

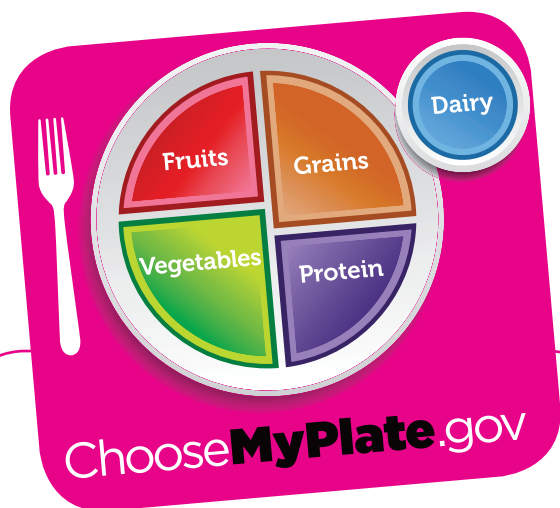
# School Lunch

# LET'S GROW HEALTHY



## Let's Grow Healthy!

It's National School Lunch Week and this year's theme, "School Lunch—Let's Grow Healthy," helps children understand where food comes from while learning that eating a nutritious school lunch helps them grow strong and healthy.



## Let's Grow Healthy and Choose MyPlate!

A school lunch tray always has age-appropriate portions and includes a healthy balance of fruits and vegetables, grains, protein and milk. Encourage your children to fill their lunch trays (and then eat!) following the MyPlate guidelines:

- Make half your plate/lunch tray fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or lowfat (1%) milk.

*MyPlate icon and ChooseMyPlate.gov courtesy of USDA. USDA does not endorse any products, services or organizations.*

## Let's Grow Healthy with School Lunch

Serving nearly 31 million children every school day, the federally funded National School Lunch Program (NSLP) provides nutritionally balanced low-cost and free meals to students. The program requires school meals to meet federal nutrition standards. Dietary guidelines dictate:

- No more than 30 percent of calories can come from fat and less than 10 percent from saturated fat.
- Over the course of one week, lunches must provide 1/3 of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.
- Well-balanced school lunches must include protein, fruits and vegetables, grains and lowfat milk and be served in age appropriate portions.

## Get Involved

Learn about school lunch at  
[www.traytalk.org](http://www.traytalk.org).

For additional information about the School Nutrition Association (SNA), and school meals, please contact SNA at (800) 877-8822 or visit us online at [www.traytalk.org](http://www.traytalk.org).

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