

HEALTHY OPTIONS IN OUR SCHOOL CAFETERIAS!

Dear Sayville Public Schools Families:

This fall, Sayville Public Schools school cafeterias are continuing to meet tough state and federal nutrition standards for school meals, ensuring that meals are healthy, well-balanced, and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

Per state and federal guidelines, a school lunch is defined as a choice of entrée, a milk choice, and up to three side dishes, which are to be made available to all students who choose to purchase. School meals offer students milk, fruits, vegetables, proteins, and grains, and the school is required to meet strict limits on saturated fat and portion size for each of those previously mentioned food items. This year our school lunches will again be required to meet standards requiring:

- Age-appropriate calorie limits
- Low sodium meals
- Fat free & 1% milk (including white, chocolate and strawberry)
- Larger variety of vegetables
- Larger servings of vegetable and fruits (students must take at least one serving of fruit, or vegetables)
- Whole grains

We are always working to offer Sayville Public School students healthier and tastier choices, and have already implemented many of these new requirements. We made the switch to 1% or fat-free milk over 12 years ago. We serve fresh fruits and vegetables every day. We are purchasing locally grown LI vegetables, and we serve all whole grain bread products. We also make continued efforts to introduce exciting new healthy recipes on our menus once we ensure that they fall within the Child Nutrition guidelines set by the NYSED.

School meals are a great value and a huge convenience for busy families. The cost of Breakfast will be \$1.60 for Elementary meals, and \$1.85 for Secondary meals. Elementary lunch will be \$3.35, and Secondary lunch will be \$3.45. Due to continued supply shortages and increased costs, we have been forced to increase prices to our families from what had been established previously. We will continue to use the MySchoolBucks payment system in all of our cafeterias.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Sayville Public Schools' healthy school meals please go to our website, or call the Department of Food and Nutrition at 631-244-6555.

Thank you,

Keith M. Filosa
Food Service Director