



Dear Parents,

Chartwells School Dining Services' mission is to serve nutritious, well-balanced meals that appeal to our students and school community! School meals are a great value and a huge convenience for busy families too! Learn more about the guidelines we follow to assure students are nourished adequately during their dining experience.

All **National School Lunch Program (NSLP)** lunches must meet Federal nutrition requirements and are designed to give kids a healthy, nutritionally balanced, age-appropriate meal.

All menu options are **Chartwells K12** approved recipes and products and all meals meet NSLP nutrition requirements.

There are five meal components required to be offered at every meal in specific amounts:

Meat/ Meat Alternate, Grains, Vegetables, Fruits, and Milk.

Fruit: A variety of fresh, canned, & dried fruit is offered daily. All juice is 100% fruit juice.

Grain: All grains must be whole grain-rich

Vegetables: In addition to a daily minimum amount, there are a variety of nutritious vegetables offered weekly from the following subgroups:

Milk: All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less)

- Dark green, red/orange, starchy, bean/legumes, other
- Examples of how these are met at lunch: broccoli, carrots, corn, chickpeas, cucumbers

- Menu offerings: Low fat mozzarella string cheese, non-fat yogurt with no artificial colors/flavors, & no HFCS. 1% White milk & Fat-Free Chocolate milk offered daily.

We Proudly Serve Deli Meats From



Visit Stamfordpublicschools.nutrislice.com to see interactive menus, allergy details, and more!

Parents with concerns regarding food allergies or meal modifications please contact District Resident Dietitian: Ashley.gardell@compass-usa.com or (203) 977-5807



Chartwells K12 Stamford Public Schools



CREATE A MEAL




Take at least 3 food items to create a meal

1. Select a 1/2 cup of **Fruit** or **Vegetable** (or both)
2. Pick a second serving of fruit or some other foods like: **Whole Grains, Lean Protein, or a serving of Milk**
3. Take a **minimum of 3 food groups** and a **maximum of 5**

MEAL EXAMPLES

 +  = **MEAL**

Fruit Whole Grain & Lean Protein

 +  +  = **MEAL**

Vegetables Fruit Milk

 +  = **MEAL**

Fruit Whole Grain & Lean Protein

 +  +  = **MEAL**

Fruit Vegetables Whole Grain & Lean Protein

 +  +  = **NOT A MEAL**
(no fruit or vegetable)

Whole Grain & Lean Protein Milk

This institution is an equal opportunity provider.