



NUTRITION CORNER



What comes with my Lunch?

The balanced meal we serve each day contains:

1 portion of Meat/Meat Alternate

1 portion of Bread

1 or more servings of Fruit

2 or more servings of Vegetables

1 serving of Milk (non-fat or lo-fat unflavored, non-fat flavored)

The menu makes sure you are getting the proper nutrition

No Trans Fat/Reduced Sodium

No more than 10% of calories from saturated fat

and the following nutrients:

Protein

Iron

Calcium

Vitamin A

Vitamin C



WHAT'S **NEW** IN SCHOOL LUNCH?

- ✓ More Herbs & Spices (*less sodium*)
- ✓ More Fruits
- ✓ More Vegetables
- ✓ Whole Grain Breads
- ✓ Less Saturated Fats



COME TO LUNCH!
HEALTHIER! TASTIER!

