



Healthy School Meals

Dear Riverview School District families,

School meals are healthy meals that are required to meet science-based, federal nutrition standards limiting unhealthy fat and calories and requiring that schools offer the right balance of fruits, vegetables, milk, grains and protein with every meal. The National School Lunch Program (NSLP) operates in nearly 95% of America's schools, providing lunches to more than 31 million children daily with 5 billion lunches served annually. Approximately 85% of schools participate in the National School Breakfast Program (NSBP), which serves more than 12 million children daily, more than 2 billion breakfasts a year.

Metz Culinary Management in conjunction with our vendors are making student favorites more healthy, such as serving pizza on whole grain bread with low-sodium sauce and low-fat cheese. Students often don't even notice the difference. Our school nutrition programs also work to incorporate culturally appropriate foods into our menus to meet the tastes of our diverse student populations, as well as provide alternative foods for students with dietary restrictions and allergies. We are always working to offer our students healthier and tastier choices. Now is a great time to encourage your kids to choose school meals!

For information about Riverview cafeteria menu items, nutritional information, or ingredients in your child's school lunch, contact Mindy Baginski. She can answer questions about everything from meal preparation methods to nutritional information.

School meals are a great value and a huge convenience for busy families too! The cost per meal is: Elementary Breakfast \$1.25, Elementary Lunch \$2.25, Jr./Sr. High Breakfast \$1.50, Jr./Sr. High Lunch \$2.50.

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 and click on the Food Service link.

Thank you!

