



Dear Klamath Falls City Schools Parent:

The USDA continues the school meal requirements that went into effect 2012-2013 school year. This means **Klamath Falls City Schools** students will continue to follow the requirements this school year in the foods served at school. Chartwells School Dining Services manages the food service department Klamath Falls City Schools and has made strides in incorporating several positive initiatives that will continue as we follow the new meal requirements.

We would like to provide an overview of what your student can expect to see in their school dining center at **Klamath Falls City Schools**.

Continued Increase In Fruits and Vegetables

We will offer a larger variety of nutrient-dense vegetables, including dark green, orange, starchy vegetables and legumes. Students will be required to take 1/2 cup of fruit or vegetable for their Breakfast and Lunch meal to be considered a full meal. Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood.

Allowable Grains and Proteins

Menus will offer specific amounts of whole grains and proteins. This is intended to make sure students are receiving age-appropriate, nutritionally-adequate meals that provide the right amount of energy from healthful food sources. We already offer a variety of whole grains on menus with items like whole grain pizza crust, rolls, muffins, pancakes, waffles and cereal.

Lower Sodium

We have already identified several products for use and will continue working with food manufacturers to lower sodium in products. Chartwells chefs and registered dietitians have worked to modify and develop creative new recipes using non-salt seasonings, herbs and tasty fresh foods.

Reduced Fats

Unhealthy fats such as saturated and trans fat can lead to heart disease and high cholesterol, as well as other chronic diseases. We will only use food products and ingredients that contain zero grams of trans fat per serving.

Menus by Age Groups

New grade groups for menu planning will continue to be aimed at ensuring students receive age-appropriate portions and nutrients. New calorie requirements will continue to be implemented to align with these newly established grade groups.

Meal Price Increase for 2015-2016 SY

These new school meal requirements incorporate many changes which will directly impact our school meal prices. We have seen a dramatic rise in food prices and will continue to do so over the next several years due to the continued rollout of the new meal legislative requirements. Meal prices are determined by **Klamath Falls City Schools** leadership. Breakfast in the Classroom (BIC) is free to all students. Roosevelt Elementary and Klamath Union High School do not take part in the BIC program due to the percentage of free and reduced students, they will be charged for breakfast and lunch. The following schools will be part of the CEP (Community Eligibility Program) which includes both Breakfast and Lunch and all meals will be free to all students attending Conger, Mills and Pelican Elementary Schools.

2015 - 2016 School Year Full Meal Prices

\$1.35 Elem. Breakfast or (BIC)	\$0.00 Jr. High Breakfast (BIC)	\$1.60 High School Breakfast
\$2.20 Elementary Lunch	\$2.65 Jr. High Lunch	\$2.95 KUHS High School Lunch
		\$.00 Reduced Lunch for all Schools

Both Chartwells and **Klamath Falls City Schools** are dedicated to providing quality nutritious meals that students will enjoy and choose to eat. We hope you will encourage your students to try new fruits and vegetables and you will join us for a meal at school to see the changes for yourself. If you have questions or concerns, please feel free to contact us at **541-883-4758** or via email at **colek@kfalls.k12.or.us**.