



Why choose **School Food**?

Did you know that your student's lunch meets the nutrition requirements set by a team of **Dietitians, Researchers, Physicians, and Public Health Professionals**?

School lunch ensures that students have the nutrition they need throughout the day to learn. Each lunch provides **one-third** or more of the recommended amount of key nutrients for each grade being served. Research has shown that school meals are healthier than meals brought from home or elsewhere: students **eat more fruits and vegetables and drink more milk when they consume school meals**, and they consume less sodium and are less likely to eat desserts and snack items.

In addition, by purchasing school food you are **supporting the district's Child Nutrition Program**. Those funds stay in your district to purchase local produce, new kitchen equipment, and sustainable cafeteria infrastructure.



*School food is nutritious,
convenient, and cost effective*



Nutrition Benefits:



School lunch provides 1/3 of the calories, protein, calcium, iron, vitamin C, and vitamin A that is recommended for children and adolescents. Students are offered protein, at least 2 fruit and 2 vegetable choices, whole grain, and low-fat or fat-free dairy at every meal.

Did you know? When children have a variety of choices in fruits and vegetables, they are more likely to try new things and find a favorite that they will eat!

Convenience:

Choosing school lunch means one less thing for parents to worry about. There is no shopping, last minute rushing on Sunday night to prepare for the week or packing a lunch early in the morning. It is easy to add money to your meal account by using the online meal payment program.

Cost:

It is more cost effective and efficient to eat school food than fast food meals or even home packed lunches, which average to be about \$3.00 per day. Students may qualify for breakfast and lunch at a free or reduced rate.

Apply for Free and Reduced Lunch on the district's Child Nutrition page

Applications are accepted on a rolling basis and are open now. New applications must be submitted each year.

Resources:

FRAC. (2016) Benefits of School Lunch

Minaya S. & Rainville A.J. (2016). How Nutritious Are Children's Packed School Lunches? A Comparison of Lunches Brought From Home and School Lunches. *Journal of Child Nutrition Management*, 40(2)