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:

Fruits & vegetables
Whole grains
Meat or protein alternatives
Salt, unhealthy fats
Protein, fiber, vitamins & minerals

SCHOOL MEALS HELP ME FOCUS AT SCHOOL.

YOU CAN EXPECT ALL MEALS TO OFFER:

FRUITS & VEGETABLES
LOW OR NON-FAT DAIRY
MEAT OR PROTEIN ALTERNATIVES
WHOLE GRAINS

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

DRINKING WATER IS AVAILABLE!

ITEMS ARE OFFERED IN AGE APPROPRIATE AMOUNTS