

Dear Parent,

Our Foodservice Department has some exciting news to share in our ongoing effort to provide healthier meals to your children. We are changing the way we plan and create our menus to a new system called Nutrient Standard Menu Planning (NSMP).

NSMP was developed by the United States Department of Agriculture (USDA) and requires schools to plan menus based on actual nutrients in the foods served. Menus are planned using USDA approved computer software to help meet Dietary Guidelines and specific nutrients for specific age groups. It provides a way for school menu planning staff to look at nutrients as they plan menus. They make sure students receive the key vitamins and minerals they need AND limit the fat content. Since the menus are created electronically, menu planners receive immediate feedback on the nutritional value of the meal and make the necessary changes to meet the requirements as the menu is being planned.

NSMP also gives schools the tools to share nutrient information with parents and the community. Schools can use the district web site to post the nutrient value of every item on the menu. You have the opportunity to check out these nutrients and to advise your child about menu selections. We know this will be especially helpful for parents of children with special nutrition needs.

We believe NSMP will further support our efforts to provide your child with healthier meal options. However, it is always important for your child to balance the foods they eat with physical activity in order to have a healthy lifestyle. Providing nutrition information on all menu items can assist students in learning to make balanced food selections.

If you have any questions or concerns about Nutrient Standard Menu Planning, please contact (add contact name here).

Sincerely,  
(Add contact name here)  
(Add title here)