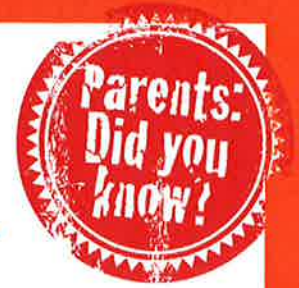




National School Lunch Week

October 14-18, 2019



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 include whole grains & lean protein

Read School Meal Success Stories here: TrayTalk.org

Follow us on social media: #NSLW19 • #LunchPlaylist • #SchoolLunch



SchoolNutrition.org



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Semana Nacional del Almuerzo Escolar

Del 14 al 18 de Octubre de 2019



Los almuerzos escolares de hoy cumplen con estrictos estándares de nutrición, incluidos límites de calorías, sodio y grasas no saludables.

¡30 MILLONES de estudiantes disfrutan de un almuerzo saludable cada día escolar!

3/4 de taza de verduras con cada almuerzo

1 taza de leche con 1% de grasa o descremada

Una porción de 1/2 taza de fruta diaria

Los platos principales incluyen granos enteros y proteínas magras

Lea sobre historias de éxito de comidas escolares aquí: TrayTalk.org
Síguenos en las redes sociales: #NSLW19 • #LunchPlaylist • #SchoolLunch



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