

Thomasville City School Board of Education School Meals Meet Tough New Nutrition Standards

As Thomasville City School students return to school this fall, they'll find healthy new choices in their school cafeterias.

Thomasville City Schools will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size. Starting this fall, 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 product)
- 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 Thomasville City School students healthier and tastier choices," said Emily Thornton. "In addition to meet new nutrition standards, we're also participating in the USDA Fresh Fruit & Vegetable program at Thomasville Elementary School. Elementary School students are provided a variety of free fresh fruits and vegetables during snack during the school year. The goal of the program is to expand the variety of fruits and vegetables children experience and increase children's fruit and vegetable consumption. The ultimate goal of the program is to make a difference in children's diets to impact their present and future health.

School meals are a great value and a huge convenience for busy families. The cost of full priced student lunch meal is \$2.10. The cost of full priced student breakfast meal is \$1.25 at Thomasville Elementary. The cost of a full priced breakfast meal at Thomasville High School and Middle is \$1.50.

To find out more about Thomasville City School's healthy school meals visit our web site: www.thomasvilleschools.org.