

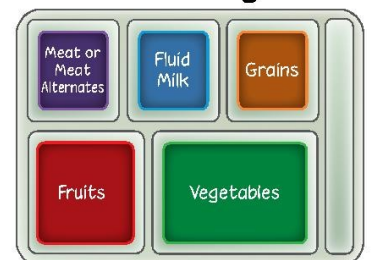


**I support
school
meals!**

The new school meal pattern is based on the latest scientific recommendations from the Institute of Medicine and is consistent with the Dietary Guidelines for Americans. It builds on the great work that our district has been doing by:

- Increasing the amount of fruits and vegetables
- Reducing sodium in meals
- Setting calorie maximums for the first time
- Increasing whole grains

Build a Healthy Lunch



A healthy school environment provides the opportunity for our students to build nutrition and physical activity habits that will last a lifetime!