

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 9-13, 2017

SCHOOL LUNCH
RECIPES FOR SUCCESS™

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

More than **30 million** students enjoy healthy lunches every school day.

3/4 cup of vegetables with every lunch

One cup of 1% or fat-free milk

#SchoolLunch

Entrées must include whole grains and lean protein

One 1/2 cup serving of fruit daily

#NSLW17



@SchoolNutritionAssoc



@SchoolLunch



www.facebook.com/TrayTalk

www.schoolnutrition.org/SchoolMeals

