

# Lots to Love about FREE School Lunch!



## Healthy, Balanced, Safe Meals



We oversee\* what goes on the plate so you don't have to!

- ☑ Tastes great
- ☑ Limited sodium
- ☑ Lots of delicious fruits, veggies, and chilled low-fat milk

Additionally, school kitchens always meet or exceed state guidelines for safe food, including keeping hot food hot and cold food cold until it's served. With plenty of warm, filling options there's no need for your child to wait at the microwave to heat their packed lunch.

*\*by following USDA NSLP Guidelines*

## Power of Choice



With multiple daily options for entrees and sides, kids have the power to choose what they want to eat every day!

## Take Back Your Time



Add up the time you spend planning meals, grocery shopping, prepping and packing lunches, and cleaning the lunch box. You can put more time back in your day by leaving meals to us.

## Compare Costs



Families can spend less at the grocery store. Consider the cost of soaring grocery store prices, and think about what your child eats and enjoys. Then add in any cost for baggies, cutlery, icepacks and lunchboxes. Free school lunch is clearly the best value!

## Less Waste



We all know kids can be picky. School lunch allows them to choose what they want to eat each day rather than throwing away any unwanted food packed in their lunch.

## Better for Kids



Research shows that kids who eat school meals are more attentive in class, have better attendance, and may have fewer disciplinary problems.

## Try Something New!



Packed lunches often consist of the same rotation of foods. School lunch gives your child the opportunity to try different foods every day.

Our team of chefs and dietitians are constantly developing new recipes that keep up with trends (and are kid-approved)!

*This institution is an equal opportunity provider.*