



# Smithton R-VI School District

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New School Meal Requirements -School Meals are changing

You may have heard that there will be new requirements for school meals. The new requirements are great news for our parents! The new requirements will help the Smithton R-VI School District build on the work we are already doing by providing more fruits, vegetables, whole grains and healthier entrees in our school cafeteria.

Some of the new requirements include:

- Increasing the amount of fruits and vegetables
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits for the first time
- Increasing whole grains
- Limiting the amount of meat/meat alternatives and grains

Students will choose a **“meal” from different options for the day which will include at least 3 components (milk, fruit, vegetable, grain, meat/meat alternate) with one of those components being ½ cup of fruit and/or vegetable.** We plan to offer a variety of fruits and vegetables daily to give all students more options in the hopes that choosing fruits and vegetables will be easy. For Grades 7-12 the options will be the same. What we have called “A la carte” will be restructured to include options to meet the new requirements. If they choose one of the “meals” it will be priced at the regular meal price of \$2.15. They may also choose to add an extra entrée which will be priced per item. If they choose only 2 components of the choices offered they will be charged per item.

In the Smithton R-VI School District we have already made progress toward meeting the new requirements. We will offer daily:

- Fresh Fruit and Vegetables
- Milk will continue to be low-fat or fat-free
- Main dishes have been changed to reduce sodium
- Dark green and orange vegetables are served on a weekly basis
- Dried beans have been incorporated into some recipes
- Salads are available every day that include romaine lettuce and/or spinach

Our goals for the program are to:

- Provide healthy attractive options for all students through our lunch program
- Provide a la carte items as an add-on to regular menu items.
- Maintain affordable meal prices for all families
- Increase the number of students eating healthy meals at school

The school nutrition program needs the support of parents to succeed! Parents can support this effort by encouraging your child to give healthier meals a try.

For information see

<https://www.fns.usda.gov/school-meals/tools-schools-offering-fruits-and-vegetables>