

NOW PLAYING: NATIONAL SCHOOL LUNCH WEEK

OCTOBER 12-16, 2020

PARENTS:
Did You Know?
Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.



30 MILLION
students enjoy
healthy lunches
every school day!

Your ticket to good nutrition!

Every School Lunch includes:

- $\frac{3}{4}$ cup of vegetables with every lunch
- $\frac{1}{2}$ cup serving of fruit daily
- 1 cup of 1% or fat-free milk
- Entrées include whole grains & lean protein



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