

Dear School Families,

Over the past few years, school cafeterias across the country began 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. It's a great time to encourage your child to choose a healthy school meal!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on calories, saturated fat and trans fat. School meals are required to meet guidelines that follow the National School Meal Program regulations:

- Age-appropriate calorie limits
- Daily servings of vegetables and fruits (students must choose at least one serving)
- A wide variety of vegetables, including dark green and red/orange vegetables and legumes offered each week
- Fat-free or 1% milk (flavored milk must be fat-free)
- All servings of grains are whole grain rich
- Zero grams of Trans fat
- Less sodium

We've been busy cooking and testing new products and are pleased to introduce several new menu items to the menu cycles this year, all with no artificial colors or flavors and none of the ingredients you don't want. Look for these new items appearing on your menu this fall and winter:

- Chicken Sliders- a twin pack of mini crispy chicken patties on a whole grain slider buns
- Pretzel Dog- delicious low-fat turkey dog surrounded by a soft pretzel dough
- Chicken Taco- A tasty seasoned chicken served with whole grain tortilla chips
- Make your own Popcorn Chicken Salad- Fresh Romaine Salad topped with veggies and popcorn chicken
- Pepperoni Wrap- Turkey Pepperoni with Mozzarella Cheese in a zesty pizza sauce wrapped in a whole grain tortilla and served warm.
- Country Chicken Combo- Our version of a popular chicken bowl with Corn, Mashed Potatoes and Gravy, served with crispy chicken on the side.

Also look for our Thanksgiving and Winter Holiday meals!

Keep up with school meal news on the Preferred Meals Facebook page and send your questions or comments to [info@preferredmeals.com](mailto:info@preferredmeals.com). Be sure to include your school name.



## NEED MENU INFO?

View the menu on the school's menu page at [www.preferredmealsmenu.com](http://www.preferredmealsmenu.com)  
Easily Accessible on your PC or Mobile device!

### FEATURES:

- Daily Menus
- Nutritional Info
- Allergy Info
- Print Menus
- Link to Ingredients

**HAVE A FANTASTIC & HEALTHY SCHOOL YEAR!**