

Greetings Students, Parents and Caregivers,

We are committed to preparing nutritious food following state and national guidelines for nutrition, safety, and sanitation. We partner with Let's Go!, a community engagement program that helps us to continue to make the healthy choice the easy choice for our students and improve the nutritional quality of school meals.

All students deserve access to nutritious food while at school. Research shows that healthy eating and physical activity can improve concentration, memory, mood, and can help children and youth become better learners. We pride ourselves on the food we serve, ensuring that students enjoy our healthy school meals. School breakfast and lunch are free for all students. Now is the perfect time to try school meals.

We promote the 5-2-1-0 messages and use Let's Go! strategies to develop school meal menus, promote the school meals program, help increase school meal participation, and serve a healthy school breakfast & lunch. We also encourage student and parent/caregiver feedback.

The 5-2-1-0 messages are promoted throughout our school community.



For more information on how Let's Go! can support healthy habits at home, visit [LetsGo.org/families](https://lets-go.org/families).

Thank you for supporting our commitment to creating a healthy school environment!

