



Contact: *Charlotte Public Schools, Food Service,*  
378 State Street, Charlotte, MI 48813  
517-541-5140

[bishopb@charlottenet.org](mailto:bishopb@charlottenet.org)  
[mosherm@charlottenet.org](mailto:mosherm@charlottenet.org)

## RETHINKING SCHOOL MEALS

### **A movement is at hand. We're proud to be part of it.**

Right here in our own school district, we have experienced a fundamental change that has been sweeping across the country: a celebration of the valuable nutrition schools provide to our children! And in league with our partners and nutritional guidelines, we want to share with you stories and the success around keeping your children's health and nutritional needs top of mind. There are good things going on that you may not be aware of and might even amaze you.

### **Nutrients & participants for better meals**

We are proud of our child nutrition team and the value we bring to the educational system: breakfast before school and mid-day at lunch, we offer important nourishment that helps fortify students for the job of learning and academic success. And in partnership with local food sources, we've managed to provide fresh nutritional options that are good for the children.

### **Local means faster and better**

We've explored opportunities with local farmers' and other food providers in the area so that we can offer kids the best ingredients AND that's not from so far away, decreasing our environmental footprint. We are supporting our local farmers and food providers in the area and when you purchase school lunch, you can be assured you are too!

### **Taste. Health. Stats. All delicious.**

Check out these quick nationwide stats around how things are moving up in a nation of nutrition for your kids:

- 10% sodium reductions across weekly menus started in 2014/2015 school year and continue moving forward.
- Grades K-8 receive ½ cup and grades 9-12 receive 1 cup servings of fruit per day.
- Grades K-8 receive ¾ cup and grades 9-12 receive 1 cup servings of vegetables per day.
- School meals offer value with an average cost of \$2.42 vs. \$2.67 for a packed lunch.
- Products made with 51% whole grain are offered daily for breakfast and lunch.
- Calorie limits for lunch are between 550-850 based upon age.
- Calorie limits for breakfast are between 350-600 based upon age.
- Many schools offer fruit and vegetable bars with no limit on the amount of vegetables students can choose.
- Schools buy American grown and produced products.
- Schools must offer 3-3/4 to 5 cups of vegetables per week for lunch, including vegetables that are dark orange/red, dark green and beans/legumes.

[www.rethinkschoolmeals.com](http://www.rethinkschoolmeals.com)



- School meals have a weekly average of less than 10% saturated fat and 0g of trans fat.
- 47% of school districts participate in the Farm-to-School program.
- Schools must offer milk daily and offerings consist of low-fat and fat-free.

**For more information & involvement**

Keep aware of all the good things that are happening by visiting [www.rethinkschoolmeals.com](http://www.rethinkschoolmeals.com) where you'll find a special section just for parents!

To talk with us directly, contact:

*Charlotte Public Schools, Food Service,  
Brent Bishop – Director  
Meagan Mosher – Administrative Assistant  
378 State Street, Charlotte, MI 48813  
517-541-5140  
[bishopb@charlottenet.org](mailto:bishopb@charlottenet.org)  
[mosherm@charlottenet.org](mailto:mosherm@charlottenet.org)*

Thanks for taking an interest in how we are taking care of kids through school nutrition!