

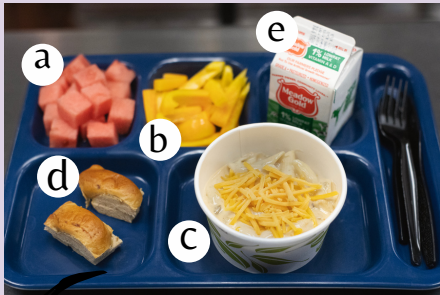
Jeffco FNS Healthy School Meals



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!

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

GREEN CHILE PASTA

What your student may eat at school...



Serving Size	1 cup
Calories	392
Fat	16.5 g
Sodium	681.5 mg
Protein	18.25 g
Added Sugar	0 g
Cheese Sauce	Low sodium and reduced fat white cheese sauce
Highlighted Ingredients Semolina Wheat Pasta, Low Sodium and Reduced Fat White Cheese Sauce, Vegetarian Green Chile, Cheddar Cheese	

PANERA MAC N CHEESE

What your student might bring from home...



Serving Size	1 cup
Calories	500
Fat	30 g
Sodium	1,200 mg
Protein	19 g
Added Sugar	0 g
Cheese Sauce	Pasteurized Processed Cheese Spread
Highlighted Ingredients Cooked pasta (Semolina Wheat Flour, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Monoitrate, Riboflavin, Folic Acid, pasteurized processed cheese spread)	



Fresh fruits being offered to Jeffco students this season: strawberries, plums, peaches, watermelon, and honeydew melon

This institution is an equal opportunity provider.