



222 TURNPIKE ROAD
MONTAGUE, MA 01351

Dear Parents/Guardians:

I hope everyone had a nice summer and the start of school year has been going smoothly. I'm writing this letter to address the variety of questions from students, parents and faculty. Our goal is to make sure your kids have a variety of healthy choices on a daily basis so we can reduce the amount of time you spend making lunches.

The new menu is based on the new meal pattern that we are required by the USDA to implement. These changes are the result of the Healthy Hunger Free Kids Act passed in 2010 and are based on the Dietary Guidelines for Americans.

The goals of the new meal pattern include: increased fruits, vegetables and whole grains and setting calorie ranges for each age/grade group.

The follow chart shows some of the requirements of the new meal pattern:

Meal Pattern	Grade K-5	Grade 6-8	Grade 9-12
Fruits (cups)	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups)	3 ¾ (3/4)	3 ¾ (3/4)	5 (1)
Dark Green	½	½	½
Red/Orange	¾	¾	1 ¼
Bean/Peas	½	½	½
Starchy	½	½	½
Other	½	½	½
Any Additional Veg	1	1	1 ½
Grains	8-9 (1)	8-9 (1)	10-12 (2)
Meat/Meat Alternative	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk	5 (1)	5 (1)	5 (1)
Calorie Min-Max	550-650	600-700	750-850

The amounts listed are the requirements over a week. The amount in () is the daily minimum required of a certain food.

For example, in grade K-5 we must offer 8-9 servings of grain per week, and at least one per day. Half of those must be whole grains. We must offer 2 ½ cups of fruit per week, a minimum of ½ cup per day. In addition, there are very specific subgroups of vegetables, for example beans, that must be offered weekly.

Under food based menu planning, we must offer five components daily:

1. **Meat/Meat Alternative**
2. **Grain**
3. **Fruit**
4. **Vegetable**
5. **Milk**

Students are required to take THREE of the five offerings and **THEY MUST TAKE A FRUIT OR A VEGETABLE WITH EACH MEAL.**

Please discuss these changes with your children so they understand the importance of eating a variety of fruits and vegetables each day and take full advantage of the meal offerings.

If you have any questions please feel free to contact me, Mistelle Hannah at (413) 863-7506.

In the operation of child nutrition programs, no child will be discriminated against because of race, gender or sexual orientation, color, national origin, age or handicap. If you believe that you have been discriminated against, write to the Secretary of Agriculture, Washington DC 20250