

Dear

As the School Nutrition Professional for the school district, it is my responsibility to serve students healthy meals that are well-balanced and meet federal nutrition standards. Each school meal served includes 5 choices for students including fruits and vegetables, grains, meat or alternative and milk.

Recently there have been some questions raised regarding milk served with school meals. I wanted to send this letter home to clear up some misconceptions raised regarding chocolate milk. We offer chocolate milk **as a choice** because:

- Milk, including chocolate milk, contains the perfect balance of vitamins, minerals, carbohydrates and protein – a combination that can't be found in any other beverage.
- Chocolate milk does not add a significant amount of extra calories or sugar - only 30 extra calories and 2-3 teaspoons of added sugar. This is less than half the amount found in many other beverages.
- Currently, 70% of students do not get enough calcium. By offering a variety of milk, including chocolate milk, we can ensure students not only take the milk, but drink it.

You'll be happy to know that the chocolate milk provided to schools has been reformulated. The amount of added sugar has been lowered to 2-3 teaspoons per carton (the calorie equivalent of 1 kiwi or 2 saltine crackers) to meet the anticipated new federal standards for school meals. The Academy of Pediatrics, American Heart Association, American Dietetic Association and School Nutrition Association have all expressed support for low-fat and fat-free milk in schools, including flavored milk.

We invite you to get involved in your child's school meal program by reviewing the menu with your child and joining your student for a school meal –parents are always welcome! Please call the school office to let them know you will be having lunch with your child.

Please contact me with any questions or concerns you might have. Working together, we can ensure the health and well-being of your child.

Sincerely,