| YN Contact Address  City, ST ZIP  Email  Telephone | | Your nameSchool nutrition services | | --- |  ParentsTitle • Company • Address • City, ST ZIP Date  Dear Parents,  Our Child Nutrition Service Department is dedicated to providing healthy school meals that include a variety of balanced, nutritious options for their high energy needs.  Our school lunch programs provide a type of food service called “Offer vs. Serve”. This means we offer each student who comes through our line five food options including protein, grain, fruit, vegetable, and low-fat milk. Each student who participates in our program, must take at least three of the five components and one of those components must be ½ cup of fruit or vegetable. Students are allowed, and encouraged, to take all five components.  In an effort to help students identify nutritious items supporting sports performance, we label our menus with icons indicating such items. For more information, see your latest school menu for a key to the icons.  If your student participates in an after-school sport or activity, we highly encourage them to take and eat all five components in order to consume enough nutrients needed to meet the physical demands of sport.  Sincerely,  Your Name |
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