

Join the *Made With School Lunch* movement!

School Nutrition Professionals are on a mission to make school meals the BEST EVER!

How?

By offering meals that meet top notch nutrition standards and help boost your kids' health and overall well-being!

Today's **school meals** are prepared with:

- A rainbow of fruits and veggies
- More whole grains
- Lean protein
- Low-fat or fat-free dairy milk (including lactose-free dairy milk)
- Less sodium
- More culturally inclusive choices

What is the Healthy Eating Index (HEI)?

HEI is a scoring system that assesses the nutritional quality of food based on a scale of 0-100. Higher HEI means **healthier food!**

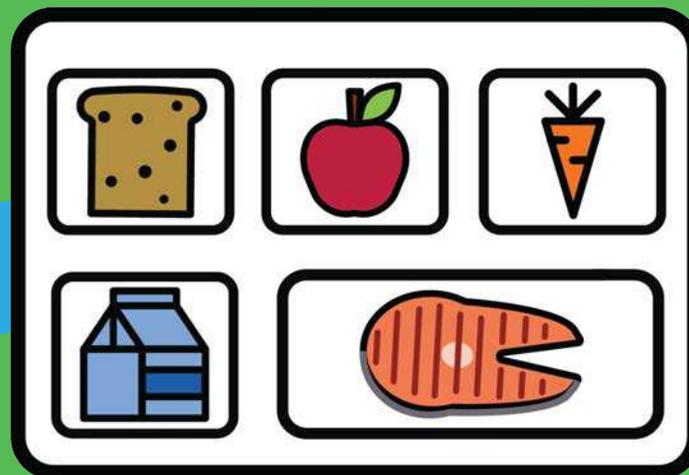
How much *healthier* are *school meals*?

Between the 2009-2010 and 2014-2015 school years, the HEI score for school meals increased from 58 to 82.

Fruits:
+18%

Whole Grains:
+70%

Dairy:
**Remained at
99 HEI**



Veggies:
+7%

Lean Protein:
+6%

Give *school meals* a try!

Together we can champion the true value of school meals and inspire generations to come!



Findings are from the USDA Food and Nutrition Service.

Detailed reports, other infographics, webinars, and a video of key study findings are available at: <https://www.fns.usda.gov/school-nutrition-and-meal-cost-study>

madewithschollunch.com

