

# What's on the Menu Today? Healthy Choices!

Parents - did you know?  
Today's school lunch includes:

- ✓ Fresh fruits and veggies
- ✓ More whole grains
- ✓ Less sodium and fat
- ✓ Nonfat or low-fat milk



Enjoy the convenience of a healthy school lunch for just **\$2.75** elementary, **\$2.90** middle and **\$2.90** high school. Contact us at **Conestoga Valley Food Service**, **717-556-0025** to learn more about what's being served!

Learn more at [www.conestogavalley.org](http://www.conestogavalley.org) or  
[www.schoolnutrition.org/SchoolMeals](http://www.schoolnutrition.org/SchoolMeals)