



18-1355 Volcano Hwy.
P.O. Box 711539
Mountain View, HI 96771
Melissa K. Andaya
mandaya@nawaiolapcs.org

August 26, 2015

School Lunch Changes for the Better!

Dear Parent/Guardian:

Nā Wai Ola Public Charter School would like to announce that we participate in the CEP program through the Hawai'i and National School Lunch Program, which means that all students receive free meals (breakfast and lunch on a daily basis throughout the school year. We will be implementing meal pattern guidelines for school lunch, ensuring that meals are healthy, well-balanced and provide students the nutrition they need to succeed at school. School meals currently offer students milk, fruits and vegetables, proteins and grains, but now they must meet strict limits on saturated fat and portion size. School lunches will meet additional standards requiring:

- Age-appropriate calorie limits (the new school lunch provides 1/3 of the *average* daily calorie needs for children by age)
- Larger servings of vegetables and fruits
- A wider variety of vegetables, including dark green, red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium Applying the new meal pattern guidelines to our menus will help provide your children a high quality, nutritious lunch. We're always working to offer students healthier and delicious choices.

Now is the perfect time to encourage your children to make healthy food choices. We look forward to welcoming your children to the cafeteria this fall. For more information on the changes to school meals, visit www.fns.usda.gov/healthierschoolday. Thank you!

Sincerely,

Melissa K. Andaya
School Food Authority/Business manager
(808) 968-2326