

# Healthy School Meals at Bethel Park School District!

Dear Bethel Park School District families,

Bethel Park school 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 may be required to have a ½ cup of fruit for it to count as a 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**.

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)
- A minimum of ½ cup serving of fruit or ½ cup of vegetable MUST accompany a reimbursable breakfast.

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! To find out more about Bethel Park's healthy school meals, meal pricing & online payment system (PayForIt.net) visit us at [www.bpsd.org](http://www.bpsd.org)

We look forward to welcoming your children to the cafeteria this fall. Thank you!

**Joe Consolmagno, GM**

**412-854-8754** [consolmagno.joe@bphawks.org](mailto:consolmagno.joe@bphawks.org)

