

# Caledonia Area Public Schools

Independent School District 299, Caledonia, MN 55921

Ben Barton, Superintendent/Elementary Principal  
511 West Main Street  
Caledonia, MN 55921  
Phone: 507-725-3389  
Fax: 507-725-3558  
Email: ben\_barton@cps.k12.mn.us

Paul DeMorett, Middle/High School Principal  
825 North Warrior Avenue  
Caledonia, MN 55921  
Phone: 507-725-3316 Ext. 2004  
Fax: 507-725-3319  
Email: paul\_demorett@cps.k12.mn.us

## Healthy Changes in Our School Cafeterias!

Dear Caledonia Warrior families:

This fall, Caledonia school cafeterias are meeting challenging 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, trans fat and portion size. Starting this School Year 2012-2013, school lunches will meet additional standards requiring:

- Larger servings of vegetables and fruits (students must take at least one serving of produce).
- Age-appropriate calorie limits.
- 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 know that at times change can be hard. Some of the more apparent changes that students will see include, a limit on the of bread/grain items now served, stricter control on meat/meat alternate (protein) serving sizes, unlimited fruits and/or vegetable servings. But with your support, we can be sure that children adopt the kind of healthful eating habits and lifestyles that will enable them to live longer, more productive lives.

Keep in mind.....

- School meals are a great value and a huge convenience for busy families as you are aware! Our school lunches cost only 2.10 for elementary students and 2.20 for secondary students and parents can pay for these meals at Elementary School Office, Community Education Office at the Middle/High School and on the My Nutrikids website: <https://www.mynutrikids.com/Login.aspx>
- We offer Breakfast everyday before school at the Elementary and Middle/High Schools.
- To see our menus and get more information go to our school website: [www.cps.k12.mn.us](http://www.cps.k12.mn.us)
- We're always working to offer Caledonia students healthier and tastier choices.

We always enjoy providing healthier choices for your children in the school cafeterias. Visit the USDA website to find out more about the healthy school meals requirements ([http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm)).

Please feel free to come have lunch with your student to see what they are being served. If you have any further questions, please feel free to contact me at 725-3316 extension 2215.

Thank you,  
Rita McCormick, Food Service Manager  
Caledonia Public Schools