

Suzanne Milliken
Food Service Director
ARAMARK Education

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Dear Parent:

With the rise of childhood obesity, diabetes and other health concerns, child nutrition and student health have been at the forefront of recent public policy issues. The *Healthy, Hunger-Free Kids Act* was championed by the First Lady and signed by President Obama in December 2010, and through this Act, the USDA is making the first major changes in school meals in 15 years to help ensure a healthier generation of children.

Your ARAMARK Education Food Service team has always been committed to a *Healthy for Life*[™] menu strategy that reinforces the tenets of proper nutrition, addresses the diverse needs of your K-12 students, encourages good eating and healthy lifestyle habits, and reflects our shared value of improving their health and academic potential. We have been proactively insuring that our menus for your students:

- Meet or exceed current USDA or state-specific requirements and incorporate recommendations from the Dietary Guidelines for Americans;
- Feature low and non-fat dairy options; lean protein choices; access to a wide variety of fruits and vegetables; assorted whole grain products; and 100 percent fruit juice and water;
- Reduce added fats, sugar and salt; eliminate added trans fats and promote and expand the availability of breakfast; and
- Are designed to meet the nutritional standards, but also to focus on student acceptability, so that students will participate in a healthy school foodservice program.

So with this in mind, the Food Service Department is pleased to introduce an exciting, new menu at your school that features:

- An expanded variety of fresh fruits and vegetables, offered daily;
- Legumes (beans), offered at least one time per week; and
- Only low-fat and skim milk.

If your child is currently participating in the food service program, we hope these enhancements will continue to win your approval; and if your child has not tried a meal at school, we hope these changes will encourage you and your student to do so.

I personally invite you to join us for lunch at in the Cafeteria to sample first-hand these enhanced menus. Please call me at (810) 225-5628 with questions or comments.

Thank you!

Sue Milliken

