

Celebrate National School Lunch Week!

October 31 – November 4, 2022

HEY, PARENTS!
School meals meet federal nutrition standards, have limits on sodium and unhealthy fats and are proven to support student achievement and wellness!



Peace Out and Get Hip to a Healthy School Lunch!

- $\frac{3}{4}$ cup of vegetables with every lunch
- $\frac{1}{2}$ cup serving of fruit daily
- 1 cup of 1% or fat-free milk
- Entrées include whole grains & lean protein



Follow SNA and #NSLW22 on social media to learn more about today's school lunches!

facebook.com/TrayTalk @Schoolnutritionassoc @SchoolLunch



Far Out Fact

Nearly **30 Million** students enjoy healthy school lunches every day!



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