



August 5, 2024

Dear Parents and Guardians,

We strive to help your child have a healthy school day. School lunches include more fruits and vegetables, whole-grain foods, fat-free or low-fat milk, “right size” meals with portions designed for each age/grade group, and less saturated fat and sodium with no trans-fat. The nutritional value of school meals served at Lee County Board of Education has been certified for compliance with these standards.

Meals for all enrolled students, including breakfast and lunch, are at no cost for the school year. Lee County Board of Education has been approved to participate in the USDA program called “Community Eligibility Provision”, or CEP. No further action is required for parents and there is no need to submit a meal application. School meals will follow the USDA guidelines for healthy school meals with no discrimination because of race, sex, color, national origin, age or disability.

Here are some important facts about school meals:

- School lunch provides 1/3 of the average daily calories needed for kids.
- School lunch offers a wide selection of fruit and vegetable choices, along with whole-grain items, to satisfy student preferences and help them establish healthy eating habits for a lifetime of wellness.
- Last year Lee County Board of Education served over 525,000 breakfast meals and over 913,000 lunch meals to our students.
- Our management team holds a national certificate in SERV Safe Food Safety.
- All schools consistently have outstanding health inspection ratings.

Your child can learn good habits for life by making healthy food choices and getting proper exercise now. We at Lee County Board of Education are committed to providing every student the opportunity for healthy, nutritious meals every day. Please join us in this commitment and encourage your children to try new foods and make healthy choices. Developing healthy habits now will greatly increase their opportunities to become healthy adults.

If you would like more information, please visit <https://www.fns.usda.gov/nslp>

Sincerely,

Krystal Patterson

Director of Child Nutrition
Lee County Board of Education