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.