

# Jeffco FNS Healthy School Meals



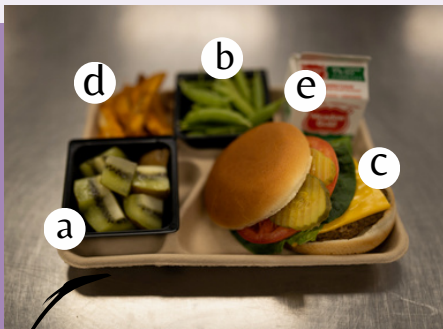
With the passage of Healthy School Meals for All, many families will be sending their students to eat breakfast and lunch at no cost in school year 2023-2024.

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!

## CHEESEBURGER from HOME vs CHEESEBURGER from SCHOOL



### 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

<b>Serving Size</b>	3.2oz all-beef patty Small Coke Small French fry
<b>Calories</b>	780
<b>Fat</b>	31 g
<b>Sodium</b>	1,150 mg
<b>Protein</b>	25 g
<b>Added Sugar</b>	44 g

According to the National Institute of Health, there is a strong correlation between kids eating fast food and the risk of childhood obesity.

#### Highlighted Ingredients

Enriched flour wheat bun, all-beef patty, American cheese, onions, pickles, ketchup, mustard

<b>Serving Size</b>	3oz all-beef patty 1 cup 1% milk 1/2 cup baked fries
<b>Calories</b>	690
<b>Fat</b>	29.5 g
<b>Sodium</b>	1,171 mg
<b>Protein</b>	36 g
<b>Added Sugar</b>	1 g

Jeffco Food Service follows the National School Lunch Program from the USDA to meet nutritional standards for calories, sodium and fat.

#### Highlighted Ingredients

Whole grain hamburger bun, all-beef patty (no extenders, no soy), reduced-fat American cheese, pickles, lettuce, tomato



Fresh fruits being offered to Jeffco students this season: clementines, kiwis, grapes, pears and grapefruits

This institution is an equal opportunity provider.