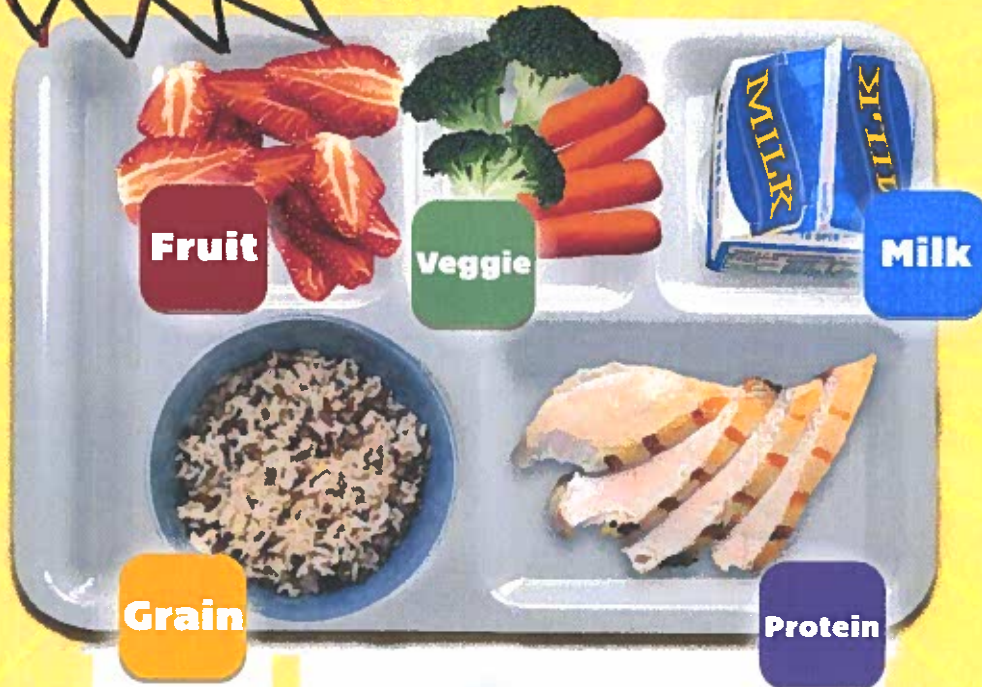


Color Your Lunch Tray!

Choose 3 or more food groups

MUST
Pick at least $\frac{1}{2}$ cup fruit and/or vegetable



Parents:
Did you
know?

The National School Lunch Program

Today's school lunches meet strict nutrition standards,
including limits on calories, sodium and unhealthy fats.

30 million
students enjoy
healthy lunches
every school day.

3/4 cup
of vegetables
with every lunch

1 cup
of 1% or fat-free
milk

1/2 cup
serving of fruit
daily

Entrées
must include
whole grains &
lean protein

Read School Meal Success Stories
www.TrayTalk.org



schoolnutrition.org



@Schoolnutritionassoc



www.facebook.com/TrayTalk



@SchoolLunch