

School Meals Have Changed



New Nutrition Regulations are **HERE!**



School cafeterias across the country are meeting tough new federal nutrition standards for school meals, ensuring that meals are well-balanced and provide students all the nutrition they need to succeed at school. Now is a **GREAT** time to encourage your kids to choose school meals!

School meals include:

- **Fruit is required at breakfast and lunch daily**
- **More vegetables required daily with subgroups required weekly**

Each week features:

- **Dark green leafy vegetables**
- **Red/orange vegetables**
- **Legumes (Dried beans and peas)**
- **Starchy & Other Vegetables**
- **All grains come from whole grain sources.**
- **Lower calories with calorie limits**
- **New lower sodium products**
- **0 grams Trans Fat**
- **Less than 10% calories from Saturated Fat**

The taste of favorite items may have changed due to reductions in sodium and fat.

Encourage your children to eat their whole meal, including healthy fruits and vegetables.

