



Dear SAD #4 Community,

Our District has partnered with the Maine Department of Education and other local school districts to apply for the HealthierUS School Challenge. This challenge meets USDA guidelines to improve nutritional quality of school meals, provide nutrition education, and provide physical education with opportunities for physical activity. The HealthierUS School Challenge is a voluntary program with specific nutrition and physical activity criteria. Less than 2% of schools nationally have achieved this award.

Our menu will offer the following:



- ✓ A different fruit and vegetable daily, with 3 days per week of dark green and orange vegetables
- ✓ Beans one day per week
- ✓ Whole grains 3 or more days per week, including whole wheat breads and pastas
- ✓ Only 1% fat free milk (or less) daily

PCES and PCSS will be applying for the HealthierUS School Challenge this school year. This award will give recognition to our schools as leaders in school nutrition. An official from USDA will present a \$500.00 monetary award to each school.

By meeting these criteria your child's school will be providing a healthier environment in which to learn. You can help improve our meals program by talking with your child about the taste and texture of new foods and trying these foods at home. Come and see what the program is like by eating school lunch with your child. The message of healthy eating will then be reinforced from school to home.

Please support our efforts to create a healthier school environment!

Roxanne D. Chase
S.A.D. #4 Food Service Director

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