

# Allegany - Limestone Central School

3131 Five Mile Road

Allegany, New York

14706

[www.alcsny.org](http://www.alcsny.org)



Dear Allegany-Limestone Families,

Allegany-Limestone Central School cafeterias are meeting tough new Federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in 2012-2013 school year, school lunches will meet additional standards requiring.

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students MUST take at least one serving)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer Allegany-Limestone students healthier and tastier choices. We are working with a current distributor for the freshest fruits and vegetables to follow in these new standards. We are also looking into the different varieties of whole grains that are soon to be available to us.

School meals are a great value and a huge convenience for busy families too! At the elementary level you can purchase a school breakfast for \$1.50 and a school lunch for \$2.00. At the MS/HS level, you can purchase a school breakfast for \$1.55 and a school lunch for \$2.05 you can get a lot for your buck!

We currently have for your convenience My School Bucks, (previously called My Lunch Money). This is a program that we have for parents to check their child's account to see what they are purchasing and if they choose they can pay on line. This is only an option, you do not have to use the debit or credit option if you choose not to.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Allegany-Limestone's healthy school meals and to get the facts about school meals visit [www.TrayTalk.org](http://www.TrayTalk.org)

Sincerely,

Rhonda Herbert  
Cafeteria Manager  
(716) 375-6600 x 2188  
[rherbert@alcsny.org](mailto:rherbert@alcsny.org)

District Office  
716-375-6600  
Fax: 375-6629

Middle/High School  
716-375-6600 Ext. 2110/2100  
Fax: 375-6630

Allegany-Limestone Elementary  
716-375-6600 Ext. 4172  
Fax: 375-6628

Special Education  
716-375-6600 Ext. 4164  
Fax: 375-6601

Bus Garage  
716-375-6612  
Fax: 375-6627