

## New Menu Item Nutritional Information



Dear Parent,

I am very happy to update you on the recent addition of one of the school's menu items, JUICE 100, 100% fruit juice. A blend of apples, white grapes and coconut water, this beverage is a best-for-you frozen juice alternative that complies with all school nutritional requirements required under the Healthy, Hunger Free Kids Act of 2010 that has been implemented nationally, as well as in our school district.

If you weren't aware, JUICE 100, 100% Juice, offers students a non-carbonated, caffeine-free alternative with no cholesterol. And for those students who are lactose intolerant or have gluten issues, this is a healthy choice available in the cafeteria. These fruit juices meet the FDA standards for what is allowable in the school meals programs - breakfast, lunch, after school and/or as a healthy snack during the day. A 4 ounce serving is equivalent to a half (1/2) cup serving of fruit. It qualifies as a CN. Label component meeting the fruit requirement for the National School Lunch Program(NSLP) and for the School Breakfast Program(SBP).

All 15 flavors of JUICE 100 are fortified with vitamins A, D, and E in addition to 100% of the RDV of Vitamin C. Each serving contains ONLY 60 calories for a 4 oz. serving and boast added Calcium and Fiber as well. What these flavors DON'T contain? Absolutely NO High Fructose Corn Syrup, artificial sweeteners or Sodium have been added to JUICE 100, 100% fruit juices.

Additionally, JUICE 100, 100% Juice meets the Alliance for a Healthier Generation's national guidelines. (This organization was jointly founded by the American Heart Association and the William J. Clinton Foundation). It complies with the USDA Smart Snacks in the Alliance for a Healthier Generation's School Guideline meeting all the requirements on the Alliance Product Calculator for Smart Snacks!

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

For all of these reasons, and for JUICE 100's well established commitment to student nutrition, we are happy to have JUICE 100, 100% fruit juice at our schools as a healthy option for our students by bringing excitement, enthusiasm and added nutrition into your child's day.

Sincerely,

Foodservice Director

