



# WHAT'S ON THE MENU?

## School meals support students' health and learning!

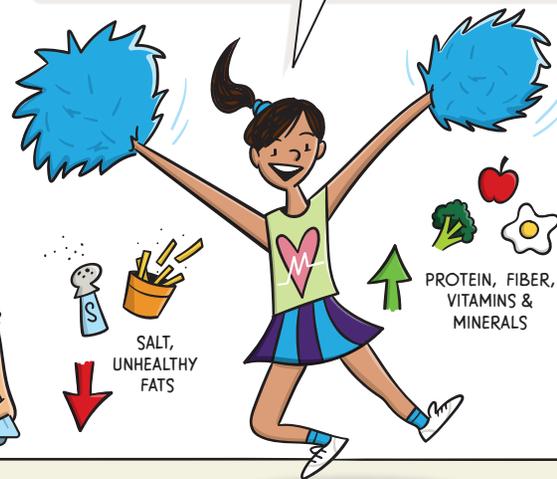


LUNCH TIME IS FRIENDS TIME!



SCHOOL MEALS HELP ME FOCUS AT SCHOOL.

SCHOOL MEALS FOLLOW GOVERNMENT NUTRITION GUIDELINES!



IF A STUDENT NEEDS A SPECIAL DIET FOR MEDICAL REASONS, YOU WILL NEED A NOTE FROM YOUR DOCTOR. TALK TO YOUR SCHOOL.



### YOU CAN EXPECT ALL MEALS TO OFFER:



LOW OR NON-FAT DAIRY



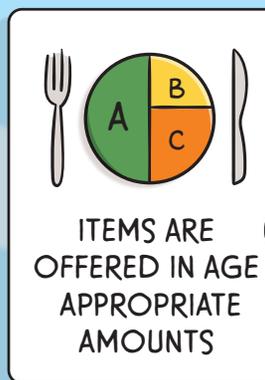
FRUITS & VEGETABLES



MEAT OR PROTEIN ALTERNATIVES



WHOLE GRAINS



ITEMS ARE OFFERED IN AGE APPROPRIATE AMOUNTS

DRINKING WATER IS AVAILABLE!



**DID YOU KNOW?** SCHOOL MEALS WERE DEVELOPED IN THE 1940'S TO COMBAT CHILD HUNGER. THEY NOW ALSO FOCUS ON PROMOTING HEALTH.