

# NUTRITION REQUIREMENTS



## FRUITS & VEGGIES

Increase consumption of fruits & veggies - Every single meal!

## WHOLE GRAINS

Whole Grain Rich - 80% of the time

## MILK

Two types must be offered - Rules round flavors & %



## SODIUM

Lower sodium goals each year.

## MEAL COMPONENTS

Fruits, Veggies, Milk, Grain and Meat/Meat Alt. - 5 are offered, 3 must be taken, one must be at least 1/2 cup fruit or veggie

## OTHER...

Rules around options at grade levels, calories per grade level, non-competitive foods.

OUR GOAL IS TO  
ENCOURAGE STUDENTS TO  
EAT MORE FRUITS,  
VEGETABLES AND WHOLE  
GRAINS!