



**Dear Penn-Delco Parent:**

The USDA has recently issued new school meal requirements that will be effective for the 2012-2013 school year. This means **Penn-Delco** students will see some changes this school year in the foods served at school. Chartwells School Dining Services manages the food service department at **Penn-Delco School District** and has made strides in incorporating several positive initiatives that will allow for a smooth transition to 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 **Penn-Delco School District**.

**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 now be required to take 1/2 cup of fruit or vegetable for their 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 next year 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 be aimed at ensuring students receive age-appropriate portions and nutrients. New calorie requirements will be implemented to align with these newly established grade groups.

**Meal Price Increase for 2012-13**

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 increasing transportation costs and the continued rollout of the new meal legislative requirements. Meal prices are determined by the Penn-Delco School school board.

**2012 - 2013 School Year Full Meal Prices**

**\$2.45** Elementary Lunch

**\$2.75** Secondary Lunch

**AlaCarte** High School Lunch

Both Chartwells and **Penn-Delco School District** 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 **610-497-6300 ext 2374** or via email at [mpuliti@pdsd.org](mailto:mpuliti@pdsd.org).

**Thank you**  
**Mike Puliti**  
**Director of Dining Services**