



February 18, 2016

Dear Parent or Guardian:

The health of today's school environment continues to improve. Students are offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards were recently released by the United States Department of Agriculture as part of the Healthy, Hunger-Free Kids Act of 2010. These standards are based on the latest nutrition science and the 2010 Dietary Guidelines for Americans and recommendations from the Institute of Medicine.

These changes allow Cypress-Fairbanks ISD to offer healthier foods to students and support efforts by school administrators, teachers, parents, and the community, all working hard to instill healthy habits in students. New limits on calories, sodium, fat, and sugar have changed some of the foods offered in the cafeteria.

Beginning in March, the amount of condiments students take with their meal will be limited to one serving of each condiment. Condiments such as ketchup, mustard, mayonnaise, salsa, ranch dressing, tartar sauce, gravy, pickles, and jalapenos must be paired with accompanying menu items. For example, a hamburger comes with one ketchup, one mustard, one mayonnaise, and one portion of pickles. Sweet Potato fries come with two ketchups and a side salad with one ranch dressing packet. Students will not be allowed to purchase additional servings of condiments with a meal purchase. CFISD Food Service has also adjusted many of our food production recipes to meet these limits. Sodium in foods made from scratch in our Food Production Center such as taco meat, spaghetti sauce, salsa, and cheese sauce, all have been reduced.

Improving the health and nutrition of children by providing nutritious meals in school is a top priority for Cypress-Fairbanks ISD and the U.S. Department of Agriculture. For more information on the changes, go to [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday).

Regards,

Darin Crawford  
Director of Food Service