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.

Parents: Did you know?

1 cup of 1% or fat-free milk

3/4 cup of vegetables with every lunch

1/2 cup serving of fruit daily

Entrées include whole grains & lean protein

Read School Meal Success Stories here: TrayTalk.org

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