

Our Secret Ingredient

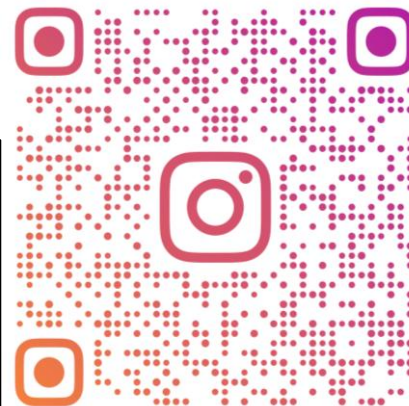
Doyle Elementary legend Jill Susco has been serving students in Central Bucks for over a decade. Not only is she a hard worker in the cafeteria, but when she's not turning the kitchen into her personal concert stage with her amazing singing, she's also an Olympic-level multi-hyphenate. We're talking tennis, bocce, bowling, equestrian sports, and a Special Olympics competitor. Next time you see Jill, give her a massive shoutout!



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Do You Know Smart Snacks?

Ever wonder why your favorite snacks in the cafeteria hit a little differently? They might look like the brands you see at the grocery store, but they are actually "Smart Snacks."

Following the National School Lunch Program standards, every snack we serve must meet strict requirements to ensure you're getting the best fuel possible:

- **Sugar:** 35% or less by weight.
- **Sodium:** 200mg or less per item (keeping it low-key on the salt).
- **Calories:** A focused 200 calories or fewer per snack.
- **Total Fat:** 35% or less of total calories from fat.
- **Caffeine:** 100% Caffeine-Free for our Elementary & Middle Schools.
- **Beverages:** Only the good stuff—plain water, low-fat/non-fat milk, and 100% fruit or vegetable juices.

We make sure your snacks understand the assignment so you can stay focused, energized, and ready for whatever the school day throws at you!



Don't Miss Out

Get ready for a flavor-packed crunch this fall! For our October Limited Time Offer (available October 5th through 9th), we're serving up the Southwest Crunch Burger. This mouthwatering beef patty is stacked with a cheesy blend of roasted onions, peppers, cumin, smoked paprika, and garlic, then finished off with an irresistible crunch of Tostitos tortilla chips. Grab yours between October 5th and 9th before it's gone!

Southwest Crunch Burger



Healthy Choices, Always

At Central Bucks, our everyday healthy offerings make it easy for students to fuel up with fresh, wholesome choices. Students can enjoy a daily variety of crisp salads, flavorful wraps, layered yogurt parfaits, and freshly cut fruits and vegetables.



Getting to Know the New Food Pyramid

Have you seen the newly updated Dietary Guidelines for Americans and the returning food pyramid? Designed to help families visualize healthy eating, the updated guidelines focus heavily on whole foods while tackling modern nutrition challenges head-on.

Here are the key takeaways for your family:

- **The Core Message is "Real Food":** The guidelines encourage building meals around whole, nutrient-dense choices like fruits, vegetables, whole grains, healthy fats, and high-quality proteins.
- **A Stronger Stance on Sugar:** The updated guidelines push the no-added-sugar threshold down to cover children ages 2 through 11, introducing a new benchmark that recommends no single meal contain more than 10 grams of added sugar.
- **Protein Gets the Spotlight:** Recommended protein amounts have increased by about 50%, and the new pyramid highlights a wide variety of both animal and plant-based protein sources.
- **Cutting Back on Ultra-Processed Foods:** Families are encouraged to steer clear of artificial flavors, synthetic dyes, preservatives, and sugar-sweetened beverages like sodas and energy drinks.

Want to dive deeper into how these guidelines affect your children and get expert tips on building balanced, everyday meals? at every stage!



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