

Lots to Love about FREE School Lunch!



Healthy, Balanced, Safe Meals



We oversee* what goes on the plate so you don't have to!

- ☑ Tastes great
- ☑ Limited sodium
- ☑ Lots of delicious fruits, veggies, and chilled low-fat milk

Additionally, school kitchens always meet or exceed state guidelines for safe food, including keeping hot food hot and cold food cold until it's served. With plenty of warm, filling options there's no need for your child to wait at the microwave to heat their packed lunch.

**by following USDA NSLP Guidelines*

Power of Choice



With multiple daily options for entrees and sides, kids have the power to choose what they want to eat every day!

Take Back Your Time



Add up the time you spend planning meals, grocery shopping, prepping and packing lunches, and cleaning the lunch box. You can put more time back in your day by leaving meals to us.

Compare Costs



Families can spend less at the grocery store. Consider the cost of soaring grocery store prices, and think about what your child eats and enjoys. Then add in any cost for baggies, cutlery, icepacks and lunchboxes. Free school lunch is clearly the best value!

Less Waste



We all know kids can be picky. School lunch allows them to choose what they want to eat each day rather than throwing away any unwanted food packed in their lunch.

Better for Kids



Research shows that kids who eat school meals are more attentive in class, have better attendance, and may have fewer disciplinary problems.

Try Something New!



Packed lunches often consist of the same rotation of foods. School lunch gives your child the opportunity to try different foods every day.

Our team of chefs and dietitians are constantly developing new recipes that keep up with trends (and are kid-approved)!

This institution is an equal opportunity provider.

What Makes a School Meal

Through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), every meal served at school meets strict nutrition standards set by the USDA, ensuring all students receive a healthy and delicious meal. See below for some highlights and guidelines.

Daily fruit offerings can be fresh, frozen, canned, dried, or 100% juice. Less than half the fruit offerings each week can be juice.

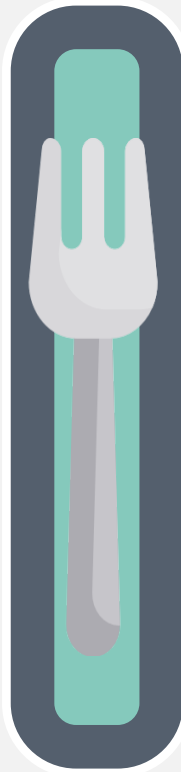
At least 80% of the grains offered each week must be whole grain-rich.

In addition to daily vegetable requirements, vegetables from 5 specific subgroups must be offered each week at lunch. Subgroups include: dark green, red/orange, starchy, other, and beans, peas, and lentils.

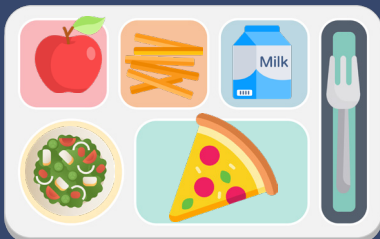
There must be at least two milk options offered. At least one milk option must be unflavored. Flavored milk must comply with added sugar limits.

Did You Know?

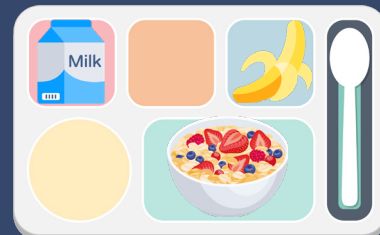
Through the Offer versus Serve (OVS) provision in the NSLP and SBP, students are able to decline some of the food offered. The goals of OVS are to reduce food waste in the school meals program while permitting students to decline foods they do not intend to eat.



Lunch consists of 5 components: fruits, vegetables, grains, meats/meat alternates, & milk. Students must take at least 3 components including at least 1/2 cup of fruits and/or vegetables.



Breakfast choices are a little different. Breakfast consists of 3 components: grains and/or meats/meat alternates, fruits, and milk. Students must take at least 3 items including at least 1/2 cup of fruits and/or vegetables.



¡Mucho que amar mediante los Almuerzos Escolares GRATIS!



Comidas sanas, balanceadas y seguras



Supervisamos* lo que sucede en su plato para que tu no tengas que hacerlo!

- ☑ Sabe genial
- ☑ Sodio limitado
- ☑ Un montón de frutas deliciosas, verduras y leche fría baja en grasa

Adicionalmente, las cocinas de las escuelas siempre superan guías del estado en cuanto a comidas seguras incluyendo el mantenimiento de comidas a temperaturas adecuadas ya sean calientes o frías hasta el momento de servir. Con suficiente calor y con opciones que te dejen lleno no hay necesidad de que tu hijo(a) espere en el microondas para calentar su almuerzo.

**siguiendo las Directrices NSLP del USDA*



El Poder de Escoger

Con múltiples opciones diarias para aperitivos y acompañamientos. ¡Los niños tienen el poder de elegir lo que quieren para comer todos los días!



Retome su tiempo

Sume el tiempo que dedica a la planificación de comidas, compras de comestibles, preparando y empacando almuerzos, y limpiando la lonchera. Usted puede devolverle más tiempo a su día mediante nuestro mantenimiento de comidas.



Compare Costos

Las familias pueden gastar menos en el supermercado. Considere el aumento de costo de su supermercado y piense en lo que su hijo come y disfruta. Luego agregue cualquier costo por bolsitas, cubiertos, bolsas de hielo y loncheras. ¡El almuerzo escolar gratis es claramente el mejor valor!



Menos Desperdicios

Todos sabemos que los niños pueden ser exigentes con su comida. El almuerzo escolar les permite elegir lo que quieren comer cada día en lugar de deshechar cualquier comida no deseada que haya sido empacada en su almuerzo.



Mejor para sus hijo(a)s

Las investigaciones muestran que los niño(a)s que comen las comidas escolares son más atentos en clase, tienen mejor participación, y tienen menos problemas de conducta y disciplina.



¡Pruebe algo nuevo!

Los almuerzos para llevar a menudo consisten en la misma rotación de alimentos. El almuerzo escolar le da a su hijo(a) la oportunidad de probar comidas diferentes todos los días.

¡Nuestro equipo de chefs y dietistas está constantemente desarrollando nuevas recetas que siguen el ritmo y tendencias (y están aprobadas por los niño(a)s)!

Esta institución es un proveedor de igualdad de oportunidades.