

# What is a School Meal?



The daily menu offers a variety of items for students to create a healthy school meal.

Each day students are offered at least one serving of :

- ▶ protein
- ▶ grain
- ▶ fruit
- ▶ vegetable
- ▶ milk

Students *choose their meal* from these offerings



A complete school meal consists of *three* different food items.

A complete school meal includes at least one fruit *or* vegetable.



A complete school meal offers well balanced nutrition.

A complete school meal is the best deal.

Students who choose items that do not make a *complete* meal will be charged for each item individually which will result in a higher priced meal.

The schools in the ANESU Food Service Cooperative develop daily menus which:

- *appeal to students likes,*
- *offer students a chance to try new foods,*
- *emphasize fresh and local foods,*
- *include a variety of healthy fruits, vegetables, and whole grains.*

We provide a hearty and delicious meal for students every day and help them learn to choose both familiar and unfamiliar foods to keep themselves healthy and ready to learn.