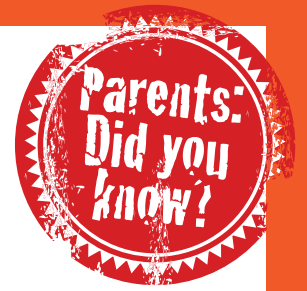




# National School Lunch Week

## October 14-18, 2019



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.



3/4 cup of vegetables with every lunch

1 cup of 1% or fat-free milk

1/2 cup serving of fruit daily

Entrées include whole grains & lean protein

Read School Meal Success Stories here: [TrayTalk.org](http://TrayTalk.org)

Follow us on social media: #NSLW19 • #LunchPlaylist • #SchoolLunch



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