

# Jeffco FNS Healthy School Meals



## GREEN CAESAR SALAD

With the passage of Healthy School Meals for All, many families will be sending their students to eat breakfast and lunch at no cost in school year 2023-2024.

Jeffco Food Service is committed to providing these meals in accordance with USDA guidelines, so you can be assured that school food will always be a healthy choice!

### Highlighted Ingredients

Loose Leaf Lettuce  
Chicken Fajita Meat  
Grape Tomatoes  
Carrots  
Parmesan Cheese



Serving Size	1 entree salad <i>(no dressing)</i>	1 entree salad <i>w/Fat Free Ranch</i>	1 entree salad <i>w/Golden Italian</i>	1 entree salad <i>w/Caesar Dressing</i>
Calories	223	233	243	403
Fat	13 g	13 g	15 g	29 g
Sodium	594 mg	729 mg	724 mg	1,314 mg
Protein	21 g	21 g	21 g	23 g
Added Sugar	0 g	0 g	1 g	2 g

### What is a reimbursable meal?



Your student's tray should consist of at least three of the following components (one being a fruit or vegetable) in order to be reimbursable and served at no cost:

(a) Fruit, (b) Vegetable,

(c) Meat/Meat Alternative, (d) Grain,

(e) Milk

### Supplement your student's sandwich from home!

Your student can come to school and pick from any of our fresh fruits and vegetables!



### Fresh fruits being offered to Jeffco students this season:

Plums, Honeydew Melon

Peaches, Watermelon

Strawberries

Our lettuce is sourced from **Kalera**.

Their focus is on locally grown fresh produce.



[www.kalera.com](http://www.kalera.com)