



Dear Parents:

In view of the recent concerns about the lunch being served to our students, the district has taken many steps to ensure that our students are being served a healthy, nutritious lunch each day. We met with the district's food service coordinator and the SC Department of Education's Director of the Office of Health and Nutrition. As a result of that meeting, the following food offerings will be implemented in addition to the current menu each day:

- Adding more fresh fruit to daily menus (with only one that is canned)
- Adding a third vegetable offering daily (which may be carrots and celery sticks on Monday, Wednesday and Friday, and tossed salad or other vegetable offerings on Tuesday and Thursday)
- There will be a process of moving away from heavily processed menu items which will be replaced with less processed foods.

In addition, the entire cafeteria staff will be involved in training to create ideas for food quality and presentation. There is also a concerted effort to enhance the menu items offered for the lunch program so that students are empowered to make healthier, more nutritious food choices.

The district provides two meals for students: breakfast and lunch. Fresh fruit is provided after lunch for students in grades PK-5 as a healthy snack. Students who participate in the afterschool school program are provided a snack prior to beginning their class Monday through Thursday. The PK program provides snacks for the students on a daily basis after their lunch. Usually, these students eat fairly early during the school day; therefore a snack is available for them each day.

Bamberg School District Two participates in the National School Lunch Program (NSLP) the School Breakfast Program (SBP). All nutrition standards are met daily as required through the US Department of Agriculture (USDA). Students are served fruits, vegetables, grains, meat/meat alternative and milk daily. Often meals include additional offerings.

School meals must be prepared according to age-appropriate minimum to maximum calorie count, saturated fats, sodium limit requirements and trans fats content. Meals cannot contain added trans fats and no more than 10% of calories can come from saturated fats. Students have access to fountain or bottled water during lunch and breakfast. Additionally, the district's three school cafeterias have received a grade of "A" from DHEC.

Students are encouraged to participate in the lunch program each day. As a parent, you have the ability to make the school meals a positive and exciting experience for your child. School meals provide whole grains, fruits and vegetables, low fat milk and reduced salt and fat. These factors encourage healthy eating and healthy bodies as children grown to adulthood. Help us help them develop strong healthier bodies and bright minds. We do appreciate you and all you do to motivate your child to become the very best they can be. Let us know how else you feel we can help. Thanks for all you do.

Sincerely,

Dr. Thelma F. Sojourner
Superintendent