

John Nuzzo, Food Service Director
School Year 2017-2018

Healthy Changes in Our School Cafeterias!

Dear Passaic County Technical Institute families,

This fall, Passaic County Technical Institute school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2017-2018, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer Passaic County Technical Institute students healthier and tastier choices.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Passaic County Technical Institute's healthy school meals, please visit our website: www.pcti.tec.nj.us and to get the facts about school meals visit www.TrayTalk.org.

Thank you!