

Walnut Valley Unified School District  
Nutrition Services

Healthy Changes in Our School Lunches

July 1, 2012



Dear Walnut Valley Unified School District Families,

This fall, the Walnut Valley school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and 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!

School meals offer students milk, fruits, and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting school year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits ***(students must take at least one serving of produce)***
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer the Walnut Valley students healthier and tastier choices.

School meals are a great value and a huge convenience for busy families too! The Walnut Valley school meal prices:

- All grade levels pay a small price of \$2.50 for a school meal
- Students that are on reduced priced lunch pay 25¢
- A la carte options are also available such as water, 100% fruit juice, baked chips and reduced fat cookies (middle and high schools only)
- Elementary students can also purchase water and 100% fruit juice
- Convenience of making an online deposit to your child's account and viewing your child's transaction history at [www.wvusd.k12.ca.us](http://www.wvusd.k12.ca.us)

We look forward to welcoming your children to the cafeteria this fall. To find out more about Walnut Valley's healthy meals please visit the Nutrition Services website at [www.wvusd.k12.ca.us](http://www.wvusd.k12.ca.us) and go to departments and click on Food Services, and to get the facts about school meals visit [www.TrayTalk.org](http://www.TrayTalk.org).

Thank you,

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