

**WATERVLIET CITY SCHOOL DISTRICT  
OFFICE OF CHILD NUTRITION**

On December 13, 2010, President Obama signed into law the Healthy, Hunger-Free Act, marking the most comprehensive changes to school nutrition in more than a generation. The timing of this legislation is critical and so needed, in an effort to help combat the epidemic of childhood obesity. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity.

The following chart shows this year's **weekly** offerings, as well as the new **weekly** serving sizes for the 2012-2013 upcoming school year.

<b>2011-2012: Lunch 664 calories</b>	<b>2012-2013: Lunch 550-650 calories</b>
<b>Grades: K - 6</b>	<b>Grades: K - 5</b>
<b>Grains: 12</b>	<b>Grains: 8 – 9</b>
<b>Fruit/Vegetables: 3.25 cups</b>	<b>Fruit: 2.5 cups</b>
	<b>Vegetable: 3.75 cups</b>
<b>Milk: 5 cups</b>	<b>Milk: 5 cups</b>
<b>Meat (Protein): 10oz</b>	<b>Meat (Protein): 8 – 10 oz.</b>

<b>2011-2012 Lunch: 825 calories</b>	<b>2012-2013 Lunch 600-700 calories</b>
<b>Grades: 7 - 12</b>	<b>Grades: 6 – 8</b>
<b>Grains: 15</b>	<b>Grains: 8 - 10</b>
<b>Fruit/vegetables: 5 cups</b>	<b>Fruit: 2.5 cups</b>
	<b>Vegetables: 3.75 cups</b>
<b>Milk: 5 cups</b>	<b>Milk: 5 cups</b>
<b>Meat (Protein) 10oz</b>	<b>Meat (Protein) 9 – 10oz</b>

<b>2011-2012 Lunch: 825 calories</b>	<b>2012-2013 Lunch: 750-850 calories</b>
<b>Grades: 9 - 12</b>	<b>Grades: 9 - 12</b>
<b>Grains: 15</b>	<b>Grains: 10 - 12</b>
<b>Fruits/Vegetables: 5 cups</b>	<b>Fruits: 5 cups</b>
	<b>Vegetables: 5 cups</b>
<b>Milk: 5 cups</b>	<b>Milk: 5 cups</b>
<b>Meat (Protein) 10 oz</b>	<b>Meat (Protein) 10 – 12oz</b>

In addition to the changes in serving sizes, **children in all grades must take either a serving of fruit or vegetables to count as a reimbursable meal.**

If you have any questions about the new meal guidelines, please call me at 629-3261 or Email me at [dwhited@vliet.neric.org](mailto:dwhited@vliet.neric.org)

Sincerely,

Darryl G. Whited  
Food Service Director