

School Lunch

Healthier Choices for Your Children Have Never Been So Easy & Affordable!

Did you know?

School lunch is affordable and convenient.

When comparing the **same lunch**:

1 sandwich: turkey & cheese on whole wheat bread

½ cup of broccoli and carrots

1 cup of applesauce

+ 1 cup of fat-free milk

\$3.60 when made at home
Only \$2.00 when purchased at school!!

Research suggests that *school lunches* contain **more** Calcium, Vitamin A, Fiber, and Protein than the average *packed lunch*.



School lunch is a well-balanced and nutritious choice.

The new United States Department of Agriculture (USDA) guidelines ensure that:

- ✓ **All** Grains Offered are Whole Grain Rich!
- ✓ **At least Two** Fruit & **Two** Vegetable Options are Offered **Every Day!**
- ✓ **All** Milk Offered is Either **Fat-Free** or **Low-Fat!**
- ✓ **All** School Lunch Items Contain **Zero** Trans Fats!
- ✓ School Lunch Contains **Limited Amounts** of Sodium & Saturated Fat!

Visit our website to learn more about the healthy & affordable lunches offered at your child's school:

<http://www.leonschools.net/Page/681>

