

GOOD EATS

YOUR CHILDREN'S MEALS MAY LOOK AND TASTE DIFFERENT THIS YEAR

As of July 1, 2012, meals that are part of the National School Lunch Program and School Breakfast Program are required to meet new nutrition standards established by the federal government.

Your school nutrition professionals will develop menus that meet the new regulations by including the healthy foods required and limiting things like trans fats and sodium. When children are offered these new menu items, they will continue to see balanced meals that are appealing and appetizing like the one below. For more on how the new nutrition standards have changed school meals, reach out to your school nutrition director or visit www.SquareMeals.org to learn more.

**MORE
WHOLE GRAINS**

**FAT-FREE/LOW-FAT (1%)
MILK**

**MORE
VEGETABLES**

**MORE
FRUITS**

**LESS TRANS FAT
LESS SODIUM**



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