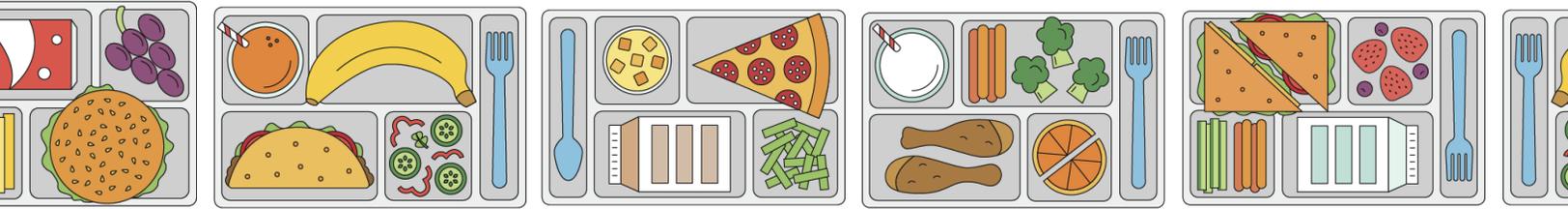


## Get to Know the Nutrition Guidelines for School Meals



### Parents are often curious about school meals and why we serve the menus that we do.

You might wonder why we just don't serve pizza and hamburgers every day (they're student-favorites after all!). Or maybe you might think that the food just simply isn't healthy enough.

Schools like ours that participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) are required by the USDA to serve menus that meet specific nutrition standards. These standards ensure we serve kids nutritious foods that support their growing bodies and fuel their minds for learning.

### What are the nutrition requirements our school meals need to meet?

- **More fruits and vegetables.** We offer students a variety of fruits and vegetables at every meal. Our vegetable choices must include weekly offerings of legumes (beans/peas), dark green, starchy, red/orange, and "other" vegetables (such as cucumbers or green beans). Your child is required to take at least a ½ cup serving of fruits or vegetables with every school breakfast or lunch.
- **More whole grains.** At least half of the grains we serve are whole grain-rich, or contain at least 51% whole grain. This includes a wide variety of foods from the grain group we have in our menus: breads, rolls, pastas, tortillas, even the crusts our pizzas are made from!
- **Low-fat and fat-free milk.** Every school meal offers one cup of fat-free or 1% milk.
- **Age-appropriate calorie ranges.** Our meals must meet calorie minimums and maximums based on grade level:

Grades	Breakfast	Lunch
K-5	350-500 calories	550-650 calories
6-8	400-550	600-700
9-12	450-600	750-950

- **Sodium limits.** We're gradually reducing the sodium levels from school meals and finding creative ways to add flavor to foods without adding salt, like adding fresh herbs and spices.
- **Limits on unhealthy fats.** Our meals are trans-fat free and contain no more than 10 percent of calories from unhealthy saturated fat.