



Dear Lowell Public School Parent/Guardian:

Welcome to a new school year! The Food and Nutrition department is committed to create healthier environments and communities, by providing not only healthy foods but comprehensive nutrition and wellness education. The Lowell Public Schools Food Service staff is looking forward to serving your children nutritious, great-tasting menus that support their achievements in school and promote healthy lifestyles.

We offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality “kid-friendly” meals that meet or exceed the latest federal and state requirements. Our menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. We are proud to announce that the Lowell Public Schools Food and Nutrition Department will continue to add locally grown produce into the menu cycle.

We will also be offering some different foods that your children may not have tried before, so please encourage your child to taste these items. They just might become a new favorite! We will continue to participate in the Massachusetts Farm to School’s Harvest of the Month program which is designed to promote different locally grown crops. The goal of the program is to increase the exposure of students’ to seasonal foods.

- All of the breads and grain products served for breakfast and lunch are whole grain-rich, ensuring plenty of fiber and other essential nutrients. Added trans fats have been eliminated from all foods; and menus are planned to limit saturated fat and sodium to meet the new standards set by the United States Department of Agriculture (USDA) for school meals.
- Both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal pattern and nutrition standards ensure that meals provide age-appropriate calorie levels ; offer a wide variety of fruits and plenty of vegetables every day, with a focus on nutrient-dense dark green, red/orange and legume vegetable selections along with healthy grains and lean proteins.

We are proud to serve your child and encourage you to support our ongoing efforts to improve student health and well-being by participating in our Food Service program. For more information about our menus and programs, please visit www.lowell.schoolish.com and to learn more about healthy school meals visit <http://www.fns.usda.gov> . Please feel free to contact us at FoodServices@lowell.k12 with any questions or comments.