

# Healthy School Meals at Riverview School District!

Dear Riverview School District families,

Riverview school district cafeterias have been meeting tough federal nutrition standards for school meals since 2011, ensuring that meals are healthy and 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 on saturated fat and calories.

Beginning this school year, school meals must meet additional standards:

- Increasing the amount of fruits served at breakfast
- Reducing the sodium in meals
- Increasing whole grains

Students have been required to have ½ cup of fruit or vegetable on their tray for it to count as a full lunch meal and are now **required to have a ½ cup of fruit for it to count as a full breakfast meal**. Anything less than a full meal will be charged as individual items. We always offer a variety of fruits and vegetables daily to give students more options in the hopes that choosing fruits and vegetables will be easy.

A student must choose at least 3 of the 5 components available for the **school lunch price**.

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. The components for a school lunch:

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Whole Grain Rich/Bread
- Choice of Milk (Fat Free Flavored, Fat Free White or 1% White)

A student must choose at least 3 of 4 components available for the **school breakfast price**.

**A minimum of 1/2 cup serving of fruit must accompany a reimbursable breakfast.**

The components for a school breakfast:

- Whole Grains (2) or WG Grain/Protein,
- Choice of Fruit
- Choice of Milk (Fat Free Flavored, Fat Free White or 1% White)

We're always working to offer our students healthier and tastier choices. School meals are a great value and a huge convenience for busy families too! Prices are as follows: Elementary Breakfast \$1.25, Elementary Lunch \$2.25, Jr./Sr. High Breakfast \$2.25 and Jr./Sr. High Lunch \$2.50. Payments can be made on [www.ezschooldpay.com](http://www.ezschooldpay.com).

We look forward to welcoming your children to the cafeteria this fall. To find out more about Riverview's healthy school meals go to [www.rsd.k12.pa.us](http://www.rsd.k12.pa.us) and click on the Food Service link.

Thank you!

Mindy Baginski – Food Service Director    412-828-1800 ext. 1012

