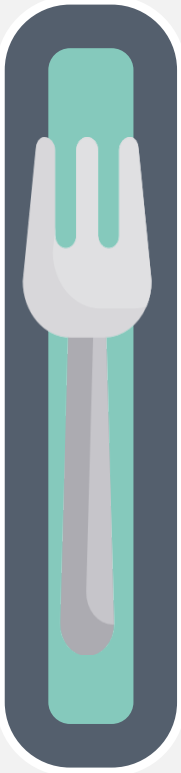
What Makes a School Meal

Through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), every meal served at school meets strict nutrition standards set by the USDA, ensuring all students receive a healthy and delicious meal. See below for some highlights and guidelines.

Daily fruit offerings can be fresh, frozen, canned, dried, or 100% juice. Less than half the fruit offerings each week can be juice.

At least 80% of the grains offered each week must be whole grain-rich.

In addition to daily vegetable requirements, vegetables from 5 specific subgroups must be offered each week at lunch. Subgroups include: dark green, red/orange, starchy, other, and beans, peas, and lentils.



There must be at least two milk options offered. At least one milk option must be unflavored. Flavored milk must comply with added sugar limits.

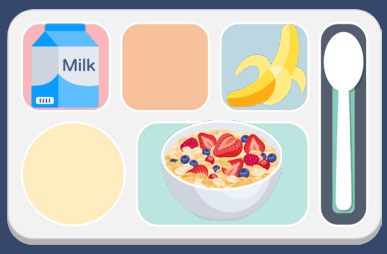
Did You Know?

Through the Offer versus Serve (OVS) provision in the NSLP and SBP, students are able to decline some of the food offered. The goals of OVS are to reduce food waste in the school meals program while permitting students to decline foods they do not intend to eat.

Lunch consists of 5 components: fruits, vegetables, grains, meats/meat alternates, & milk. Students must take at least 3 components including at least 1/2 cup of fruits and/or vegetables.



Breakfast choices are a little different. Breakfast consists of 3 components: grains and/or meats/meat alternates, fruits, and milk. Students must take at least 3 items including at least 1/2 cup of fruits and/or vegetables.



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