

AUGUST 2014

Welcome back to all students and families! On behalf of Scott County Food Service, we would like to welcome you back to school meals.



Two food updates for students. 1. The 2010 Healthy Hunger Free Kids Act requires all grains served must contain at least 51% whole grains. The whole grain requirement as you know has been phased in over the past few years. 2. Students must take at least 1/2 cup fruit at breakfast, as has been previously required at lunch. In meeting these requirements, we are offering 1/2 cup juice along with one other fruit item daily.

Free and reduced applications are available on line and at all Scott County Schools. Our school policy remains the same with a ten meal charge limit. You may log on to ezschoolpay.com to review your child's account balances.

We are looking forward to a GREAT school year!

FUN FACTS

Did you know?

The largest watermelon in the Guinness Book of World Records

Weighed 262 pounds!

NUTRITION FACTS

Melons are:

- Low in calories
- Fat or cholesterol-free
- Low in sodium
- Good source of vitamin A
- Good source of vitamin C

HEALTHY MEALS ARE IMPORTANT AT HOME

Your children are learning eating habits that will last a lifetime.

- Have fruits and vegetables on hand and ready to eat for a snack.
- Try whole grain versions of your favorites; pastas, cereals, tortillas, etc.
- Offer low-fat or fat free milk at every meal

The USDA is an equal-opportunity provider and employer

**ORGANIZATION
NAME**

Address Line 1
Address Line 2
Address Line 3
Address Line 4

Tel: 555 555 5555
Mobile: 555-555-5555
Fax: 555 555 5555
E-mail: someone@example.com



Tag line goes here.

We're on the Web!
example.microsoft.com



Caption describing picture or graphic.

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those

here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.