



National School Lunch Week

OCTOBER 15-19, 2018



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 here: <https://traytalk.org>

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