

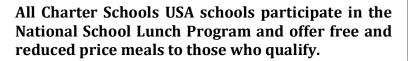
## **School Meals Have Changed!**

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.
  - o 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.





**LUNCH** 

**Full Price: Contact your school** 

**Reduced Price: \$0.40** 

**BREAKFAST** 

**Full Price: Contact your school** 

Reduced Price: \$0.30

