



School Meals Have Changed!

The Healthy Hunger-Free Kids Act requires school cafeterias to meet new federal nutrition standards for school lunches and breakfasts. These new standards are in place to ensure students receive a well-balanced meal needed to be successful in school!

Changes include:

- **Fruit is now required daily for breakfast and lunch.**
- **Increased portions of vegetables required daily with subgroups required weekly for lunch.**
 - **Each week will feature:**
 - **Dark green leafy vegetables**
 - **Red/Orange vegetables**
 - **Legumes (Dried beans and peas)**
 - **Starchy and Other Vegetables**
- **At least half of all grains come from whole grain sources.**
- **Lower calories with calorie limits.**
- **Lower sodium products.**
- **0 grams of Trans Fat**
- **Less than 10% of calories from Saturated Fat**



Fat-Free flavored milk and 1% white milk are available every day.

All Charter Schools USA schools participate in the National School Lunch Program and offer free and reduced price meals to those who qualify.

LUNCH

Full Price: Contact your school

Reduced Price: \$0.40

BREAKFAST

Full Price: Contact your school

Reduced Price: \$0.30

