

# School Lunch Fact Sheet

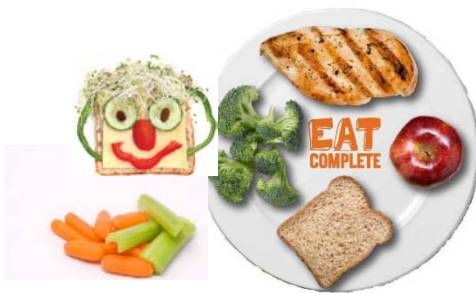
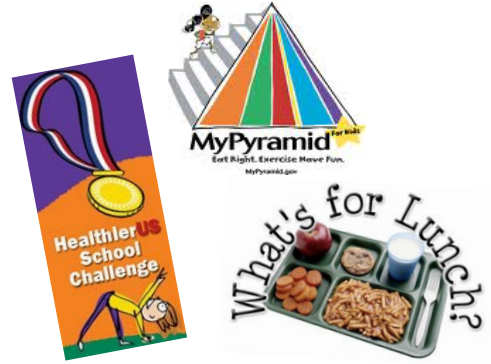


## Did you know.... Our School Lunches are Nutritious!

In order to qualify as a federally reimbursable school lunch, meals must meet specific nutrition guidelines.

### A school lunch must:

- » Provide variety of foods from MyPyramid.
- » Meet 1/3 of children's daily calorie needs.
- » Provide 1/3 of children's daily needs for — protein, vitamins A and C, iron and calcium.
- » Limit the amount of fat to 30 percent or less of calories and saturated fat to 10 percent of calories when averaged over the course of a week.
- » Offer a variety of milk options, including fat-free and reduced-fat white, flavored, and lactose-free milk.



## Did you know that our menus....

- » offer at least one ¼ cup serving of fruits or vegetables daily !
- » offer a different fruit or vegetable option each day of the week!
- » include three (3) different whole grain foods per week!
- » offer a wide variety of entrees in order to appeal to everyone.!
- » offer vegetarian options and non-meat alternatives!
- » we have reduced the sodium content of meals by 5% per year!
- » offer legumes as a side dish once per week!
- » offer a plant based protein entrée twice a month!

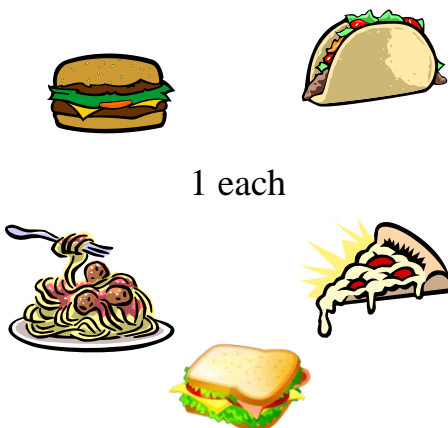
USDA research indicates that children who participate in the School Lunch have superior nutritional intakes compared to those students who do not participate.

Contact your School District's Food Service Director now for more information

Linda Schultz (T) 860-564-6422 x3303 or email at [Linda.Schultz@compass-usa.com](mailto:Linda.Schultz@compass-usa.com)

## Did you know.... what your student gets with their meal?

### 1 Entrée



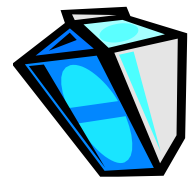
1 each

### Additional Fruits and Vegetables



2-3 each

### 1 Milk



1 each