

What's on the Menu Today? Healthy Choices!



Parents - did you know? Today's school lunch includes:

- ✓ Fresh fruits and veggies
- ✓ More whole grains
- ✓ Less sodium and fat
- ✓ Nonfat or low-fat milk



Enjoy the convenience of a healthy school breakfast & lunch at all six of our schools at **NO COST**. Contact us via phone at **302-629-4587 x1835** to learn more about what's being served!

Learn more at www.seafordnutrition.com