



School Meals: Small Changes, Big Difference

Updated standards are raising the bar for nutrition to help kids grow up healthier.

What makes school breakfast healthy?

- Less added sugar
- Lower sodium
- Primarily whole grains
- Fruit, vegetable, and protein options

Sample Breakfast

- Egg and cheese on whole wheat biscuit
- Strawberries
- Local vegetables
- Low-fat milk

What else could be part of a nutritious, delicious breakfast this week?*

- Breakfast bean burrito
- Turkey sausage
- Oatmeal pancakes
- Tofu taco
- Whole-grain muffin or bagel
- Variety of fruit
- Trail mix with nuts and seeds
- Yogurt
- Juice
- Flavored milk with less added sugars...
...and much more

Student favorites
can still be on the menu,
within weekly standards:

- Toaster pastries
- Sweet breads and donuts
- Granola bars
- Syrups and condiments



* Schools may create a variety of menu options to meet the overall nutrition standards.



Sample Lunch

- Turkey burger
- Salad
- Cheese
- Diced cantaloupe
- Flavored milk with less added sugars

What else could be part of a nutritious, delicious lunch this week?*

- Black bean burger
- Fish taco
- Stir-fry with tofu
- Chicken salad sandwich
- Falafel pita
- Beef barley soup
- Pepper slices with hummus
- Fresh cauliflower bites
- Spiced butternut squash
- Chilled pineapple
- Fat-free or low-fat milk
- *...and much more*

* Schools may create a variety of menu options to meet the overall nutrition standards.

Student favorites

can still be on the menu, within weekly standards:

- Pizza
- French fries
- Deli sandwiches

