Food and Nutrition Services (FNS) has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below is an article for your September newsletter.

FNS, FCPS operates under the philosophy “we talk, serve, and teach nutrition.”

The ultimate goal of the Healthy, Hunger-Free Kids Act is to ensure students make school meal choices that complement the nutrition curriculum taught in the classroom so they are healthy, active, and ready to learn. School breakfast and lunches are planned by Registered Dietitian Nutritionists (RDN) and chefs to reflect the latest nutrition science by the Institute of Medicine and Dietary Guidelines of Americans. The EZ Lunch App is available at http://fcps.nutrislice.com/ and monthly menus are sent to all elementary parents by the school.

When students return to school in September they will make their breakfast and lunch options using the following stars:

**All Star Breakfast includes:**
- Yellow Star – Grains
- Red Star – Fruit and/or Fruit Juice
- Blue Star – Milk

**Students must select 3 stars and one must be red but only one fruit juice.**

**All Star Lunch includes:**
- Purple Star – Protein
- Yellow Star – Grains
- Green Star – Vegetables
- Red Star – Fruits
- Blue Star – Milk

**Students may select 3 – 4 – 5 stars but one MUST be a green or red star.**

Parents are critical partners and are asked to take time to review the daily menu with their children. They may also limit their children’s selections to lunch only or lunch and a la carte. A printed summary of child(ren)’s account is available by contacting the food service manager or by signing on with MySchoolBucks.com. They do not need to use the online account for this service.

September is Breakfast Month in FCPS. “Get in the Game with School Breakfast” is our elementary promotion, September 21-25, 2015. Breakfast is the most important meal of the day. It “breaks” the night’s “fast” by replacing the energy reserves used overnight. School-aged children are the biggest breakfast skippers. Research reveals students who miss breakfast are less attentive in class, and their ability to work and concentrate is limited. Breakfast is available in 177 schools and centers. Check to see if breakfast is offered at your child’s school.