-2533

**Dear La Gloria ISD Parents, Administration, Staff, and School Board Members:**

The USDA has recently issued new school meal requirements for the National School Lunch and Breakfast Program. These standards will be effective for the 2012-2013 school year. This means **La Gloria ISD** students will see some changes this school year in the foods served at school.

Your student will experience the new USDA requirements when they dine in our school cafeteria. One vital change is the requirement for a student to select at least  $\frac{1}{2}$  or 1 cup fruit or vegetable to make up a complete meal. There are five food groups to select foods from: fruits, vegetables, protein, whole grains, and milk. Student meals must contain at least a selection of 3 of the 5 food groups with one being the fruit and/or vegetable selection. If no fruit or vegetable is selected, the student will pay the individual item prices for foods instead of the complete meal price. Here is an overview of what your student can expect to see in their school cafeteria at **La Gloria ISD**.

## **Increase in Fruits and Vegetables**

In the upcoming school year, all students will be offered double the amount of fruits and vegetables with meals.

Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood.

We offer a large variety of nutrient dense fruits and vegetables, including dark greens, orange starchy vegetables and legumes.

Students will now be required at least  $\frac{1}{2}$  or 1 cup of fruit or vegetable for their meal to be considered a complete meal or will be charged individual item prices.

## **Allowable Grains and Proteins**

Menus will offer specific amounts of whole grains and proteins that meet the requirements

For some breads and meats students might see smaller size portions

We will offer a variety of whole grains like whole-grain pizza crust, rolls, muffins, pancakes, and whole-grain/reduced sugar cereals

## **Reduced Fats**

We will only serve food products and ingredients that contain zero grams of trans fats per serving and we encourage the use of healthy fats and oils

It's important to limit unhealthy fats such as saturated and trans fat because eating too many can lead to heart disease and high cholesterol, as well as other chronic diseases.

## **Meal Price Increase for 2012-13**

These new school meal requirements incorporate many changes which will directly impact our school meal prices. We have seen a dramatic rise in food prices and will continue to do so over the next several years due to increasing transportation costs and the continued rollout of the new meal legislative requirements.

### **2012-2013 School Year Full Meal Prices**

**\$1.50 for lunch**            **\$1.00 for breakfast**

#### **School Breakfast**

Breakfast is served in our school cafeteria from 7:30 to 8:00 A.M. Please encourage your child to participate in school breakfast. Research shows that eating a healthy breakfast can help students perform better in the classroom.

#### **School Lunch**

School lunch offers a variety of choices for La Gloria ISD. Students are offered 5 items and they must choose at least 3 items, including a fruit or vegetable.

#### **Diet Modifications**

Families are responsible for notifying the School Food Service if their child requires a diet modification to be addressed and monitored by the School Food Service. **A licensed physician must provide specific written medical documentation for the new school year.**

Free and Reduced Meal Applications **MUST** be submitted as soon as possible.

PLEASE FILL OUT A NEW APPLICATION BEFORE THE END OF SEPTEMBER, EVEN IF YOU HAVE AN APPLICATION ON FILE FROM LAST YEAR.

Applications can be picked up at the School Office.

**The District does allow students to have only 3 Charges on their account.** When an account balance is low, students will receive a minimum of 2 reminders to bring lunch money.

**La Gloria ISD** is dedicated to providing quality nutritious meals that students will enjoy and choose to eat. We hope you will encourage your students to try new fruits and vegetables and you will join us for a meal at school to see the changes for yourself. If you have any questions or concerns, please feel free to contact us at **361-325-2330**. We encourage you to see what's on the menu at school. Please feel free to join your child for lunch on any day. Adult lunches are \$3.25.

Sincerely,

David Braswell, Supt.