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**SCHOOL MEALS**

* As Chico Unified School District students return to school this fall, they’ll find healthy choices in their school cafeterias.
* Chico Unified School District will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.
* School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size.
* Starting this fall, 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
* More whole grains
* And less sodium
* We’re always working to offer Chico Unified School District students healthier and tastier choices.
* In addition to meeting new standards, we’re also offering Chef inspired New Menu options, locally grown produce and Nutrition Educational materials in the cafeteria, in the classroom and in materials sent home.
* School meals are a great value and a huge convenience for busy families.
* Our school lunches cost only $2.60 for elementary students and $2.85 for secondary students and parents can pay for these meals online through our website via [www.mynutrikids.com](http://www.mynutrikids.com).
* To see our menus and get more information [www.chicousd.org](http://www.chicousd.org) and go to the Nutrition Services Department or call 891-3021.