

July 10, 2006

**Parents/Guardians of Carroll Community School District Students:**

The Carroll Community School District (CCSD) has approved a “**Wellness Policy**”, as required by legislation allowing the continuation of the National School Lunch Program and School Breakfast Program. This policy will affect some activities related to parties and celebrations in the classrooms, rewards and fund raising.

It is the intent of the district, through the wellness policy, to promote consumption of fruits, vegetables, whole grain products and low fat and fat free products, as well as foods which have been prepared by healthy methods. To this end we are providing you with lists of items we would like you to consider when providing any snack foods for classroom parties/celebrations and/or rewards:

Any fresh fruit	Any fresh vegetable
Granola bars	Single servings (1-1.5 oz) baked chips
Cheese sticks	Low fat ice cream products (2-3 oz)
Fruit snacks (roll-ups, etc.)	

The CCSD Food Service Department (FSD) will obtain and have available for parents to purchase (at the same price paid by FSD) a small variety of snacks that are prepackaged and which meet the wellness policy requirements for calories and fat calories. At this time that will include packages of formed graham cookies, Kudos bars and fruit snacks. In addition the school will bake cookies or low fat muffins at a nominal fee, with advanced notice. Low fat ice cream products can also be obtained for you with advanced notice. The prices of the above products would be 14¢-30¢ per serving, payable when obtained. **Please contact Stephena Kallemeyn, Food Service Director, @ 792-8001 or 790-0603 with questions or to place orders.**

Please notify the school (nurse and/or food service) if your child has any food allergies or special dietary requirements.

If you send lunch to school with your child please pack healthy lunches; please refrain from including any beverages or foods that do not meet nutritional standards. (Unacceptable beverages include pop and fruit juices which contain less than 50% juice.)

Thank you for helping us to help you to provide healthy foods for your children!

Sincerely,

Stephena Kallemeyn  
Food Service Director  
Carroll Community School District