

# It's a New Day for Florida's School Lunches

This fall, Florida 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 in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- 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
- Less sodium

## MyFloridaTray

*Eat right. Eat local. Exercise. Have fun!*

Protein

Grain

Milk

Vegetable

Fruit

Given Florida's year-round growing season and our abundance of fresh produce we believe that Florida has a **prime opportunity to improve the nutritional value of what we serve our students**. Under the direction of Florida's Commissioner of Agriculture Adam Putnam, an increased amount of **locally-grown fresh fruits and vegetables** are being promoted in Florida school lunch rooms. This is the first step to **improving the nutritional value** of what Florida school children are eating and, ultimately, **raising a healthier generation of students**.

We look forward to welcoming your children to the cafeteria this fall. To find out more about healthy school meals go to [www.freshforfloridakids.com](http://www.freshforfloridakids.com).



Florida Department of Agriculture and Consumer Services  
Adam H. Putnam, Commissioner  
[www.freshforfloridakids.com](http://www.freshforfloridakids.com)

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