



## Healthy Meals in our School Cafeterias!

Dear Chelmsford Public School Families,

The Chelmsford School Nutrition program meets tough USDA, federal and state 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 children to choose school lunch!

Our School Nutrition Team is dedicated to providing healthy and nutritious choices every day. School meals offer students milk, fruits and vegetables, lean proteins and whole grains, and must meet strict limits on saturated fat and portion size. Our school meals meet additional federal standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- 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

School meals are a great value and a huge convenience for busy families too! Elementary lunches are \$2.65 and middle/high school lunches are \$3.10. Students will be provided with a PIN for Meal Magic point of sale for sales in the café. Student PIN's remain with them through grade 12. If you need your child's information, please contact the Chelmsford School Nutrition office at (978) 251-5111.

### **Free and Reduced Household Applications:**

Free/reduced priced meal applications are now available to complete online throughout the school year at [www.lunchapp.com](http://www.lunchapp.com). School year 207-18 applications can also be downloaded from the district website. It is important that you complete the entire application.

We look forward to welcoming your children to the cafeteria each day. To find out more about our healthy school meals please visit the Chelmsford School District website at: [www.chelmsford.k12.ma.us](http://www.chelmsford.k12.ma.us)

Thank you!

Nancy Antolini, SNS

Director of School Nutrition